

therefore, is left the choice of his food and drink, and not to instinct, as among the lower animals: it thus becomes his duty to apply his reason to the regulation of his diet; to shun excess in quantity, and what is noxious in quality; to adhere, in short, to the simple and the natural; among which the bounty of his Maker has afforded him an ample selection; and beyond which if he deviates, sooner or later, he will suffer the penalty.

Secondly. The view we have now taken of the processes of digestion, removes in some degree that mysterious character with which they have been invested; and by lessening the field of our enquiry, brings us nearer to our object. We had previously known, that the articles employed as food by animals, are essentially composed of three or four elements. But we have now learnt, that all the more perfect of those matters on which animals subsist, are compounds of three or four proximate principles; the whole of which compounds, except one, (the saccharine), are, in their essential characters, identical with the materials composing the frame of the animals themselves. We have also learnt, that owing to this identity of composition, many animals are saved the labour of forming these proximate principles from their elements; and have only to re-arrange them, as their exigencies may require. The task of forming the proximate principles is thus left to the inferior animals or to plants; which