am

h,

.3

in,

Digestion, course of, 79 - how discovered, 99 --- effect of spirits on, 99 - too much meat bad for, 115 Dinner, digestion of, 82 Directions for bathing, 196 Diseases caused by the want of sunshine, 169 Disinfectants, 197 Doctors, quack, 158 Dogs, danger of muzzling, 103 - cruelty of cutting their ears, 161 sagacity of, 178 Donkey, the, sensibleness of, 73 value of, 73 Draymen, unhealthiness of, 100 Drink for human beings, 101 - for animals, 102 Dripping, the quantity of water in, 112 Drowning persons, treatment of, 61, 196 Drunkards, why they suffer from liver complaints, 98 Dry foods, 189 EAR, the, nerves of sound in, 160 — formation of, 161 - dangerous to box children's ears, - danger of cleaning the inside of, Ear-ache, cause of, 162 Eggs, the albumen of, 98 the quantity of water in, 112 - the way to boil and poach them, - time taken to digest, 125 Elephant, the, 78 intelligence of, 178 England, amount of butcher's meat eaten in, compared to that in other countries, 115

FACTS that ought to be known, 1
Fainting persons, the best
method for restoring them, 61
Fat in cocca, 144
— digestion of, 151, 152

anything that

Exercise, the necessity of, 32 Eyam, the plague in, 12

Eye, the, 164-168

how to extract

has entered it, 166

- muscles of, 168

Eyebrows, the, 167

Eyelashes, the, 167 Eyelids, the, 166

Eyeball, the, 164

Fear, the means of causing death, 155 Feather beds, organic matter in, 148 Feeding-bottles, danger of, 150 Feet, sensitiveness of the, 72 Fermety, 134 Fever, cause of, 9 - treatment in olden times, 11 Fibres, muschlar, 80 Fibrin in the blood, 96 hardened by spirits, 100 Finger, the, nerves in, 66 Fire king, the, 55 Fish, their means of breathing, 69 the proper way to fry fish, 151 Flesh, table of the juices of, 122 Flesh-formers, 88, 192 - composition of, 95 - the principal animal and vegetable, 118 necessary to life, 106 - nourishment in, 118 Food, digestion of, 76, 79 - digested and turned into good blood, 81 - food that will not digest, 82 - solids, 82 the reason we eat solids, 104 - the reason we should not take liquids only, 104 - salt in, 110 - quantity of water in dry and wet foods, 112 - nitrogenous, 118 carbonaceous, 119 different effects, 119 - reason for eating a variety of, 121 - hot food more digestible than cold, 122 - cooking of, 124 - importance of solids, 140 - table of, 187 — dry foods, 189 - wet foods, 190 - foods most suitable for health, 192 Foot, the, 31 - of the Chinese, 31 Fowls, time taken to digest, 125 French cooking, 115 Fright, cause of, 45 danger of frightening children, 155 death by, 155 Frog, the, structure of, 69

ANGLIA of sight, 165
Gas, formation of carbonic acid
gas by, 50

Fruit, potash in, 108