

tious fish are turbot, trout, sole, salmon, perch, pike, tench and carp. On the other hand, shell fish, such as oysters, lobsters, crabs and shrimps, have a tendency to impede the formation of fat.

Vegetables, such as lettuce, chicory, sorrel, artichokes, spinach, green pease, beans, cabbage, celery, and all such as are used by way of salad, are not very nutritive, but contain much watery and mucilaginous matter, favourable to the development of corpulency: the same may be said of carrots, turnips, potatoes, rice, beet-root, maccaroni and vermicelli bread; all kinds of cakes, pastry and biscuits, which are made of wheaten flour, are decidedly contra-indicated, as are also eggs, cream, cheese and butter.

In reference to chocolate, much difference of opinion has hitherto existed as to its nutritious properties; but we know by experience that it is easy of digestion, and eminently suited to such as are subject to great mental exertion. Some dietists have held that chocolate has a tendency to prevent any augmentation of corpulency. When made with water, it is decidedly preferable to coffee made with milk, the latter being productive of fat. Milk, by virtue of its composition, combines all the elements which are fitted for the development and nutrition of the body; casein containing nitrogen,