

It certainly is a very palatable kind of omelette. A kid stuffed with rice and raisins is another ceremonial dish with peasants, but the most popular form of rice is the dolma—rice and chopped meat cooked in vine leaves like a sausage. A suburb of Constantinople is known as Dolma Baktchi. This is also part of the ordinary diet of the soldiery. To these few resources add a few onions, occasional mushrooms and other fungi; a few vegetables and a little fruit; a pipe and a cup of coffee, and you have the ordinary spare diet of a Turkish peasant, whether Christian or Mohammedan. A great variety of fungi are eaten in different districts with impunity, and when flavored with onions, are very palatable. The Arabs are also well acquainted with truffles.

The poorest peasants in Turkey or Syria can in summer time obtain melons and the most common vegetables of the country, such as melongenes, or Patlinjans, the blue fruit of the *Solanum melongena*, which is generally fried with onions, and the Bania, the fruit of the *Hibiscus esculentus*, generally cooked in ragouts or fried, but too glutinous for most European tastes. The former is now to be obtained in Covent Garden market. The peasantry have also Sirok or sorghum, the lablab or dolichos, haricots, lentils, lupins, vetches, and other beans and peas, but potatoes are unknown. They also eat cucumbers and lettuces, and many fruits and vegetables, either cultivated or wild. At least a dozen variety of edible vegetables are met with almost everywhere. The Arabs eat leaves of several species of Lactuca, Sonchus, and Cardui (the Cardoons themselves grow at times to an edible size without cultivation), and the roots of Ceba allium, a Scilla and an Ixia. The men on board the steamers on the Euphrates, were, in the absence of other vegetables, kept in excellent health by various wildgrowths, such as leaves of atriplex, rumex, sinapis &c. Scorzonera and salsifis sprout out wild in spring, white and delicious on some of the moister plains; and rhubarb, as we use it for pies, grows rank below the snow line in parts of Kurdistan.

To speak from experience, the better class diet of the peasants is, as in other countries, best adapted to the climate. In the hotter regions, as Arabia, Mesopotamia, and in Southern Persia, the milk diet can almost alone ensure health, and the enjoyment