

## FOOD AND ALIMENTATION.

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Personally, I do not know whether these lovely drinks really have a pernicious influence upon the "eye" of *oysters*, but all I can say, is that everytime I perchance witnessed any indigestion brought on by this association of wines and oysters, it was that the quantity of liquids ingulfed had been totally out of proportion with the laws of sobriety, required by any reasonable stomach.

Mussels (*Mytilus edulis*) are not generally known in Canada, at least in restaurants. In France they delight those who are really fond of delicious eatables. But if ever your good fate takes you to Paris, beware of what they call there: "Moules a la Marinière."

If you should forget this wise advise you might pay dearly the satisfaction of your legitimate curiosity. I saw some of my friends twisted by the most excruciating colics, accompanied with an abundant rash of urticaria, owing to their having eaten but a few mussels. In Ireland, these shells seem to be less poisonous. In 1874, I had just arrived in Dublin, where I entered the Rotunda Hospital as resident pupil. One evening towards 10 or 11 o'clock, I was leaning on the window sill of my room thinking of my absent native land, when I heard a strolling dealer bawling out his goods, contained in a basket suspended to his arm. Impossible to understand what he was offering from door to door. "What is he saying?" I asked my room companion. "This is the Cockle dealer" he answered. These Cockles are mussels which delight the people in Dublin. Every night they constitute the family revel, every body eats them with a glass of sherry wine and I never heard that they had the reputation of being hard to digest.

While we are under water, gentlemen, we must not get out without saying a word about fish.

As far as digestibility is concerned, fishes may be divided in 3 groups: those with white flesh such as trout, haddock, etc., they are the most digestible, but the least nutritious; those with yellow flesh, such as salmon are of a slower digestion but contain more nutritious principles; thirdly those with fat flesh such as eel, very nutritious but hard to