to observe upon such schemes, that they rest upon purely arbitrary assumptions, or upon the fallacious experiments of Beaumont; "who, when he saw mutton suet dissolve in his Canadian's stomach in five hours and a half, must evidently have mistaken," as Moleschott observes, "mechanical division for chemical solution." What vitiates his conclusions most, however, is, that he employed mixed substances in his experiments, and also that with him solution, or rather, reduction into a homogeneous mass, was equivalent to digestion. A more recent case of a similar conveniently perforated stomach, taken advantage of by Grunewald and Schroeder, gave results diametrically opposed to Beaumont.* The Germans found raw meat and veal more rapidly digested than boiled meat! In the absence of all satisfactory experiments, we must rely upon popular experience, and yet not place ourselves in the ridiculous position of Dr. Robertson, who translates the language of an old wife into the *sesquipedalion* phraseology of an old pedant, and utters it with the assurance of an auctioneer.† It is certainly better to tell those who ask our advice upon the point, that although it may not be true, that after years of maturity every man should be his own doctor, yet certainly every man may have discovered what agrees and what disagrees in the ordinary articles of animal food; and to stigmatise as unlawful the eating of the flesh of hogs, in a country which was never either Jewish or Mahomedan, is what may be called an infraction of Christian liberty. Pork is the cheapest animal food, and therefore the only attainable form for many, and because it does not agree with some, there is no reason to ban it with such Levitical austerity. Much depends, in this as in most things, on the form in which it is prepared, and we must take a peep into the kitchen before we dilate further upon what is digestible. On this matter we cannot do better than quote the sensible observation of Professor Johnston.

"In cooking animal food, plain boiling, roasting, and baking are in most general favor in our islands. During these operations, fresh beef and mutton, when moderately fat, lose, on an average, about—

	In boiling.	In baking.	In roasting.
4 lbs. beef lose..	1 lb...	1 lb. 3 oz...	1 lb. 5 oz.
4 lbs. mutton lose	14 oz...	1 lb. 4 oz...	1 lb. 6 oz.

"The greater loss in baking and roasting arises chiefly from the greater quantity of water which is evaporated, and of fat which is melted out during these two methods of cooking. Two circumstances, however, to which it has not hitherto been necessary to advert, have much influence upon the successful result of these and some other modes of cooking.

"If we put moist flesh into a press and squeeze it, a red liquid will flow out; this is water colored by blood, and holding various saline and other substances in solution. Or, if after being cut very thin, or chopped very fine, the flesh be put into a limited quantity of clean water, the juices of the meat will be gradually extracted, and by subsequent pressure will be more completely removed from it than when pressure is applied to it in the natural state, and without any such mincing and steeping. The removal of these juices renders the beef or mutton nearly tasteless.

"When the juice of the meat, extracted in either way, is heated nearly to boiling, it thickens, or becomes muddy, and flakes of whitish matter separate, which resemble boiled white of egg.—They are, in fact, white of egg, or albumen, and they show that the juice of flesh contains a certain quantity of this substance, in the same liquid and soluble state as it exists in the unboiled egg.—Now, the presence of this albumen in the juice of butcher's meat is of much importance, in connection with the skilful preparation of it for the table. The first effect of the application of a quick heat to a piece of fresh meat is to cause the fibres to contract, to squeeze out a little of the juice, and, to a certain extent, to close up the pores, so as to prevent the escape of the remainder. The

* Brit and For. Med. Chirurg. Rev. Jan. 1855.
† Op. cit. p. 143.