

of bran water than of plain. This bread is said to be preferable for weak stomachs: but that made of wheat and rye mixed is the best for the generality. Wheat alone, being of a starchy nature, is apt to occasion constipation: and all rye is too slippery for the bowels.

I refer farther to Edlin's treatise on bread, making one volume octavo, 1805, in which are receipts for making peas bread, &c. for the labouring poor.

The following bill of fare is taken from the Isle of Wight work-house, to which I have referred in the former part of this work.

	Breakfast.	Dinner.	Supper.
Sunday ..	Bread and cheese.	Mutton, beef, or pork, dumpling, or pudding.	Broth.
Monday ..	Broth.	Baked suet pudding.	Bread and cheese.
Tuesday ..	Bread and cheese.	Rice milk.	Ditto.
Wednesday ..	Ditto.	Same as Sunday.	Broth.
Thursday ..	Broth.	Baked rice pudding.	Bread and cheese.
Friday....	Bread and cheese.	Same as Sunday.	Ditto.
Saturday ..	Ditto.	Broth thickened with rice.	Ditto.

Clothing.

The refuse of flax, which is called backings of tow, would make comfortable clothing of the fustian or cotton kind, which I should think might be purchased at a quarter of the expense of wool. Women and children might spin it, weavers make it, and then have it dyed.

All the poor should have some mark of distinction to detect them when out of the house, if found begging, or guilty of any other fault.

Drink.

I have not made any remark on what is proper drink: that I should rather leave to the judgment of the managers, or to that of medical men. The use of liquid food is, I understand, intended to dilute the solid, and to preserve the blood in a proper state of fluidity. It is thought that if 1½ lb. of solid food is taken in 24 hours, then it is proper to take 3 lb. of liquid, which is about three pints. What the quality should be, I do not mean to determine. I have known old people take a good draught of water the last thing going to bed, and first in the morning, who found great comfort from it. Indeed, I can speak experimentally of its good effect on weak stomachs; and I also remember having heard it said that a gentleman was advised to try a chalybeate spring, which he did;