

of milk, and then straining it through a sieve. Cream of Tartar also makes an excellent whey.

*Eggs.*—The yolk is best suited to a very delicate stomach when lightly boiled, but the white, even in a pudding, may prove unpleasant to it. The entire of a raw egg is one of the most easily digested articles of diet known. Eggs lightly poached are preferable to boiled ones, while those hard boiled are the worst to digest; still to persons undergoing great exertion in the open air, a few hard-boiled eggs prove an excellent substitute in the absence of a regular meal; adding a little salt assists digestion. Eggs ought to be used very fresh, as they speedily, from their nature, undergo decomposition. Immersed in vinegar and water or quick lime they will keep for some time. The eggs of the duck and goose are less digestible than those of the hen and wild birds.

*Eat* is not so digestive as lean, nor does it possess nutritive properties; it is called a calorifiant, that is, maintains the animal heat; thus we find the inhabitants of cold climates indulge most enormously in it, while in warm climates it is neither relished nor does nature supply it. It is useful as a diluent of the other portion of the food.

*Bread* baked in small loaves as toasted before a hot fire, and not eaten new, being freed from the effects of fermentation, is the most easily digested. Bread containing bran is occasionally useful for irritating the stomach and bowels, and thus preventing constipation; but, if continued, the coarse particles are apt to lodge in the intestines, which is followed by severe derangement, requiring medicine for their removal. To those much troubled with indigestion, fresh biscuits preserved from the air or damp are the most suitable, especially those made for use at sea.

*Toast.*—In the act of toasting bread we wish to get out the water, which makes the bread cold, waxy, and heavy of digestion. Perhaps we shall be best understood if we first explain what makes bad toast of a slice of bread, or rather what makes it no toast at all, but merely a piece of bread with two burnt surfaces, more wet and waxy in the heart than ever, and which not a particle of butter will enter, but only remain upon the surface, and if vexed with additional fire, turns to a rancid oil of the most unwholesome description. If the slice of bread is brought into close contact with a strong fire, the surface becomes covered with, or rather converted into, charcoal before the heat produces any effect upon the interior of the slice. This being done, the other side is turned, and converted into charcoal in the same manner. Charcoal, as everybody knows, is one of the worst conductors of heat. It is of no consequence whether the said charcoal be formed from wood, flour, or any other substance, for its qualities are in every case the same. Now, when the surfaces of the slice of bread are charred over in this manner, there is an end of toasting, as no action of heat can be communicated to the interior, and not one drop of water can be evaporated. In this state the slice of bread may be wholly burnt to charcoal, but until it is altogether so burnt, the unburnt part

will become always more wet and unwholesome. There is an illustration of this in putting a potato in the middle of a strong fire in order to be roasted. If the fire is but hot enough a potato the size of one's fist may be burned down to a cone not bigger than a marble, and yet that cone will remain hard and scarcely warmed.

Chesnut-brown will be far too deep a colour for good toast; the nearer you can keep it to a straw-colour the more delicious to the taste, and the more wholesome it will be. If you would have a slice of bread so toasted as to be pleasant to the palate and wholesome to the stomach, never let one particle of the surface be charred. To effect that is very obvious. It consists in keeping the bread at the proper distance from the fire, and exposing it to a proper heat for a due length of time. By this means, the whole of the water may be evaporated out of it, and it may be changed from dough—which has always a tendency to undergo acetous fermentation, whether in the stomach or out of it—to the pure farina of wheat, which is in itself one of the most wholesome species of food, not only for the strong and healthy, but for the delicate and diseased. As it is turned to farina, it is desintegrated, the tough and gluey nature is gone, every part can be penetrated, it is equally warm all over, and not so hot as to turn the butter into oil, which, even in the case of the best butter, is invariably turning a wholesome substance into a poison. The properly toasted slice of bread absorbs the butter, but does not convert it into oil; and both butter and farina are in a state of very minute division, the one serving to expose the other to the free action of the gastric fluid in the stomach; so that when a slice of toast is rightly prepared, there is not a lighter article in the whole vocabulary of cookery.

*Yeast Dumplings*,—are only good for those with strong digestion, and who have laborious out-of-door employment.

*Vermicelli* and *Maccaroni* are made from a hard, small grained wheat; the flour is made into dough, and dried until hard; whether simply stewed, taken with the gravy of meat, or used as a vegetable, they seldom disagree even with a weak stomach. If boiled until soft, and eaten with French mustard or jam, it makes a soluble and wholesome dish, which may even be taken by invalids.

*Puddings* are usually better than *Pies* for those affected with indigestion, especially if made with milk and eggs, instead of butter, lard, suet, or treacle. Baked puddings are not so good as boiled, and those done under meat are objectionable for weak stomach. The simplest form of constituting puddings is that of flour, eggs, and milk. Pancakes fried in fat are not good.

(To be continued.)

#### REMARKS ON THE TREATMENT OF VENEREAL WARTS AND CONDYLOMATA.

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The obstinacy to treatment of warts or vegetation of venereal origin situate on or near to the organ