

Reviews.

A MANUAL OF DIET IN HEALTH AND DISEASE. By Thomas King Chambers, M.D., Oxon F.R.C.P., Lond. Hon. Physician to H.R.H., the Prince of Wales, &c., &c., &c., (Henry C. Lea, Philadelphia).

The public have long been in want of a practical work on this subject, free from chemical and botanical technicalities. He divides the subject into three parts—first, the theories of dietetics; man's natural food; the choice of food, describing minutely butcher's meat, fish, poultry and game, garden produce, fruit, groceries and chandlery, dairy produce, alcoholic drinks, water, all of which every householder should endeavor to instruct himself in.

A chapter on the preparation of food is most instructive, and especially useful to those who wish to be good housekeepers, for there is nothing so unwholesome as ill-prepared food. "A good cook is, to a certain extent, born, not made;" but much may be done to improve a young cook, if you see she has a knack for such employment. Dr. Chambers maintains that no kitchen is complete without an open range, and continues by affirming that there is more economy in it than in closed stoves; be this as it may, certainly the roast is more tender and toothsome when roasted as in the days of yore, than now. He concludes the first part by a chapter on digestion, a subject that he is peculiarly competent to handle, having before written a treatise upon it, or rather upon indigestion. There is a table of articles of animal food, which are given in order of their digestibility, beginning with sweet-breads and lamb's trotters, boiled chicken, venison, and so on. This alone is invaluable to the dyspeptic.

The second part begins with the regimen of infancy and motherhood, gradually proceeding to that for childhood and