

they have been shewn by former experience not to disagree, and they should be shunned not only in their obvious forms as oils, &c., but in their more masked forms: the latter are especially insidious and likely to be overlooked, but their great danger demands their rigid discovery and strict prohibition. As examples may be cited, yolk of eggs, livers and brains of animals, milk, and particularly cream, rich cheese,—frys, such as melted butter, buttered toast, butter cakes, pastry, marrow and suet puddings—various fishes as salmon, herrings, sprats, &c.,—oily seeds, as walnuts, butternuts, cocoa nuts, &c.; chocolate also the preparation of an oily seed; hashes, stews, and broths, indeed no broth should be used by dyspeptics that is not skimmed.

NUTRIENT VALUE.—To the human palate adipose food is at first probably distasteful, but a taste for it can be more readily acquired than might at first be supposed: patients who have been treated with cod liver oil, have in a short time begun to like it, and to prefer that which is most strong and rancid. Large quantities of fat produce highly stimulating effects on the constitution, enabling the body to resist the influence of excessive cold to an extraordinary degree, which is no doubt the reason of its being eaten so inordinately by the inhabitants of very high latitudes. Some of the naval officers who have commanded expeditions to the polar regions, think, with apparent reason, that their crews would have suffered much less from the cold, if they could have lived more after the manner of the natives, and taken more greasy substances as food. An oleaginous diet is not prized by the inhabitants of cold countries exclusively, for in South Africa the mass of fat forming the tail of the sheep is held in great estimation by the Hottentots. Still, however, the quantity of fatty aliment consumed by the inhabitants of hot countries is very inconsiderable, compared with that eaten by people residing in very cold regions,—its excitant influence rendering it unfit as a principal article of food in warm climates. The preceding remarks should properly be restricted to animal oils. For vegetable oils are consumed in large quantities by the natives of temperate and tropical regions of the globe. Vegetable oils, however, have an opposite effect upon the body to that produced by animal adipose substances; for they are cooling instead of stimulating, and favor the action of the intestinal tube, which is always of great importance to the health, and particularly so when the food consists chiefly of vegetable matters. Nothing more readily removes the inconveniences induced by sluggish bowels than a liberal use of vegetable oils. Generally speaking a taste is readily acquired for the latter, yet there are many persons who have almost as great an aversion to olive oil as they have to train oil, merely from prejudice.