f claret grog (gin, (ar) or a Eggs, if ble; also sin boiled

ween six d a special d partook bout five iquid for and eight e ouncas es ; foun iquid for He took between one and upper at as bread

tea with buttered d pastry of break. read and . e 11

1. 3 lost flesh

3 ...

reduced esiderati ad comedicine. liet. At that he ily and ate and pt well : ion and g boothooks and other such sids, which were be-fore indispensable; he lost all feeling of oc-casional faintness; left off knee bandages, which he had worn for twenty years, and gave up a truss almost entirely.

Corpulence, saye Banting, though giving no actual pain, must naturally press with undue violence upon the bodily viscera, driving one part upon another, and stopping

the free action of all.

Saccharine matter, is the great moving cause of fatty corpulence, producing increased weight and a large amount of flatulence; stouty matter is not so troublesome as saccharine, which largely increased ascidity as well as fat. Pure genuine bread may be the

staff of life, as it is termed; it is so, particularly in youth, but it is decidedly more wholesome in advanced life when it is thoroughly toasted. Any starchy or saccharine matter tends to the disease of corpulence in advanced life, whether it be awallowed in that form or generated in the atomach; that all things tending to these elements should be avoided, of course always under sound medical authority. Veretables, and ripe or atewed fruit, are generally ample sperients. The dietary system only attacks the superfluous deposit of fat, and purges the blood, rendering it more pure and healthy, strengthens the muscles and bodily viscera, and sweetens life, if it does not prolong it.