

decidedly beneficial. This view has been lately strengthened in my mind, because I have made a little discovery that has swept away even that exception, and made me a recipient of the general benefit. The trouble was that there was too much acidity in my constitution, and as all fruits are acid, it rather aggravated the difficulty, but now I have discovered a counteracting antidote, and am enabled to benefit by the other good qualities it contains, which are as varied as they are valuable. Of course there is a wide difference in the qualities of different fruits, and some of them may be found not to agree with particular constitutions. If the medicinal effects of each kind could be ascertained and clearly set down it would be a useful guide to consumers; but, as a rule, I am inclined to think that the greater the variety indulged in the greater will be the benefit. I have myself followed a strictly fruit and vegetable diet for one or two years at a time, and as a consequence a diarrhoea that had almost become chronic, and piles that were very troublesome entirely disappeared. I cannot say whether it was eating fruit or abstaining from meat that benefited me. My wife has been twice relieved entirely of a bad attack of piles, without knowing at the time to what she could attribute such relief, but now recollects that both cases occurred when we were using strawberries freely every day. When my daughter was about three years of age she was seriously troubled with bowel complaint, and thinking it would do her good she was allowed to go to the strawberry patch and help herself, which she did very freely, and her complaint soon left her. I am satisfied there is virtue in strawberries, whatever there may be in other fruits.

I have had less experience with grapes, but I am inclined to think they possess medicinal properties of a valuable kind. They contain tartaric acid and cream of tartar, both of which are good medicines, and I should expect a liberal use of this fruit to be fully as beneficial as that of strawberries. Constitutions differ materially; some are benefited by acids and some by alkalies. I have chanced upon certain things during my lifetime by which I have been benefited more than by doctors' advice, and have no doubt others have done the same. Take an example from my own experience. I once suffered severely for two months from a complaint affecting the eyes, which was so painful as almost to incapacitate me from business. One of my eyes could not bear the light, and the other was very painful. Eye-water,