

excitement. It is well adapted for inflammatory diseases of the chest, of the stomach, bowels, and bladder. After bleeding from any internal part, when the powers of life have been gradually exhausted, a light diet is very beneficial; it is also considered a preventive and curative of gout. In the diseases of children, especially those of a scrofulous nature, it is highly recommended.

*Low Diet.*—In acute inflammation, in fever after serious accidents, operations, and after childbirth, a low diet is absolutely necessary, consisting principally of slops, such as tea, weak broth, barley-water, and toast-water. Small quantities of milk and farinaceous matters, in the shape of gruel and arrowroot, are sometimes added.

*Full or Common Diet.*—On many occasions, where it is desirous to restore or support the powers of the system, patients are permitted to satisfy their appetites with plain vegetable and animal food. In many indolent diseases, in some affections of the nervous system, as epilepsy, &c, and in convalescence after illness, this kind of diet is frequently of much service.

A physician observes:—"Many of our customs, manners, and habits are prejudicial to health. Some of them are physical, while others are moral in their effects. Nothing more plainly betrays our ignorance of even the principles of health, and at the same time our slavish submission to selfish indulgence, than the custom of *eating suppers*—by which we do not mean the mere eating a slice of bread and cheese, but of making a meal at that time. Instead of allowing the body, with its multifarious powers, to be refreshed by "Nature's best restorer, balmy sleep," and the mind to be relieved from care and thought, irritation, and excitement, the stomach is loaded with (probably) a heterogeneous mass of food, and the whole machinery of the inward man is forced into sluggish operation when the vital powers are at the lowest ebb; the brain, feverish and disturbed, sends forth startling visions and horrifying dreams until morning dawns, when the haunted imagination recovers itself, and is conscious of the mental and bodily vigour being rather exhausted, than refreshed by the night's turmoil. We would not have touched upon this subject, but we are aware that—notwithstanding all the evils which are known to follow in its train—the practice of nightly repletion is still too common."

It now becomes our duty to inquire into the properties and effects on the stomach, of the articles of food employed to supply the waste of our bodies, and maintain us in health. The suitability of particular kinds of food to the varied constitutions of man is not made that study and science its importance deserves.

*Milk.*—This causes wind and acidity in some stomachs, which effects can be remedied by mixing about half an ounce of lime water to each pint. Milk, when it agrees with a person, is useful in scrofulous affections, and where debility and morbid sensitiveness exist, in early stages of consumption of the body, in cases of enlarged glands, diseased

affection of the joints, and in continued rheumatism of the joints. A milk diet is not sufficient for any one having continued and active exertion, but it is for those who are invalids. Asses' milk is not so nourishing, but more easily digested than that of the cow. Goats' milk contains matter of a peculiar taste and odour, which requires an invalid to have good, pure air and some exercise to easily digest.

*Raw Milk* is not commonly used abroad, and we may observe that, when boiled, it proves more agreeable to the stomach. If, after boiling, it be put into bottles, and well corked, or in tins soldered up, it will keep during many months. Milk may also be purchased in small cases prepared for long voyages. This is made by gently simmering the milk until nearly all the water is evaporated; it is then cooled and kept carefully from the the action of the air, remaining in a solid state for use; when required, a piece is put into the cup of tea or coffee. The most certain method for voyagers is to take with them a supply of patent concentrated milk or cream, which prevents disappointment at a time when it is impossible to procure so useful an article in illness, &c. Or an excellent substitute may be secured by laying in a supply of cocoa and chocolate, having the milk and sugar ready combined with them.

*Skimmed Milk* is more easily digested, and not much less nutritive, than that in the state as fresh drawn from the cow.

The article called *Sugar of milk* may be purchased at any druggist's shop, and is occasionally used instead of milk.

*Butter* always irritates the digestive organs of those suffering from indigestion, and especially when on toast, or in a melted state. Butter is best when fresh, well made, and from a cow fed on grass. Salt butter is never so good as fresh, and yet a little salt on fresh butter facilitates its digestion. The utility of butter to the invalid can only consist in having a solvent effect on the bowels. It is generally thought better to prevent children indulging in this oleaginous matter, by placing before them plain palatable food, for which they have some liking, as milk and bread, oatmeal porridge, etc.

*Cheese*, when toasted, is more easily digested than when not so; the richer, and also the more mature it is, the better. Decayed cheese, in some cases, stimulates and assists a weak stomach in the digestion of food. Good ripe cheese contains a large amount of nourishment, and is, with a little home brewed beer, a very wholesome meal. *Cream Cheese*, when fresh and untainted, is as digestive as ordinary ripe cheese.

*Whey* is an excellent drink in all febrile disorders, at the same time it is nutritive and dilutant to the body. *Wine Whey*, taken warm, promotes the action of the skin, and is a valuable domestic remedy in *colds* and *influenza*; *Tamarind Whey* is preferred by some people; it is prepared by boiling two ounces of tamarinds into two pints