

TABLE

SHOWING THE

MEAN TIME OF DIGESTION

OF THE

DIFFERENT ARTICLES OF DIET.

The greater the evil, the more vigorous the remedy.

ARTICLES OF DIET.	PREPARATION.	H. M.	ARTICLES OF DIET.	PREPARATION.	H. M.
Rice.....	Boiled....	1	Aponeurosis.....	Boiled....	3
Pigs' feet, soured.....	Boiled....	1	Dumpling, apple....	Boiled....	3
Tripe, soured.....	Boiled....	1	Cake, corn.....	Baked....	3
Eggs, whipped.....	Raw.....	1 30	Beefsteak.....	Boiled....	3
Trout, salmon, fresh.....	Boiled....	1 30	Mutton, fresh.....	Boiled....	3
Trout, salmon, fresh.....	Fried....	1 30	Oysters, fresh.....	Roasted....	3 15
Soup, barley.....	Boiled....	1 30	Pork, recently salted,	Boiled....	3 15
Apples, sweet, mellow	Raw.....	1 30	Porksteak.....	Boiled....	3 15
Venison steak.....	Boiled....	1 35	Mutton, fresh.....	Roasted....	3 15
Bra. na, animal.....	Boiled....	1 45	Bread, corn.....	Baked....	3 15
Sago.....	Boiled....	1 45	Carrot, orange.....	Boiled....	3 15
Tapioca.....	Boiled....	2	Sausage, fresh.....	Boiled....	3 20
Barley.....	Boiled....	2	Flounder, fresh.....	Fried....	3 30
Milk.....	Boiled....	2	Catfish, fresh.....	Fried....	3 30
Liver, beef, fresh.....	Boiled....	2	Oysters, fresh.....	Stewed....	3 30
Eggs, fresh.....	Raw.....	2	Beef, fresh, lean, dry.	Roasted....	3 30
Codfish, cured dry.....	Boiled....	2	Beef, with mustard &c	Boiled....	3 30
Apples, sour, mellow,	Raw.....	2	Butter.....	Melted....	3 30
Cabbage, with vinegar,	Raw.....	2	Cheese, old, strong...	Raw.....	3 30
Milk.....	Raw.....	2 15	Soup, mutton.....	Boiled....	3 30
Eggs, fresh.....	Roasted....	2 15	Oyster soup.....	Boiled....	3 30
Turkey, wild.....	Roasted....	2 18	Bread, wheat, fresh...	Baked....	3 30
Turkey, domestic.....	Boiled....	2 25	Turnips, flat.....	Boiled....	3 30
Gelatine.....	Boiled....	2 30	Potatoes, Irish.....	Boiled....	2 30
Turkey, domestic.....	Roasted....	2 30	Eggs, fresh.....	Hard b'd....	3 30
Goose, wild.....	Roasted....	2 30	Eggs, fresh.....	Fried....	3 30
Pig, sucking.....	Roasted....	2 30	Green corn & beans...	Boiled....	3 45
Lamb, fresh.....	Boiled....	2 30	Beets.....	Boiled....	3 45
Hash, meat & veg'bles	Warmed....	1 30	Salmon, salted.....	Boiled....	4
Beans, pod.....	Boiled....	2 30	Beef.....	Fried....	4
Cake, sponge.....	Baked....	2 30	Veal, fresh.....	Boiled....	4
Parsnips.....	Boiled....	2 30	Fowls, domestic.....	Boiled....	4
Potatoes, Irish.....	Roasted....	2 30	Fowls, domestic.....	Roasted....	4
Potatoes, Irish.....	Baked....	2 30	Ducks, domestic.....	Roasted....	4
Cabbage, head.....	Raw.....	2 30	Soup, beef, vegetables		
Spinal marrow, animal	Boiled....	2 40	and bread.....	Boiled....	4
Chicken, full-grown...	Fricaseed	2 40	Heart, animal.....	Fried....	4
Custard.....	Baked....	2 45	Beef, oil-hard, salted.	Boiled....	4 15
Beef, with salt only...	Boiled....	2 45	Pork, recently salted,	Fried....	4 15
Apples, sour, hard.....	Raw.....	2 50	Soup, marrow bones,	Boiled....	4 15
Oysters, fresh.....	Raw.....	2 55	Cartilage.....	Boiled....	4 15
Eggs, fresh.....	Soft boil'd	3	Pork, recently salted,	Boiled....	4 30
Bass, striped, fresh...	Boiled....	3	Veal, fresh.....	Fried....	4 30
Beef, fresh, lean, rare,	Roasted....	3	Ducks, wild.....	Roasted....	4 30
Beefsteak.....	Boiled....	3	Suet, mutton.....	Boiled....	4 30
Pork, recently salted...	Raw.....	3	Cabbage.....	Boiled....	4 30
Pork, recently salted...	Stewed....	3	Pork, fat and lean...	Roasted....	5 15
Mutton, fresh.....	Boiled....	3	Tendon.....	Boiled....	5 30
Mutton, fresh.....	Boiled....	3	Suet, beef, fresh.....	Boiled....	5 30
Soup, bean.....	Boiled....	3	Beefsteak.....	Raw.....	
Chicken soup.....	Boiled....	3	Beef.....	Boiled....	

In the reign of Queen Anne, there was published on the American continent but one newspaper, the Boston News Letter, and it printed but thirteen thousand copies annually. A man with large feet should never stand upon trifles.

Life is short, Art is long, Occasion brief, Judgment difficult.

In protracted illness a severe regimen is dangerous.