

in 26. Such diet is like putting leeches on a child, making it pale and bloodless. A child, up to its seventh year, should have nothing beyond bread, milk, water, sugar, light butter, and fat, and fresh meat for its dinner, with a little well cooked vegetable, and the ripest fruit. Oatmeal is the best food for breakfast. They do not have beer, for not only is it a bad liquor, but there is no good beer made here. These things are food for neither child nor man, and a child to be "good" must be moderately art secured from all such and vitiated cravings. Some young women eat chalk, and do so, but because it is a sweet. Children like plain sugar or treacle, and porridge, it does not hurt their teeth. Look at the gentlemen and ladies of color down south! Have they not got teeth of the soundest and whitest. Mr. RICHARDSON tells us of tribes among the Arabs of Sahara, whose beautiful teeth he lauds, that they are in the habit of keeping about them a stick of sugar, which they bring out from time to time for a pinch. Plain sugar, we say, in moderation; but sugar, or chalk, or verdigris, or any other substance, will hurt the teeth and hearing.

As for children of a larger size, and of a more robust fashion, all we can say is—there is no good food for them. First think of it—first comes a rich pudding, next a hot; then fish made indigestible by cayenne, next meat with all the spices and gravies; next wine, next beer, next pie crust and the various productions of a second course; next celery, cheese and oil, next wine, oranges and almonds, and lastly olives and more wine—and they