

I shall now take the opportunity of saying a little about toast and water. Those who suffer from indigestion will find it beneficial to have their bread toasted, for by this the products of fermentation are still further expelled. Toast allowed to stand till it is cold before it is eaten, is much more wholesome; and it is more digestible and palatable, if placed on end while cooling, than if allowed to lie flat on the table or plate. I consider that for weak or disordered stomachs, toast and water is preferable to water by itself, and shall give my reason why. I would say that the small quantity of the starch of the bread, which must be mixed with the water, renders it a blander beverage—a beverage more soothing to the stomach; and then, again, the small excess of charcoal that there must always be in toast, absorbs any slight taint or putridity that the water may have imbibed. Yeast or barm dumplings, in which fermented dough is boiled instead of baked, are far from being as digestible as bread, although they are certainly much more nourishing. These dumplings form a very nutritious kind of food, a kind of food well adapted to men who require a large amount of support, and whose stomachs are not impaired in their functions by sedentary habits or intemperance. They should be often used by the working classes whose employment is such as to cause a large expenditure of nutriment. But with those whose digestive powers are disordered, no matter from what cause, yeast or barm dumplings will almost always disagree.

All salted meats are difficult of digestion, and therefore may be considered as unwholesome. The flesh of the ox is a nourishing food, and the beef of the larger bred oxen is always preferable. Beef and mutton are more easily digested than veal or lamb, yet in many instances it is most proper to give the latter. Generally speaking, the flesh of wild animals is more wholesome than that of tame; the flesh of quadrupeds more than birds; and that of birds more than fishes. The flesh of mutton is considered to be the most nutritious of animal food. Pork is not easily digested, and if too frequently used will produce great disorder of the stomach and bowels, eruptions of the skin, &c. I consider