

useless but disturbing products. Nor does jelly stand alone. Neither can we live on meat which has been cleared of fat, long boiled, and has had all the juice pressed out of it; a dog so fed, lost in forty-three days a fourth of his weight; in fifty-five days he bore all the appearance of starvation, and yet such meat has all the muscular fibre in it. In the same way, animals fed on pure casein, albumen, fibrin of vegetables, starch, sugar, or fat, died, with every appearance of death by hunger.

Further experiment showed that these worse than useless foods were entirely without certain matters which are always to be found in the blood, namely, phosphoric acid, potash, soda, lime, magnesia, oxide of iron,* and common salt, (in certain of these we may mention, by way of parenthesis, that veal is especially deficient, and hence its difficulty of digestion and poor nutrient properties.) These salts of the blood, as they are termed in chemistry, are to be found in the several wheys and juices of meat, milk, pulse, and grain. Here then was the proof complete, that such food, to support life, must contain the several ingredients of the blood, and that the stomach cannot make, nor the body do without the least of them.

It is an established truth in physiology, that man is omnivorous—that is, constituted to eat almost every kind of food which, separately, nourishes other animals. His teeth are formed to masticate, and his stomach to digest flesh, fish, and all farinaceous and vegetable substances—he can eat and digest these even in a raw state; but it is necessary to perfect them for his nourishment in the most healthy manner, that they be prepared by cooking—that is, softened by the action of fire and water.

In strict accordance with this philosophy, which makes a portion of animal food necessary to develop and sustain the human constitution, in its most perfect state of physical, intellectual, and moral strength and beauty, we know that now in every country, where a mixed diet is habitually used, as in the temperate climates, there the greatest improvement of the race is to be found, and the greatest energy of character. It is that portion of the human family, who have the means of obtaining this food at least once a day, who now hold dominion over the earth. Forty thousand of the beef-fed British, govern and control ninety millions of the rice-eating natives of India.

In every nation on earth, the *rulers*, the men of power, whether princes or priests, almost invariably use a portion of animal food. The people are often compelled, either from poverty or policy, to abstain. Whenever the time shall arrive that every *peasant* in Europe is able to "put his pullet in the pot, of a Sunday," a great improvement will have taken place in his charac-

ter and condition; when he can have a portion of animal food, properly cooked, once each day, he will soon become a man.

In our own country, the beneficial effects of a generous diet, in developing and sustaining the energies of a whole nation, are clearly evident. The severe and unremitting labors of every kind, which were requisite to subdue and obtain dominion of a wilderness world, could not have been done by a half-starved, suffering people. A larger quantity and better quality of food are necessary here than would have supplied men in the old countries, where less action of body and mind are permitted.

Still, there is great danger of excess in all indulgences of the appetite; even when a present benefit may be obtained, this danger should never be forgotten. The tendency in our country has been to excess in animal food. The advocates of the vegetable diet system have good cause for denouncing this excess, and the indiscriminate use of flesh. It was, and now is, frequently given to young children—infants before they have teeth,—a sin against nature, which often costs the life of the poor little sufferer; it is eaten too freely by the sedentary and delicate; and to make it worse still, it is eaten, often in a half-cooked state, and swallowed without sufficient chewing. All these things are wrong, and ought to be reformed.

It is generally admitted that the French excel in the economy of their cooking. By studying the appropriate flavors for every dish, they contrive to dress all the broken pieces of meats, and make a variety of dishes from vegetables at a small expense.

Next to the knowledge of the differences in the human constitution, and the nature of the food proper for man, this study of flavors and art of re-cooking to advantage is to be prized by the good housekeeper. Every family who has a garden spot should cultivate those vegetables and herbs which are requisite for seasoning—horseradish, onions, celery, mustard, capsicum, (red-pepper,) sage, summer savory, mint, &c., &c., are easily raised. These, if rightly prepared, will be sufficient for all common culinary purposes, and a little care and study will enable the housekeeper to flavor her meats, gravies, and vegetables in the best manner.

Bear in mind, that in preparing food, three things are to be united, the promotion of health, the study of economy, and the gratification of taste.

Miss Pennell, niece of the Hon. Horace Mann, has been appointed Professor of the Latin Language, and Literature, in Antioch College, Ohio, of which Mr. Mann was chosen President.*

When work season comes, work in earnest; and when the play time comes, enjoy it. Have a time for everything, and everything in its time.

* This little paragraph contains some crumbs of comfort for the Society to "Give Women whatever they want."

*Some determined advocates of the vegetable system maintain, that the teeth and stomach of the monkey correspond, in structure, very closely with that of man, yet it lives on fruits—therefore, if man followed nature, he would live on fruits and vegetables. But though the anatomical likeness between man and monkeys is striking, yet it is not complete; the difference may be and doubtless is precisely that which makes a difference of diet necessary to nourish and develop their dissimilar natures. Those who should live as the monkeys do, would most closely resemble them.