

Bile is the natural purgative of the system.

Table Showing the Mean Time of Digestion of the Different Articles of Diet.

ARTICLES OF DIET.	PREPARATION.	H. M.	ARTICLES OF DIET.	PREPARATION.	H. M.
Rice	Boiled	1	Aponenrois	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	Broiled	1 35	Mutton, fresh	Roasted	3 15
Brains, animal	Boiled	1 45	Bread, corn	Baked	3 15
Sago	Boiled	1 45	Carrot, orange	Boiled	3 15
Taploca	Boiled	2	Sausage, fresh	Broiled	3 20
Barley	Boiled	2	Flounder, fresh	Fried	3 30
Milk	Boiled	2	Catfish, fresh	Fried	3 30
Liver, beef, fresh	Broiled	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 15	Bread, wheat, fresh	Baked	3 30
Turkey, domestic	Boiled	2 25	Turnips, flat	Boiled	3 30
Gelatine	Boiled	2 30	Potatoes, Irish	Boiled	3 30
Turkey, domestic	Roasted	2 30	Eggs, fresh	Hard boiled	3 30
Goose, wild	Roasted	2 30	Eggs, fresh	Fried	3 30
Pig, sucking	Roasted	2 30	Green corn and beans	Boiled	3 45
Lamb, fresh	Broiled	2 30	Beets	Boiled	3 45
Hash, meat & vegetables	Warmed	2 30	Salmon, salted	Boiled	4
Beans, pod	Boiled	2 30	Beef	Fried	4
Cake, sponge	Baked	2 30	Veal, fresh	Broiled	4
Paranips	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, and bread	Boiled	4
Spinal marrow, animal	Boiled	2 40	Heart, animal	Fried	4
Chicken, full grown	Fricassee	2 40	Beef, old, hard, salted	Boiled	4 15
Custard	Baked	2 45	Pork, recently salted	Fried	4 15
Beef, with salt only	Boiled	2 45	Soup, marrow bones	Boiled	4 15
Apples, sour, hard	Raw	2 50	Cartilage	Boiled	4 15
Oysters, fresh	Raw	2 55	Pork, recently salted	Boiled	4 20
Eggs, fresh	Soft Boiled	3	Veal, fresh	Fried	4 30
Base, striped, fresh	Broiled	3	Ducks, wild	Roasted	4 30
Beef, fresh, lean, rare	Roasted	3	Snet, mutton	Boiled	4 30
Beefsteak	Broiled	3	Cabbage	Boiled	4 30
Pork, recently salted	Raw	3	Pork, fat and lean	Roasted	5 15
Pork, recently salted	Stewed	3	Tendon	Boiled	5 30
Mutton, fresh	Broiled	3	Sue, beef, fresh	Boiled	5 30
Mutton, fresh	Boiled	3	Beefsteak	Raw	
Soup, bean	Boiled	3	Beef	Boiled	
Chicken soup	Boiled	3			

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.

The sick may offend in a slender diet and thereby grow worse.

In pregnancy a fine complexion indicates a male fetus, the contrary a female.

Winter is the greatest enemy to old, and summer to young people.