

tains a large proportion of albuminous matter. If man were to feed exclusively on animal food, a vast train of evils would arise; and therefore, by partaking of it moderately, while he supplies the stomach with a sufficiency for the exercise of its functions, by some such article of diet as potatoes he keeps up a proper balance, tending to a healthy state of body. Potatoes ought always to be fully ripe and well cooked, and not eaten with a "hard heart." The manner of cookery, as to boiled, roasted, or baked, is of no importance. It is said, if boiled with their "jackets" on they are more nourishing, but, if peeled before boiling, more easily digested.

*Spinach*, when tender and fresh, is easily digested. It acts as a stimulant to the stomach and bowels, and is gently laxative in many instances.

*Turnips* ought to be young, otherwise they are apt to be slow of digestion, and annoy the digestive powers.

*Cabbages and Greens*, if young and quite fresh, are wholesome, but if even a day old they frequently ferment and produce wind and acidity during digestion, which occupies some time. The less fibrous they are the better.

*Carrots and Parsnips* are nutritious, but rather difficult of digestion with some persons.

*Green Peas* are best when young. When old they are highly nutritious, but do not agree with those who have bad digestion.

*Broad and Windsor Beans* ought only to be eaten by those who have out-door exercise.

*Dried Peas and Beans* are very nutritive, but slow of digestion.

*Watercress and Garden Mustard* stimulates the stomach and promotes appetite.

*Lettuce*, if found easy of digestion, with a little salt, is suitable to the stomach, and may be eaten as in the north, with sugar and vinegar, or as dressed on the continent, with vinegar, mustard, and oil. It is best when young and quickly grown, as its narcotic principle is not so great as when old, and its fibres being tender, digestion is more easy.

*Celery* ought to be eaten when young and tender, and is more easily digested when boiled.

*Radishes* are only good when young and scraped.

*Leeks and Onions* do not agree with weak stomachs; they are valuable in cold and humid atmospheres, and where the diet is meagre, as on the Continent, and among labourers whose wages do not afford a nourishing diet. They are conducive to health. A little parsley takes off the disagreeable odour of the breath arising from their being eaten.

*Cucumbers*.—Persons having a bad digestion ought never to eat this watery and cooling vegetable. Vinegar and salt and pepper are condiments that should always be used with it.

The French convert vegetables of all kinds into wholesome and nutritious soups, which, by the addition of a little spice and flavouring, have become favourite dishes with all classes.

*Sugar* is highly nutritious, adding to the fatty tissue of the body, but it is not easy of digestion.

*Honey* seldom agrees with the stomach; it ought not to be quite freed from the wax of the comb, when used as an article of diet; it is generally laxative.

*Treacle*, though like most highly saccharine bodies, irritating to the digestive system, is preferable to sugar, and at the same time has laxative properties.

*Olive Oil*, like butter, is slow of digestion; from continental nations eating less frequently than we do, and consequently there being many hours for the digestion of food, it may be found useful in giving employment to the stomach.

*Vinegar* is apt to derange the functions of digestion; yet where the food is of an oily nature, or not fresh, it aids digestion, and prevents bad effects; this is especially the case on a voyage where salt meat is often eaten.

*Salt* is imperatively required with our food, but ought to be taken with due regard to moderation.

*Spices* are stimulants to digestion; but if used to excess, tend to weaken and impair the action of the stomach.

*Pickles* are often valuable as stimulants and preventives of putrefaction; but when indulged in as mere provocatives to the appetite, too often cause the passage of food before digestion has been completed.

*Tea* exercises a peculiar influence over the nervous system, hence tea is employed as a drink by those who wish to remain watching or studying at night. Strong green tea, taken in large quantities, acts upon some as a narcotic, but weak tea rarely disagrees with the invalid, and is admissible and refreshing in a variety of diseases, especially those of a feverish or inflammatory tendency.

A grain or two of carbonate of soda put into the tea-pot with the tea, will greatly aid in extracting its strength and flavour. The water must boil before it is poured on to the tea, and only a small quantity should be poured on at first.

*Coffee* is a tonic and stimulating beverage of a wholesome character, but not so good for the invalid as tea; this is used as an anti-narcotic by those who study at night and is given largely to patients after poisoning by opium and other powerful narcotics.

*Chocolate* is very nourishing, but, on account of the oil which enters into its composition, it is difficult of digestion, and apt to disagree with delicate persons.

*Cocoa* is less oily, and being a mild astringent, is adapted to persons with relaxed bowels.

*Fermented Liquors*, such as ale, porter and beer commonly known as fermented decoctions of malt and hops, deserve a slight notice. Beer differs from wine in containing less spirit, and more nutritive matter; therefore, when used in moderation, it may be considered wholesome, proving a refreshing drink,