

are exposed to great wear and tear of the body, especially of the nervous ingredients of it, should cling with desperate tenacity to those beverages which experience, now ratified by scientific observation, tells them, tends to reduce to a minimum the expenditure of substance, during the efforts they are obliged to make. And, while to deprive a man of his wine, may be to starve his brain and his nerves, by withholding from them their requisite sources of food, to deprive a man of his tea and coffee, may operate with equally disastrous consequences, by involving him in an expenditure to which his means are inadequate.

The quantity of tea consumed in the United Kingdom in 1853 amounted to fifty-eight millions of pounds, while in Germany, with a population of four millions more than the British, it was only one million and a half, and in France only half a million. This accounts for the ghastly parody of the refreshing beverage which goes by that name the traveler in these countries is generally mocked with, and displays the absurdity of homeopaths transferring Hahnemann's inhibition against coffee to this country, while tea, which takes the same place here held by coffee there, is allowed to be used with certain faint admonitions against its excess. For the physiological effects of the two are very similar, depending, in a great measure, upon the presence of the peculiar highly nitrogenous principle called theine or caffeine. The difference between black and green tea depends entirely, according to Mr. Fortune, our great authority in this matter, upon the mode of preparation. Green tea is dried rapidly, while the leaves are fresh; while black tea is exposed for some time to heat and air, which induces various unknown chemical changes in their substance, and mitigate its sleep-destroying properties. It is usual in China to prepare the green tea for the foreign market with a small quantity of copper to intensify its color, and to the deleterious action of this substance, some of the evils of green tea are ascribed. However, recent investigations have proved, that the amount of

copper employed is so minute as hardly to be of any consequence—at least, so it is maintained.

All that has been said of the action of coffee upon the nervous system is equally applicable to tea, and does not require to be re-stated. I believe its moderate use to be perfectly harmless, and that it in no way interferes with the action of homeopathic medicines.

The quantity of cocoa consumed in this country, although still greatly inferior to that of tea or coffee, is rapidly on the increase, being no less, in 1853, than 4,126,000 pounds, while in 1832, it was only 1,150,000. Like tea and coffee, it contains a peculiar highly azotized principle called theobromine; the composition of this is $\text{N}^4 \text{O}^{14} \text{H}^8 \text{O}^4$; while that of theine is $\text{N}^2 \text{O}^8 \text{H}^5 \text{O}^2$. And if cocoa were prepared and used in the same way as coffee, it is probable the effects would be much the same. This, however, is not the case; it is not roasted and infused, and the infusion drank, but boiled, and eaten in substance; and besides various ingredients in common with tea and coffee, it has a much larger proportion of oil, amounting to between fifty and sixty per cent., while in coffee there is only ten per cent., and in tea none at all. It is to this difference the fattening properties of cocoa are due, and this too is the reason why it is found to be indigestible by many. In Spain, and other countries where it is much used, it is not the practice to use bread and butter with it, but generally a species of rusk or roll of biscuit. In a chemical point of view, there is not much difference between a breakfast consisting of tea and bread and butter and one of cocoa, and the attribute homeopathic, applied to the latter, seems to be somewhat arbitrary, if not clap-trap. The so-called homeopathic cocoas are no way different from the other cocoas, except in being mixed with various proportions of sugar and arrowroot, or potato-flour, which lessens the proportions of oil, and improves their flavor to most palates, and their digestibility to most stomachs. On this admixture Dr. Hassall has made some very severe strictures, denouncing