

that can match it in its fulness of joy, that can take its place for even one hour; for it comprehends the love of nature in its most extended meaning; it comprehends the love of man in the reality of affectionate kindness, good-will and sober behaviour; and it comprehends the love of God, in the daily witnessing of His works in their loveliest aspect. Who would not be a jolly gardener? Who would not have at least some living flowering thing to set an earthly love upon? Who would not ever keep at least one flower near the heart, to cheer it in a glowing hour, and read in it an easily-learned lesson of love and duty to man and God? Surely, without a garden, life is hardly possible; with it all the foes of man may rise up against him, and he may turn aside for a moment, and catch a glimpse of his roses through the open window, and say, "My peace is there: there will I seek God, my refuge."—*Shirley Hibberd, in The Floral World.*

Miscellaneous.

FOOD AND ITS CONSTITUENTS.

The food best adapted for one man is not always the most suitable for another. In a recent number of *Blackwood's Magazine*, the following cases are given as exceptions to general rules regarding food:—

"In 1844 a French soldier was forced to quit the service because he could not overcome his violent and repugnant disgust towards animal food. Dr. Prout knew a person on whom mutton acted as poison. 'He could not eat mutton in any form. The peculiarity was supposed to be owing to caprice, but the mutton was repeatedly disguised, and given to him unknown, and uniformly with the same result of producing violent vomiting and diarrhoea. And from the severity of the effects, which were, in fact, those of a virulent poison, there can be little doubt that, if the use of mutton had been persisted in, it would soon have destroyed the life of the individual.' Dr. Pereira, who quotes this passage, adds: 'I know a gentleman who has repeatedly had an attack of indigestion after the use of roast mutton.' Some persons, it is known, cannot take coffee without vomiting; others are thrown into a general inflammation if they eat cherries or gooseberries. Hahn relates of himself that seven or eight strawberries would produce convulsions in him. Tissot says that he could never swallow sugar without vomiting. Many persons are unable to eat eggs; and cakes or puddings, having eggs in their composition, produce serious disturbances in such persons, if they are induced to eat them under false assurances."

These statements may be perfectly reliable, but they are exceptional cases; the following general information, by Dr. Lankester, of London, is of universal application:

Flesh-producing food, like every organ in the human body, contains three out of the five known gaseous elements of nature, namely, oxygen, hydrogen and nitrogen, together with one only of the many solid elements of chemistry, namely, carbon, which may be said to be the only solid basis of all organisms, vegetable as well as animal (bones excepted, the basis of which is calcium or lime.) Without these four elements of flesh-producing food—oxygen, hydrogen, nitrogen and carbon—no ingredients of food can be of use in building up the wasted parts of the body. The nutritive or flesh-forming ingredients, or proximate elements of food are called fibrin, albumen and casein; they contain the four elements just named in exactly the same proportions, and are found both in vegetable and in animal food. The nutritive value of food depends upon its richness in flesh-forming matter. An adult man, in vigor, wastes five ounces of dry flesh daily, and requires the same amount of flesh-formers in his food.

The flesh-formers of the vegetable world are most abundant in those plants which yield the most substantive food of man; such as wheat, oats, barley, rice, Indian corn, &c.; and leguminous plants, such as peas, beans and lentils, or pulse. Wheat is the most important of these yielders, although the pea and bean tribe are so highly nutritious that they, in fact, require, or at least ought to be mixed with other food, to prevent them from being too heavy or indigestible.

Flesh-formers are indispensable to the very existence of the body, which is now believed to waste so fast that every forty days we may be said to possess a new body. This is certainly fast living compared with the slow ideas of the last generation of chemical physiologists who estimated the time for such waste and renewal at seven