

but violent thirst with the heat. Ipecacuanha cured at once. She gained in weight, and for ten months there was no recurrence of the trouble. I then lost sight of her.—Homœopathic News.

GOOD BREAD.

Of all the ills which flesh is heir, perhaps none is more common than Dyspepsia in some one of its many forms. To what extent may the cause be traced to our daily food?

I believe I am safe in saying that either impure or improperly cooked food or an unharmonious choice of articles making up the bill of fare is largely responsible for the prevalence of stomach disorders.

The old saying "bread is the staff of life" has sound reason in it. Flour made from wheat, and meal from corn and oats are rich in the waste repairing elements—starch and albumen and head the list of articles of food for man.

Good, light, sweet bread makes a plain meal acceptable and covers a multitude of culinary sins and there is no one thing on which the comfort of a family depends so much as the quality of its home-made loaves.

Opinions as to what constitutes good bread differ as much as tastes and opinions concerning anything else but all will agree that bread to be good should be light and sweet, that is free from any perceptible acid or yeasty taste—flaky, granular and not liable to become a doughy mass.

If members of the family have delicate digestive powers they will not use new bread and therefore must have such as will keep with little change of texture and none of quality or taste for several days.

To obtain these qualities consider first the flour. Flour in which gluten is abundant will absorb much more liquid than that in which starch is contained in greater proportion, yet neither gluten

nor starch will dissolve in cold water. There is a great difference in opinion as to the comparative merits of bread made from fine white flour or whole wheat flour, but my personal preference is for the latter, as the coarse particles stimulate the digestive organs, causing the fluids to flow more freely. The nitrogenous matter giving abundant material for the growth of bone, hair and teeth; can I see any good reason for robbing our flour of its phosphates and supplying the loss by calling on the druggist for some of the many makes of "Phosphate of Wheat."

Bread should undergo but two fermentations, the saccharine or sweet fermentation and the vinous, and should not be allowed to pass this change, because the third or acetous then takes place; the yeast in fermenting combines with the flour and sugar which has been added, and carbonic acid gas and alcohol are produced, this gas trying to escape is confined by the elastic, strong gluten which forms the walls of the cells in which it is held, its expansion changes the solid dough into a light, spongy mass. The kneading process having distributed the yeast through the bread.

The water used in mixing softens the gluten and cements the particles of flour together ready for the action of the carbonic acid gas.

In baking, the loaf grows larger as the heat expands the carbonic acid gas and converts the water into steam and the alcohol into vapor, but it, in the meantime loses one sixth of its weight by the escape of these through the pores of the bread.

Some of the starch changes into gum, the cells of the rest are broken by the heat, the gluten is softened and made tender, and the bread is in the condition most easily acted upon by the digestive fluids.

Flatulence may be accounted for in one way at least, by the use of imperfectly baked bread, the yeast ferment not being entirely arrested.—N. A. Medical Review.

"RADNOR"

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