

has been passed a little time; they are known by their linear form and incessant motion; (b) the *penicillium glaucum*, the fungus which forms 'mildew,' and which often appears when the acid fermentation has begun; (c) the yeast fungus, *torula cerivisiae*, which was considered by Dr. Hassall to be diagnostic of diabetes.

*Sarcinae* are apparently formed in the urine before it is voided: they are square bodies, divided into secondary squares, which number 4, 16, 64, &c., and are similar to the *sarcinae* found in the vomited matters of persons suffering from stenosis of the pylorus.

*Kiestein* is a whitish pellicle formed on the surface of the urine of pregnant women, when allowed to remain at rest for a few days. It appears to consist chiefly of the mould fungus, globules of fat, and crystals of phosphates. It was formerly regarded as a sign of pregnancy; but it occurs in the urine of persons who are not pregnant, and it is not always present in pregnancy.

#### SPERMATIZOEA.

These little bodies are present in the urine of males first passed after an emission of semen. A few pass away in the urine, probably, without venereal excitement, especially when the person is continent. In the urine of females, they are almost positive proof of sexual intercourse.

The seminal secretion forms a glairy white deposit at the bottom of the urine glass. When examined with the microscope, (for which a high power, magnifying 400 or 500 diameters, is best, although a power of 250 will identify them), spermatozoa show the characteristic oval head or body, often somewhat pear-shaped, and long delicate tail, two or three times the length of the head.

In the urine no movement is ever shewn by these bodies.—*Flint on the Urine.*

#### DIET AND THE DIGESTIBILITY OF FOOD,

(Continued.)

*From the Medical and Surgical Guide.*

*Puddings.*—Pastry ought to be light, well cooked, but not what is called rich or greasy. Hard puddings lie like a stone on the stomach of most people. Beef steak puddings and meat pies ought never to be taken by those having weak digestion.

Little fancy cakes eat much shorter if put while hot into a hot jar instead of being allowed to cool according to the usual custom.

Cakes, puddings, &c., are much better if the currants, sugar, and flour used are made hot before being mixed together.

*Oatmeal.*—Oats are best when grown in a cold climate, and they seem to agree with the inhabitants as a substantial article of diet. Oatmeal is chiefly valuable in the form of gruel, as it soothes the stomach, is nutritive, and easy of digestion. A little oatmeal mixed with water is an excellent drink when abstemiousness is necessary. As a light supper, nothing is more fitting than gruel for the delicate. In inflammatory affections, when proper to change from toast and water, nearly half a cupful of gruel

may be given every two or three hours. But there are some persons with whom oatmeal never agrees. Gruel for the sick ought always to be boiled one hour. When it will sit comfortably on the stomach of a child, oatmeal gradually stirred into boiling water, and eaten with milk, forms an excellent breakfast, not so liable to produce costiveness as bread and milk.

*Barley.*—Bread made of the meal of barley is not easily digested, but, from its flavour, is liked by those accustomed to it. Pearl barley is a great addition in the concoction of broth; and as barley-water will often suit where oatmeal gruel disagrees, mixed with milk it is an excellent diet for the sick. It should always be made fresh, and boiled three hours.

*Rye Bread* acts as a laxative; but the disease to which this grain is subject will sometimes render the whole population where it is used dangerously ill, and be productive of most afflicting diseases.

*Rice*, from its large proportion of starch, is most excellent for the sick and those of defective digestion; it forms an excellent substitute for vegetables when found productive of flatulency; its tastelessness renders it easily flavoured and palatable. It ought to be well cooked, the grain much swelled, but not broken; by not stirring it in the process of boiling it does not, what the cooks call, "set on." Ground rice is more readily cooked than when whole. It is a good and economical food for families.

*Maize* requires a taste to be acquired for it, and then it is preferred to wheaten bread. Mixed with wheaten flour, or as puddings or porridge, it is, as regards digestion, about the same as ordinary flour.

*Pea Meal* is very nutritious, but often indigestible; from the flavour it gives to soup, it is highly relished, and especially used for that purpose on board ship; it is also said to act most beneficially with sailors as a preventive to scurvy. In the north it is often made into bread, although the bread made from it is heavy and not easily digested.

*Asparagus* is prescribed in Spain as a powerful diuretic. The less fibrous vegetables are, the more easily they are digested, yet they contain but very slight proportion of nutritious principle; in this class there may be named artichoke, sea-kale, vegetable marrow, celery, the flower of the cauliflower, and young French or kidney beans. Vegetables ought to be thoroughly cooked, and the water in which they have been boiled well drained from them before use. French and kidney beans, when old, contain a great deal of nourishment, and are a good substitute for more flatulent vegetables. Sea-kale and asparagus were at one time insignificant marine plants. The wild briar is the parent of the rose; the sloe, of plums, peaches, apricots, and nectarines; the crab, of apples of all kinds; the corn; the improvement of grass.

*Potatoes.*—The best potatoes do not contain a fourth of the nutritive matter of wheaten flour. They are chiefly valuable to dilute food that con-