

grape-cure owes its efficiency probably, in cases to which it is suited. It is said to be specific in certain forms of diarrhoea or dysentery, but I am not aware of any trustworthy details of the way in which it is used. Milk thickened with mutton suet has an excellent effect upon children who are weak and lean from long-continued diarrhoea. And broiled bacon is found by many to be a useful substitute for butter at breakfast. No doubt in this, as in other forms of aliment, individual peculiarities of taste and disposition, impossible to specify by anticipation, must be taken into account.

The importance of coffee, tea, and cocoa, as articles of diet, requires no enforcement. Of coffee alone, the consumption in the United Kingdom amounted, in 1853, to thirty-seven millions of pounds; and yet coffee is of comparatively recent introduction in Europe.

According to Abd Alkader Ebn-Mohammed, who wrote a treatise in 1566, entitled, "The Prop of Innocence, in Reference to the Lawfulness of Coffee," a very learned and pious sheikh became acquainted with this beverage in Abyssinia, and introduced it into Aden about the beginning of the fifteenth century, under the name of kahwa. In the year 1554, an alarming tumult arose in Constantinople, no less than an emeute of the priests against the Sultan, because the opening of coffee-houses had been attended with such irresistible attractions to the true believers, that they had all deserted the mosques. With the sagacity of one born to rule, the Sultan settled the matter by heavily taxing the coffee-houses, thus relegating to the mosques the poorer portion of those who frequented them, satisfying the priesthood, and enriching himself. In 1652 a Greek, of the name of Pasqua, opened the first London coffee-house, in George Yard, Lombard Street; and in 1671 the first was opened in France, at Marseilles; it was not till 1721 the first coffee-house was opened in Berlin.

Thus began the second Byzantine empire, which is likely to be more enduring and fruitful of great political results than the first. For it is hardly too much

to say, that if there had been no cafes in Paris there would have been no French Revolution, or at all events, its history would have been very different.

The most important chemical ingredients of roasted coffee (for, except in the Crimea, it is always roasted before it is used) are—1st. A volatile oil produced during roasting; 2nd. A variety of tannic acid, modified by this process; and, 3rd. A substance called caffeine, similar to the theine and theobromine of tea and cocoa.

The physiological effects of the infusion or decoction of coffee are very peculiar. It seems to act especially upon the spinal and respiratory system of nerves, rather than on the cerebral, as alcohol does. It is well worthy of consideration, that while wine induces sleep, coffee and tea prevent it. And it may be, that the increasing number of spinal affections, which are undoubtedly met with now, are, in some measure, due to the much larger quantities of tea and coffee consumed. It has, besides, a most remarkable effect in retarding the waste of the tissues, and thus, is indirectly nutritious; it husbands the strength of the person who drinks it, and so increases his wealth; as a man's riches depend upon the excess of his revenue over his expenditure, and what diminishes the latter augments the former. Some interesting experiments have been made upon this subject, and the result was to prove, in the instances recorded, that by the use of $1\frac{1}{2}$ ounce of coffee daily, the absolute quantity of urea and phosphoric acid voided from the system in a day was diminished one-third, while the absolute quantity of urine was increased by a fifth. If this experiment be confirmed, it shows that coffee, to some extent, gives us the control of the waste of our bodies, and when we recollect that life is an incessant stream, the rapidity of which, in a great measure, determines the amount of health and strength; that the rapid exhaustion of fever is the acceleration of the river of life in the body, and, that the arrest of decay implies increased energy and prolonged vigor, there is no wonder that those who