Gastric juice, 82, 90

LUN

Gelatine, 37 Germs, 9 - poisonous, 147 - vegetable and animal, 145 — in liquids, 149 Gin injurious to babies, 101 Girls, reason why more die boys, 61 Glands, sweat, 6 - salivary, 79 -- gastric, 82 - mesenteric, 82 Gooseberries, the quantity of water in, Grass, the quantity of water in, 113, 114 Gravy, receipt for, 140 Gullet, the, 79 Guy, Dr., on sufferings of sailors a , hundred years ago, 107 TAIR-WASHES, lead in, 159 Hands, joints in, 26 Harvey, the discoverer of circulation of the blood, 47 Hashed cold meat, receipt for gravy, 140 Head, the, description of, 21 - dangerous to strike it, 23 - reasons for keeping it clean, 24 Health, good, requisites for, 1 - health in the olden tim**es**, 8 - foods most suitable for, 192 Hearing, the nerves of, 154 - the sense of, 159 Heart, the, 36 — situation of, 3 — size of, 38 beating of, 41

Heat to bake bread, 152

Hoof, a, structure of, 72-75

nervous system of, 71its foot, 72-75

– the larynx of, 176

bearing-rein, 176

Hydrogen, 81

Horse, the, intelligence of, 70

- reason why its eyelashes

haw ought never to be cut, 167

Hip-joint, 29 — disease of, 30

- affection of, 7

ICELAND, rarity of consumption in, 58 Infants, importance of keeping their blood warm, 60

- why it is cruel to drive it with a

Infants, ignorant ideas of people regarding, 60
— hints regarding the clothing of, 60
— digestion of, 91
— feeding of, 91
— tight bandaging injurious to, 105
Infection, retention of, in wfollen materials, 12
— directions for, 15
Insects, nerves of, 182
Invertebrate animals, 182
Iron in water, 111

JOINTS, 26 — the way to roast them, 131 Joint-oil, 28 Juices of the flesh, 122

Kindness, effect of, on criminals, 175 Knee-joints, 30

ACING, tight, effects of, 34 Laminæ of the horse's foot, 74 . Land and Water, extract from, 139 Landseer, anecdote regarding, 161 Lard, the quantity of water in, 112 Larynx, the, 172-174 Laudanum, evil effects of, 157 Lead-poisoning, effects of, 159 - injurious to the nerves, 159 Leeds, mortality in, 1 - unhealthiness in, 147 Lemons, potash in, 108 the quantity of water in, 113 Lentils, the quantity of water in, 113 Lettuce, potash in, 108 - the quantity of water in, 113 Ligaments, 29 Lime, 37 Linseed, the quantity of water in, 113 Lion, the digestion of, 76 - the length of its bowels compared with those of the sheep, 90 Liquids, the reason we should not take liquid food only, 104 germs in, 149 Liver, the, 96 – a nutmeg liver, 97 - those who suffer most from liver

complaints, 97

- quantity of air in, 57

Lobster, the, 182

Lungs, the, 51 — capillaries of, 52