

oil of turpentine. In diabetes, ale and porter, which contain much sugar, cannot on rational grounds be advised, while claret, which is free from sugar, and contains much tannic acid, is highly beneficial. While cider, though free from sugar, contains much malic acid, and is diuretic. In dyspepsia and gout, the wine which is freest from ultimate acidity, and which is least stimulating, is best. The least acid claret wines first, and then some sherry, and even perfectly dry champagne, when very free from excess of acid, are not unsuitable. When a taste is acquired for good Mansanilla, it answers all the requirements, and is obtained at a far cheaper rate than first-rate Amontillado sherry, which may be procured free from all sugar, and with little acid, and scarcely stronger than Mansanilla, and so far surpasses it in flavor that the difference in expense is almost forgotten. But by adding water to brandy, or other spirit, a fluid is obtained which is far less acid than any wine, and which may be made of any strength, and be free from all sugar. Theory, then, as well as practice, leads to the belief that if any stimulant is taken in dyspepsia, the best is brandy and water. With regard to porter and stout, these containing little acid, have much sugar, and hence give rise to much more acidity than some pale ale. [But at the same time are *pro tanto* more fattening if they agree.] Some pale ale may be found more sweet and acid than ordinary sherry, but generally pale ale is more acid than sherry, and less stimulating. Yet for this, compensation is made in the greater quantity of ale drank. The larger quantity of salts also in malt liquors must always be borne in mind. Such is the meagre information which at present is the best I can bring before you to enable you to answer the question, What may I drink?"

The question of how much, must also receive answers as various as are the habits and capacities of those who ask it. One man's extremest idea of temperance conveying to another the horror of a debauch. I recollect a celebrated writer, who is now far advanced in years,

remarking to me in reply to my question of whether he took much wine, "I drink very little now," he said in the quietest tone, "I seldom take more than eight or perhaps ten glasses of sherry at dinner." A limit of indulgence which would have entitled him to be enrolled on the books of a temperance society instituted towards the close of the 14th century by the Landgrave of Hesse, the rules of which restricted its members to seven bumpers of wine along with each meal, which, at three meals a day, and allowing six bumpers to a quart, would give each member his three daily bottles.

We should here have considered the effects of the other sources of fat, and especially of cod-liver oil, but that the subject has been ably handled by so many writers, as to make it a work of supererogation. There is one observation, however, it may be right to make, in order to prevent disappointment from the results of this fashionable remedy, and it is this:—In cases of phthisis it may fatten the patient to such a degree as to give a delusive appearance of restored health, while all the time the mortal malady is making rapid progress to its unerring end. As to the value of inunction, a still more fashionable mode of introducing fat with the body, I confess myself to be very dubious, from the few trials I have made of it. I have found, in several instances, unspiced turtle soup one of the most digestible forms of presenting fat to patients in a state of extreme emaciation. Of the dietetic value of cocoa, in this point of view, I shall speak presently, when considering its claims as a beverage, along with those of tea and coffee.

Before doing so, it may be right to state that, however important fat is to the economy, yet both oil and sugar is so readily decomposed and converted into a variety of acids, some of which are of a highly indigestible character, that, practically, they are usually found unsafe articles of diet, unless presented in circumstances well adapted to secure their admission without decomposition.

Sugar is safest in the form of grape sugar, and it is owing to this that the