

Miscellaneous Selections.

CHEESE AS AN ARTICLE OF DIET.

As an article of diet cheese presents some curious anomalies. It is one of the most nutritious of all food-stuffs—so far as one aliment by itself can serve nutrition, whilst at the same time it is one of the most indigestible. And yet, again, if taken in very small quantities it materially aids the digestion of other foods taken with it. Of home-produced cheese in its ordinary condition few except the most hearty eaters will be disposed to partake at all largely at one sitting. The flavour of it is not sufficiently inciting to provoke appetite of the “cut and come again” character. But our tendency, as we have already remarked, is to become *gourmets* rather than *gourmands*. In the present day “man wants but little here below, but wants that little strong.” This tendency has extended even to the matter of cheese, and we have, unhappily, begun to refine also upon that standard dish of everybody’s dinner. We must eat, amongst other things, some superfine cheese. The delicacies of this kind most in request are the Camembert, the Gorgonzola, and the Roquefort, to name them in the probable order of indigestibility. All are more or less creamy, and unwholesomely rich; and all of them when “ripe,” that is to say, in the most tempting condition as regards flavour, have become to a greater or less extent delightfully decomposed, and correspondingly upsetting to the digestive organs. And yet, unhappily, they are at the same time most banefully suggestive of another slice, and most temptingly provocative of yet another.

When shall we resort to such simple and healthy kinds of food as the *Biftec à l’Anglaise*, *Pommes-de-terre au naturel*, and the homely cheese called *Glostère*? The time may be yet far distant, but some day the reaction will inevitably come.—*Medical Examiner*.