

and teeth, and are still required to keep them in healthy condition. Hence do we attribute the weakly-formed bones, as evinced by the bent limbs and bad teeth of the children who have been fed chiefly on the finest wheaten flour, or bread which, as has been just now stated, is divested of its salts. The coarser food of the poor secures them stronger limbs and finer figures for their young children, where health, in other respects, is born with them. This is worth reflecting upon; and, since the conversion in my own person and family, and in those patients I have persuaded to follow my example, of consuming brown bread, or, at least of mingling it with white, and of late unfermented, I can bear testimony to its great utility, wholesomeness, economy and agreeableness. It is suggested that mothers and nurses, when suckling their young charges, should consume brown bread—if unfermented, so much the better; for, upon the same principle, just quoted, that the body derives its nourishment from food analogous only in its elements to itself, so it follows that, as the child is fed only from its parent or nurse, it must owe its preservation to the soundness of the source whence it exists.

In continuation of the subject on the varieties of the uses of flour, &c., hot rolls, fancy breads, rusks, and tops and bottoms, are very indigestible for invalids and children. Country people have generally a slice of cake to offer as a complimentary refreshment, with a glass of home-made wine. A dyspeptic would have heart-burn and acidity throughout the day, were he to accept such an invitation; but there are thousands of people who can do "that sort of thing" with impunity. Biscuits when well and crisply baked, are wholesome and easy of digestion. Those containing carraway seeds, and whimsically called "Abermethy," are in my opinion as bad as pastry and sweets generally.

Pies and puddings are made, of course, with flour and butter, or suet, and from closer intermixture (apart from the properties of the butter) are less digestible than bread. Bread puddings, made with unbuttered slices of bread, form an excellent meal, or an adjunct to one.

Macaroni, or vermicelli, boiled in beef tea or broth, makes a nice soup. Macaroni or vermicelli puddings are excellent. Rice puddings, baked and boiled, are both capital forms of diet. The former should be made and taken without butter, and with very little sugar.

Barley broth, † porridge, gruel, sago, ‡ tapioca, § rice powder, and other similar preparations, are severally admirable articles of nourishment. Cookery wonderfully alters the taste, appearance and quality, of all farinaceous articles. The various farinaceous preparations make excellent jellies.

Potatoes,	Turnip-tops,
Peas,	Spinach,
Beans,	Brocoli,
Broad Beans,	Brocoli Sprouts,
French Beans,	Cauliflower,
Scarlet Runners,	Asparagus,
Turnips,	Artichokes,
Carrots,	Salads.
Onions,	Lettuce,
Parsnips,	Rudishes.
Vegetable Marrow,	Cucumbers,
Sea Kale,	Endive.
Greens & Cabbages,	Water Cresses,
Tomatoes,	

Potato, ¶ the almost universal vegetable, has advocates and opponents for its adoption. Liebig says, a horse may be stuffed with potatoes, but life thus supported is a gradual starvation, although prisoners have been fed upon them with advantage. Baked potatoes are less nourishing than boiled, and mealy potatoes are more digestible than waxy. Potatoes, in general, engender flatulence. Onions lose their stimulating influ-

ence by boiling, and are then considered wholesome. The best onions are found in Mexico.

In the foregoing table, vegetables of less digestibility than others, or which require stronger powers of digestion (for the two properties are not alike), are printed in italics.

"1. *That minuteness of division and tenderness of fibre* are the grand essentials for the easy digestion of butcher's meat. The different kinds of fish, fowl and game, are found to vary in digestibility, chiefly in proportion as they approach or depart from these two standard qualities.

"2. *Farinaceous food*, such as gruel, rice, sago and arrow-root, and like-wise milk, are rapidly assimilated, and prove less stimulating to the system than animal food.

"3. Liquids are slow of digestion, and hence, in excess, are unfit for most dyspeptic persons."

#### RECIPES.

*Bread Pudding.*—Grate half a pound of stale bread, pour over it a pint of hot milk, and leave the mixture to soak for an hour in a covered basin; then beat it up with the contents of two eggs. Put the whole into a covered basin, just large enough to hold it, which must be tied in a cloth and placed in boiling water for half an hour. It may be eaten with salt, sugar, or sherry.

*Panado.*—Place some very thin slices or crumbs of bread in a saucepan, and add rather more than will cover them. Boil until the bread becomes pulpy, then strain off the superfluous water, and beat up the bread until it becomes of the consistence of gruel; then add white sugar, and, when permitted, a little sherry wine. An agreeable aliment for the sick.

#### RECIPES FOR THE SICK.

*Milk Porridge.*—Boil a tea-cupful of half-grits in three pints of water, for an hour and a half; strain the water off, and add cold milk, or warm as may be approved.

*French Milk Porridge.*—Stir a handful of oatmeal into a quart of water, let it stand to be clear, and pour off the latter; pour a pint of fresh water upon it, stir it well, let it stand till next day; strain through a fine sieve, and boil the water until half has been boiled away, then add a pint of milk and boil again. This is much ordered, with toast, for the breakfast of weak persons abroad.

*Ground Rice Milk.*—Boil one spoonful of ground rice, rubbed down smooth, with three half pints of milk, a bit of cinnamon, lemon-peel, and nutmeg. Sweeten when nearly done.

*Sago.*—To prevent the earthy taste, soak three table-spoonfuls in cold water an hour, pour that off, and wash it well; then add a pint of water and simmer it gently till the globules are clear, with lemon-peel if approved. Add wine and sugar, and boil all up together.

*Water Gruel.*—Put a large spoonful of oatmeal by

† Take two ounces of ether, one pint of milk, four table-spoonful of cinnamon water; simmer till the macaroni or vermicelli is tender; then add three yolks and one white of egg, one ounce of sugar, one drop oil of bitter almonds, glass of raisin wine in half pint of milk. Bake slowly.

‡ To make barley water. Take of pearl barley two and a half ounces, wash them, and add half a pint of water; boil for a little while; throw this liquid away, and then add four pints of boiling water; boil down to two pints, and strain. Raisins, figs, tamarinds and liquorice, are sometimes added to make a diet drink.

§ Sago milk. Take of sago one ounce, water one pint; soak for an hour, pour off the water, and add one pint and a half of good milk and boil until the sago is dissolved; then flavor with sugar, nutmeg, and wine.

Sago gruel. This is made by boiling the sago in water only, and it also may be flavored with lemon juice, sugar and spice.

¶ Tapioca pudding. Take of tapioca two ounces, the yolks of two eggs, sugar half an ounce, milk one pint. Mix and bake.

¶ As a substitute for the potato, during its scarcity, rice, served up plainly boiled, or "curried," is very nutritious and palatable.