

cereals, of which, to our shame, we make but little use in this country, and thereby suffer a great economic and hygienic loss. Wheat is a costly cereal, and it is not the most nourishing, nor does it lend itself well to those pleasant, wholesome nutritious and comforting forms of food known as porridges, which do form the staple breakfast throughout Scotland and throughout the vast American continent, which is now peopled with English, Scotch and Irishmen, and from which we have so much to learn and so much to gain. . . . .

Hominy porridge is the staple breakfast of the American continent. For young people, for reasonably quiet people, for dyspeptics, for working people, for bankers and brokers, who want to keep their digestions in good order, and to be able to work satisfactorily, hominy porridge is the only food. Hominy is nothing else than a fine kind of Indian corn, ground roughly and largely like Scotch oatmeal, and the way to make the porridge is to soak it in cold water all night, and to boil it for half an hour in the morning, stirring it frequently to prevent it from burning. When boiled, each grain should be soft and separate, like well boiled rice. It should retain its opaque whiteness, and should not be watery or semi-transparent, or else it may be known to be over-cooked. Neither should it run into masses, or coagulate in lumps; all these are the indicia of bad cooking. They may be easily avoided, and hominy which does not come up to table with every grain soft and separate, and showing a pure, opaque, pearl-like whiteness, should be sent down again and devoted to some other use, such as frying in slices. When

served in a hot bowl (with a pile of hot plates), it is best eaten with milk and sugar by the luxurious. To children and simple minded people it is delicious with skim-milk and treacle, and of all the cheap, wholesome, digestible, delicious breakfasts which the world affords, I do not know any which can compare with a dish of hot hominy with skim-milk and golden syrup. It would delight the heart of any British child. There is no epicure who retains a palate capable of appreciating simple purity of flavour, or a mind capable of appreciating the best gifts of nature prepared for gastronomic enjoyment, who will not find in such a dish of hominy one of the most perfect luxuries which could be put before him. I should like to hear that some of the royal children take hominy, skim-milk, and golden syrup every morning for breakfast. It would make it fashionable, and such a dish requires only to be fashionable in this country in order to become universal, and to be as popular in the palace as in the peasant's cottage. One practical inconvenience is sometimes found in preparing porridge, and that is the necessity of steeping the hominy over night, and spending half-an-hour in boiling it in the morning

#### MICROGERMS AND ZYMOTIC DISEASES.

In a very interesting article recently published in the *Journal d'Hygiene*, by Dr. Marie Davy (*Sanitary Record*), some important results of experiments made by M. P. Miquel are given at some length. As the results of the experiments, he says that the spores of cryptogams, and the microgerms of bacteria, obey different laws as