Remarks on the Indigestion
by a general practitioner
Happiness is not impossible without health, but it is very difficult without it. So is not to mean by health merely an absence of dangerous complaints, but that the body should be in such a state, full of vigor and alacrity.

The tongues I like the best I am embarrassed that half the unhappy ness in the world proceeds from little thoughts upon a diet. Choked up, from hard breathing in the wrong place, from a blood deformed or an unlated spine.

The deception practiced upon human creatures is far more entertaining.

My friend C was late to take some setting soup, then a lobster, then

The pelagic deep seas is going to sell his house in town, and to retire into the country. He is alarmed for his daughter. His expenses are too large, and nothing but a tribute to the game can save her fame. All this is the lobster, and lobster
measured nature has had time to
manage this tetracron occurrence,
the clausitc crosses, the frencis are
in good now, and every novel idea
effectually excluded from the mind.
In the same manner, old friendship
are destroyd by bated chime and
hard salted wheat has let thrucards.
In pleasant feelings of the body
produce corresponding emotion
in the mind, and a heat source of
which value is extracted out by a
model of inspective and illu-
cluded food!

If such infinite consequences to
happiness is it to shidy the body?

If I looked through the whole
sort of authors who have intwined
just directly or indirectly tuck-
ed upon the subject of physiestic
I doubt if it will possible find
a trust line suitable and destini
to the other practitioners than that
of the tetracron device.

As a student became deeply in
wrested in these cases, which att
acted the skilled attention of the
scientific physiciens, and mustily
theories were daily advanced in connection with diseases common
sensibly in hospital practice. The
best, so smart and wonderful
in his arrows, theory as the
Capable of acting and even
dealing all the ills and diseases
of mankind. Likely to the best with
in the true area of practical wise
face. But and that when the
student—perhaps the most
successful, steps into the field,
he finds himself face to face
with strange faces. He returns
again for the local element and
obsesses his constantooking up
in the past, all is changed, for
gradually experienced that theory
must be cast aside that his
scientific pets will starve and
die in the new atmosphere and
surroundings in which he finds
himself, and stern necessity
bids him into new channels
of thought, and teaches him in its
immediate and all other constant
contact with fresh and to his
highly tutored science, new portrait
disease.
In general practice, he who is fond of surgical fields sees few and far between, and his nice ready hand becomes incalculable and uncertain as with the case of scientific medicine, his occupation is more and common places accustomed along with his eye and demand his attention.

Still these approximately undiagnosed or undiagnosable are the most frequently met with in ordinary physical practice, and Hypothesis one of the most common we are called upon to treat.

Therefore as a true general Practitioner I should wish all due diligence freely draw your attention to the consideration of this most important subject, and especially by way of illustration to a few interesting cases met with in my own practice.

The true Indigestion or Dyspepsia so fatal to the health of the Physician of a very large class of medical practice. These various in their nature and appearing under a great variety of circumstances. Thus are some who would vanish the
true from our physiology, true because the outward indications are so clear that it is unwise to
build them together in any symptom ate description. Thus because the parts of the body whose normal
states induce reduplication are so doubtful and obscure that it cannot be brought under any
determinate arrangement.
It is quite true that a deficiency of it cannot be given according to the symptoms, and equally true that it cannot be called
disease of all part or of any part of tissues.
While constitutional phenomena are outside the principle of classification, those attendant on this control state are as numerous
and so the end that they appear in every class, and if the organs that stimulate diseases are ultimately to give their names also there are very few in the body
which are not structures enter-
cored in producing the disease
still to the present time the name
as a distinct meaning and is a definite guide to action.

No theory that the actual or even chemical enunciation have preceded me in it, simply because it indicates a true method of classification, a natural grouping of facts.

Digestion, the unconsciousness of digestion, is a defect anterior to constructive articulation and to the blood, intervening between life and the new matter by which it seeks to renew itself.

This explains the fact familiar to us all of indigestion affecting most of the functions of the body and producing such an almost infinite variety of visceral phenomena as inordinate or accelerated sequences. It prevents the instant life at its very source and thus for prevents all its future manifestations.

And enunciation that the organic laws of health and disease are one, that the essence of the latter is a deficiency of the vital action which characterizes the
former, and that all success ful medical treatment is a ac-
ual of that vital action. Whatever value we may attach to
the evidence of the dependence of disease on the digestive organs,
it is very clear that we go to
them for relief from disease, and
of the many liquids found in
the food we habitually use, they
are in fact our not occasionally offered to the stomach for use.
Once, and as we believe maj-
ority of these are adapted for use
only in this way. When a sudden
analysis has fallen on the
gate of entrance, our hands are
pampered to; the staff we lean
on fails us.

Indigestion is a chronic disease.
By that I mean that it is natural
path is straight and sure; bad to
worse, as the feet our the interpre-
tation of some extraneous circum-
stances of accidental or design-
ally foreign to the situation of
the disease itself. Hence it
is not difficult to test the action
of a middle dip upon it. A cautious
There are many from a moderate quantity of well nourished cases crop to a natural conclusion as to its value.

Health Digestion is quick, complete, hard, easy. If ill-nourished digestion is disturbed in any of those diseases it becomes slow, defective, and painful. By digestion being slow I mean that the act in some part of the alimentary canal is not completed by the time when the necessity of the individual requires that it should be completed.

The stomach may retain particles of food in such a state that it is left in a fit state to excite the nervous which is essential for the sustenance of the body. By defective digestion, I should imply that food capable of fulfilling the body cannot do so from lack of certain changes which it should naturally undergo in the alimentary canal. It is passed from these either unaltered or chemically affected.
Painful Digestion may be both defective and slow; but, on the other hand, it may be frequently also incomplete and performed with sufficient quickness. All that it is intended to express by the word is its accompanied but, at some stage of its progress, a feeling or a perception which seems to attract attention.

As to any systematic division of the varieties of dyspepsia, I shall not attempt it, but content myself with one at least practical, viz. that derived from the nature of the indigestible substance, whether Starch or Starch-like, Alimentary or Fatty.

Dyspepsia forces upon us the failure of the function. This is to be learned partly from the patient, and partly from the observation of the consequences which ensue to the alimentary tract. On it is grounded all
Important part of the treatment, namely the Dietetic, and as its indications are suitable as well as valuable it naturally would ever find for consideration.

Indigestion of Starchy, Starch, Rice and Vegetable Foods

State the first in order, because here in Scotland they constitute the main diet of the majority, and the greater number of cases which come under my daily observation depend upon untenable causes connected therewith.

It is unnecessary that I should draw attention to the process of gradual assimilation of these substances, as we would best deduct if they of brief description of the complex processes necessary to complete digestion, but it is such as it is to depend but upon extraneous circumstances, the digestion of Starchy food is easily understood to suffer the first and the next common.
For instance, impure food, from voluntary neglect or due to reduced circumstances, or to an impoverished appetite.

Abnormal in which dyspepsia.

is one of the first and most notable symptoms which should always draw the attention of the intelligent physician, like too we notice the severity of the signs and the phenomena of vomiting and diarrhoea.

Potatoes are much cooked in the most digestible article of food which can be presented to a weak digestion. The starch granules are imperfectly decomposed and are held together by cellular tissue so that they are reduced by digestion only into small pellets which require long soaking in gastric juice before they can be broken up. Washing them expedite this process very much, but even then a protracted exposure escapes digestion. Similarly they

when washed with water very is a further expedient which is also
Useful.

There are a number of peculiarities affected by climate and climate
wakes, and this prolonged climate
wakes, and especially in the latter
months when both cold and damp
were present caused me to become
familiar with many cases of
failure of the digestive process
some of them were severe in
character especially in old
people.

In the warmer parts of the two
islands the Staphylococci
arrangements of the digestive
organisms are not so common as they
are with us, and a fortunate
circumstance that is, for as
much of their diet necessarily
consists of Clarkey foods, that
if they could not digest it, they
would be badly off indeed.

The dietary suits the climate,
and even travellers will find it
best to approximate their habits
to the natives. In South Italy
how arrivals are often heard
resulting in the unprepared diges-
tive organs which enable them
eat meat dishes at breakfast and
to take each preceding delicacy at the
Ingle O’clock. But you will soon see
them returning to tea and toast at
the one, and something that resembles
meat at the other end, and come
to the vegetables and Macaroni.
I cannot say I agree with those
who attribute to the vegetable diet
the comprehensive goods its fame in
digestion, but an argument
seems to me a confusion of cause
and effect. For all I suppose,
admit the value of fresh diet in
curing such complaints. The fault
seems to me the action due to that
organic condition of the mucous
Inflammations which the climate
encourages.
The indigestion of Starch is in
fact the indigestion of Sugar,
for it is not the latter substance
that is expelled by the action of the saliva immediately
or in the lack of that by the
contact with the mucous secreta.
These changes slowly, and the secretion
of the glands. It is therefore
quite natural to find that any

excess of sugar taken ready made in a.
- died old man got in diaphoretic patients.
It is undigested, and the peculiar part
of it undergoes Acetic fermentation
by the yeast or yeast. Even after it
is eaten. Some parsley may undergo
Alcoholic fermentation, and
produce the excess of Acetic
acid, which spoils the alimentary
canal with plates. During its
fermentation, it also elevates
fermentation in other articles
of food, and by its presence
makes the food is apt to be accu-
clered indigestible also.

Just the chyme will sometimes
get on for a long time from their
cause without being suspected,
and cause by the simple exped.
it of leaving off to take neces-
sary a constituent of diet.

In addition to these pains caused
by its fermentation, sugar will
in some instances cause pains
immediately in its ingestion.
It has seemed to me most pro-
hable that in such cases there is
some sweetness or local chemical
reaction present in the mouth.
and that the pain is analogous to the peculiar sort of twinge which the presence of sugar will cause in a tooth unaccustomed to the fine cuticles, or even from neuralgia with but slight of continuity. This pain arises too immediately to be due to decomposition. Sugar curiously does not cause it, but only lead sugar.

Indigestion of Alburnae and Fibri

Gregory animals are obliged to take their food leisurely, so as to mix it up with the secretions of the oesophagus, and many of them even bring it up and chew it again, if they could not have it ferment in the bowels, and sometimes cause constipation. On the other hand, the beaver's prey the only use of saliva seems to be the keeping their throats moist. They need to chew the food secretly to prevent it sticking in the beaver's throat. It would seem that while vegetables require for their perfect digestive a perfect condition of the
whole alimentary canal as sketched out in the preceding section, flesh meat is at least independent of the salivary glands. And this observation drawn from natural history, is quite confirmed by physiological experiment, finding the preliminary action of albumen and fibrin in the gastric glands, which the salivary can only aid by affording an aqueous chymot.

There is also this difference between the digestion of starch and of albumen, that whereas cornmeal the former is rapidly absorbed in the upper part of the alimentary canal, the latter does not begin to be dissolved till the food has proceeded a considerable distance and the action is continued for nearly the whole of its course.

In the healthy subject, a great portion of the sugar has been taken up before the albumen is affected at all. As we ought expect the digestion of animal food is less interfered with by external circumstances,
and therefore less frequently involved with than the vegetable. Some considerable debilitating action on the nervous system is required to produce even an acute temporary derangement of health.

And I may believe that it is probable through the nervous system in almost all cases that mental or intellectual actions arise.

In acute diseases the condition of the stomach, which prevents it from digesting wet at all, is temporary, and all that is requisite is patience. But while the failure of the organs is chronic, the affair is much more serious. A state of nutrition is induced which is a long time in being recovered from. For instance the following case is a good example.

E.C. wrote of a witness called me on 18th Dec. 1866. The suffered from extreme coldness of the extreme coldness, Pulse 112, icy the skin, breathing very shallow, slight expectation, Carteriac had ceased and the empyres had become clear and pale.
like way, the embalmed of extreme
taste and headache. The boiled
were irregular structures Costive at
this time dear lady. It appears
that she always avoided crusty, that
she was digested at the sight of
it, and that it caused pain in
the epigastrium. There was also
a dark ful spot in the dermy
of the tongue, resembling dark red
solid heap, and this spot
brothers near it was cleaned
d of Epithelium, so as to quite
sharpened aspect to the part.
For this cause she had lived
on vegetables, grain, bread, and
tea. A gradual return to a
meat diet through beef tea,
Eggs beaten up with butter, and
Coffee at short intervals, ended
by absolute rest sofa. One
and Chace clothed her by March
18th that she was able to get up
and dress, the pulse was 80
and former, the systole
heart was not nearly to load
as at first, and she had once
colour on his cheeks. On the
12th February she was able to
join the family at their elders.
It is impossible for a growing girl
to make red blood current eat,
and the longer she goes without
it the less able is she to digest it.
The power of the gastric juice is
prevailed by the obstruction.
As to the supposed cause of the com-
plaint in this instance, I pre-
sume one may be allowed to judge
of the cause by the sequel and
to conjecture until the state sub-
sequent to our sight in the ex-
ternal portion of the alimentary
tissue (the tongue) was also
present toward dawn, and we
may extemally suppose it to
have been worn down during
for the special gastric functions
were deficient while the special
oral functions prevailed unaffected.
This superficial atonic state, while the epithelium is
destroyed instead of being pa-
ked into blisters, is common
in the throat, tongue, and
pharynx, and may liftin-
ing applications since the
dots is cured and the centre
to depressed as to look exactly like ulceration. Beef and mutton
concur in it, and are therefore probably equally good for the
stomach under the same cir-
stances.

The habitual indigestion of beef
is allied to the ulceration of

fat.

There are occasional cases be-
tween the two, that is to say,
cases where there is partial
indigestion of both when taken
in the slightest species of eu
cells, as certain persons, but as very
rarely are never noticed unless
panied, under circumstances
like fruit, for instance, people
who can eat mutton easily,
but not beef. Here the main
difference between mutton and
beef lies in the infiltration of the
fibres of muscular fibres with
some of those persons are else-
where. It is to be seen to find
that they can eat beef steak
but not roast beef, which diffi-
cence is capable of a similar
explanation.
Perhaps the entire absence of fat in fish may be a part reason why it all so easily digested.

**Indigestion of Fat.**

The digestion of fat is quite unlike that of the salivary and gastric fluids. Hence, even when they are in a deranged condition, and when the digestion is so slow that the meals are detained long enough for the fermentative get up to attend itself to the fatty matters present and to develop the fatty acids of the oily acids, still sufficient fat is digested to keep up the habit of that tissue in the body. Many patients with indigestion of starch and albumen will sometimes even get relief properly by large fats.

The most familiar instance of the indigestion of fat is found in that condition which gets its name from the characteristic phenomenon arising out of that indigestion - flatulence. - I do not pretend to explain.
the action of fat in the treatment of diseases, and would such a consideration be admitted within the province of this paper, but the mere sense of the cheerless life and its return in the effect of oleaginous substances as a curative agent. Only the other day, I was consulted by my own friend and apparently lost and beyond medical aid, incapable of retaining any kind of fat or Cod Liver Oil. I induced this patient to use of the Rectified Oil until sufficient and found it not only retained by the patient, but in a few weeks caused a marvellous change in his constitution and condition, and brought him back to an enjoyable state of life. The effect of Cod Liver Oil remedies less a marvel the more we learn of physiology. The restorative virtue is shown by all nations from oleaginous diet, and their ascription of substances of this nature with proverbial ideas.
Happiness in all ages, then the value of a certain obedient of it to
man’s comfort. The “fatted and flayed”
of the poor, used as gruel in a land of good and the constant
reference in the Bible to oil as
of luxury (though it could have
been no rarity in a land of oil-old)
there are sufficient to prove its
definition among the Hebrews.
The Hindostan culture when we
devours his ghee for rice for
a meal, will drink all the rice
he can get in the clarified butter
of the buttery.
It was a mistake of Paris
Libby to state that only poor
are that at least to natives of
most countries. All races of men
require them and seek after
them, and the taste of the Esqui
many, as often quoted, depends
mainly on the abundant supply
of the article which the sea
places at his disposal, cul-
ples with a distinctness of
other provisions.
Given that mankind there is
an distinctive appreciation
of the importance of this ailment, independent of accidental differences of nature and locality. It seems best to be as delicate about it as we can, so that it really is, a necessary material for the survival of the tissue and the desire for it becomes synonymous with a desire for augmented life.

Some will not admit for a consideration of another disease closely allied to the former, and due to a defect of another nature, namely, Rickets, a complaint rapidly not so frequently seen among our Scotch villagers as the year past once was in the Eldorado Cities of the South. I have within the last fifteen years seen a single case in this part of the country.

We will therefore pass on to briefly allude to the final and least vital product of the whole of digestion, namely, The Indigestion of Water. It could be easily capable of understandingly the sculptor
Endurance from the alimentary canal to the blood vessels. The process can be carried on as long as life exists at all and in obedience to the mechanical laws of diffusion.

There were cases of indigestion of Porto in ancient persons when the blood was almost as rare as the ungested liquid. In careful but people who generally have thin ty vessels, the cases of Palmar diseases of the heart or obstructed lungs.

This prominence of the indigestion of Porto in poetry of the heart diseased, to what should it lead us in practice?

True, influenced by purely chemish considerations have sunshine off hands that we have only yet to set out the object visible article from the solitary and all is done that which causes pain is to be left off, and the pain eases. True, but lead us to our obvious animal & requires a disorder diet.
We can be kept alive perhaps for a time on the food that cost us health. I add one example of the carrying out of such a treatment à la dinette in respect of vegetable food. J. B., a merchant, age 30, of squarish build, but rather blasted, flabby aspect, came to me in December 1874. He complained of a foul taste in the mouth, like that of fish, in his spirits, and want of appetite. He had also occasional attacks of headache accompanied by nausea and vomiting, which recurrentlee did not relieve his permanent condition. He had been gradually getting worse into his present state for six years. The various treatments of bitter and acrid had done him temporary and occasional relief, but without curative. He said that in defiance of medical advice he had been to put fish out of his diet, eating nothing but lean meat and stale bread or biscuit. Occasionally had been forbidden because...
...try at first caused flatulence and heartburn, which did not occur at all under the use of the Curious Pot's diet. In examination of the stools, the tongue was seen to be coated with a yellow epithelium, especially at the edges, the gums were covered with the teeth, bristled, red-edged, and stiff. I thought at first some of his medicinal advisors must have given him droppers, but I could not find any history of pills or powders, in which that malodour is usually administered, and I am disposed to attribute the whole of this exciting symptom to an exclusively meat diet. For direct treatment, I advised him to eat well boiled and Witnesses for breakfast, salad and meat and state bread for luncheon and dinner and tempeh or fruit with ice melted of tea. As an indirect aid, I prescribed some bark and Chlorella of black. He soon got well. It is irregular lines slight at change of diet with removed obesities of 10 years.

Patients and doctors both made
a great mistake in thinking abstinence by all that causes pain or trouble will
They must consider whether the thing planned is or is not an essential
to their health, if it be so, every effort should first be used to get
it done without pain, while that
Opal cannot be reached, continue
and duty will often guide us to

subject to the pain for the sake
of the accompanying advantage.
The indications of fat in the liver
occurrence of fat from the digestive
must indicate. Product produce guided
effects to those which follow
the indigestion of fat, subject the
converse of the effects which we
aim at producing when we inten-
tionally administer the effects of
it as a remedy.

due under the rule of purgative
accumulation in the skin below
to elude and form, the deodor
slating, paper bane joins the
decrees been bane, and are
replaced by normal reception,
the nerves feel pains like in-
stead of perpetual pain, and
old ones heal up, as we may expect to arise from a deficiency of this article of food a dry, wrinkled surface to the body, a constant yearning of the system and of the organs, discharges, that feeling of under-nourishment which characterizes deplorable state of a system of all the tissues. I have heard of many parents having injured their children by adopting with over-strictness the system by which the famous Dr. Parrot told us he achieved the cure of this very puncturing that the healthy children to this had been subjected to. But since saw a real cure of point.

If the sufferers are really in the corpulent, they feed on their pure fat, and submits both to the discipline and if they are not so the prevalent desire becomes so strong that they cannot resist the sight of the forbidden luxuries on the table. The possible resi-
Theatre of this occurrence is not worth such attention and they stop in good time.

I do not think that we profit much from these off-hand advice who suppose they can
parse everything by forbidding the use of the sort of food which
produces the symptoms.

Rather in the bookafaire of vegetable, animal, vegetable, meaty articles of diet do this as he

health.

A short period five time, and
abstinence from any articles of the unadvised
cooks is absolutely wise. But
that abstinence in not get the
complete trial. What the
patient permits, when he can
put the unadvised he cannot eat. So and
so is not to have "don't" said.

to him, his stomach his
said to already, but to be
enabled to eat it like other
people. The temporary enforced
way he accommodated often
by a change in the mode
of preparation of the article.
which causes most inconvenience, of
ten by the substitution of rice
thegale, not so applicable for
fat as or so common, but which
will not be objected to for a
true
In conclusion the following
details may prove useful
In stock or sugar sauceone
the use of sugar in such quan
ity as to cause a sweet taste
may be left for
Lead away the batter in the pan
line by pouring the hot
tea on a slice of bread with
the skin on, thus retaining
all the vermian stimulated
olives content its恢复性
ibility. And all the edge,
and sugar-placed and
except the delirium will
be interdicted. The best
the substitute is nausea
by lemon.
For ordinary bread may be sub
stituted biscuit, cake, or be
ated bread.
Potatoes may be freely used.
ed and mixed with meat pasty. As vegetables stewed nettles, cabbages, spinach, hot and
golden beet, watercress, and salad
cold may be taken. A small
quantity of these is required to keep up the health, and nobody tells
so much of them as they do of
gluten.
From green vegetables possible of
digestion to break stomachs least
his carefully selected, lean, lean,
and lie about all the pate circe
corn plants usually eaten foods.
They are famous for producing
and flatulence.
An example of the mechanical
differences made by cooking is
the form of starch food, at the
two sorts of crust known as
'firm' and 'puff' paste. In the
former the butter is thoroughly
incorporated with the dough, so
as to divide the starch parcels
one from another, and percolate
the gluten; while in the
latter the dough forms their
layers, like clusters of treated
parch. If the taste are infor
ject, or electric amulets, the
states of drugs are well known
to form in the stomach a thick
mass, which is difficult of
solution in the upper part of
the intestines, whilst the fluid
to partake the short, is united
with the rest of the food, and
is the better he feels causes
us discomfort.

Now, and the vessel is such
delicate. Measures of food or
bad cooking, that it can
take 'that plenty but not
"spiff," it is always worth while
to make the trial


There is an advantage in not
quenching too much the cultural
and vegetable food. In a
weak stomach they require
both the antiseptic digestion,
air lunch, a bit of bread and
butter, rice, pudding, fruit,
and vegetables with a little vin
ce, and often the long with
but inconvenience, which with
the addition of meat would
have caused flatulence.
The dinner after this may be
resisted to meet without injury.
Particular care should be taken
that vegetables are thoroughly
streamed soft all the way through
and dried out a Calindre.
A certain amount of slippery
matter renders vegetables in
which there is quick combined
water less reactive in the stomach.
This quickly nice budding
does not collect into lumps as
plain rice is apt to do. For
making the latter dry up for
breasting, eggs should with be
used. Baked Alburno is one
of the most insoluble forms
of Alburno.
Plain boiled rice should always
have a little fresh cold butter
mixed up with it. In that
way it makes a corresponding
inlet of meat at dinner.
Stewed pears and roast apples
are a good substitute for sweets;
a little butter improves these
also.

In Indigestion of Animal Food
It will be found to be general
by the form rather than the
chemical constitution of the alcohol set against which the stomach rebels.

Observe the preparation of food as arranged by nature for the delicate structure of the human body. It is completely fluid; the various elements are intimately alloyed together, and are further aided in their solution by the lacteal acid into which it decomposes.

Milk is not only a tree, but makes itself the most perfect food for the weak and infirm.

I have very yet had with a case in which the stomach could not bear it, either made into whey or prevented from coagulating by the addition of lime water. However, I have two patients who cannot take milk; in the one, a female it always causes a diarrhea, and in the other a young man, who from infancy whenever he takes milk it produces an eruption on his skin something like ichanum, but the stomach retains it in both cases.
This fluid mass will pass through the stomach unaltered, the gastric juice will trickle through the pylorus at its leisure after it, and with the intestinal juice will digest the celiac and the intestines. The chief aid offered by art to the endosperm of albumenoids into the state of peptids is to increase their softness and plastic ability by water so that the enervating juice may have access to every particle as soon as possible. The mechanical condition of the kit: porous aliments is tinctured with importance that the quantity of kit: of the content, as enclosed in an insoluble layer of their own or the substance they are in fact as useless as gold locked up in a box. At a very early stage of the treatment of albuminous indigestion, tender breast of mutton can be done. A chemical view of the process of roasting shows it to fulfill all the indications of perfect cooking. The heat radiating from the open range coagulates the outer layer of flesh, and thus the rest of that
still fluid is prevented, and it be
could solidified completely, if
at all. The cellular tissue which
unites the muscular fibers, is en
veloped by gradual heat according
to some into soluble gelatin. The
fat is extracted out of the fat cells
and is partially emulsified with
water from the skin of the body.
Thus the external albumen be
comes a sort of case, which keeps
together the important parts of
the dish till they have under-
gone the desirable coagulation.
By slow heat, a case, indeed,
permeable to some degree by the
gases of the free surrounding
air, so that most of the lucy
lumbar, oils and products of
dry distillation are carried off.
It is as good butter to our
stomachs or our palates.
Roasting, therefore, is a deceit
of the air and water, and this
fire as economical a process
as it is a palatable one, and
is well worth the extra expend
iture of fuel which is entailed.
Baking can never take its
place, especially for invalids, for it concentrates all the air-pyramidal products of slow combustion. Rapid boiling may affect in some degree the case, hardening of the meat above described, but the albumen albumen seems after the process also some solid and less digestible.

Of all meats, mutton is the most digestible, because it is the rarest, the closest grained, least friable, and least infected with fat.

The quantity of meat taken should be gradually increased from day to day, but the usual dose plate should never be over loaded. The look of mutton, he can eat better him against it.

Incidentally, time for preparing food should be selected. A cup of tea or going to sleep often the same, when ordinary meats eject the nausea.

In cases where there is a creeping nausea to eat, light friable fish
such as boiled sole, will be tolerated while red meat is utterly disgusting, but it is not readily as soluble in gastric juice, hence its use. The use of peptic and other artificial digestives is a subject which I do not advert to in this paper, but I would just observe that its general use has caused much dissatisfaction through unsatisfactory results. Many other non-valuable remedies have been given in incurable cases, and because impossible effects have been found.

I cannot better bring my remarks to a conclusion by appending the diet table recommended by the late Dr. Corner and which I have found most valuable in my own practice, and my own personal type of life.

Yours truly,

Thurberfield's equal parts of milk and soda water or nine water.
7. 30 A.M. To bed fine but, use a tepid or cold sponge bath, rub the skin thoroughly with a coarse towel, dries the body.

8.30 - Breakfast 2 large cups of black tea with half, six slices of toast and water, half or whiting or the lean of an undined cut, butter, or a fresh laid egg lightly boiled. State bread and a little fresh butter. 

Wineceuse air and there if they do not cause flatulence.

1. Mr. Buckingham systems (cured only that they agree) in an undined 

and is a piece of a roast leg of mutton, when mutton has not been taken for breakfast. A biscuit or state bread 

The glass of sherry (Mangauda or Chateau) if there is little

or no appetite, a raw egg beaten up in sherry and wine taken

with a cracker biscuit until the

6. P.M. Dinner Cool pot, fire, white wine, sweets, fruit, 11 o'clock.

Mutton, Guinea chicken, ponce, pastrys, lava, bread, keeper, boiled in mutton, sweet bread,
Stirlic leg of lamb in roast beef. State house, a glass of cherry
chrysanthemum, asparagus, stuffed
mushrooms, stuffed tomatoes, buttered
potatoes, cream. Half a jigger
flask of Cognac in a bottle of
lorde wine, or two glasses of
Claret after dinner. A few
grapes, an orange, baked apple.
Perhaps a cheese
or
perhaps a fish
or
beef in
shheen indicated. Add
pepsi, when needed. When
there is consciousness an excellent
impossible meal for daily use can be
made with from parts of pugo
pepsi, and half a plate of
chicken nine 119.1 half of
broccoli. A
9 P.M. A small glass of
Cold
brandy and water with a
biscuit, a cup of weak tea
with half milk, and a slice
bread and butter, a trace of
sult of milk, arrowroot.
11 P.M. Bed to sleep on a Martin
without too much covering.
A bust Congress (1850) of the
Upper Armstrong of Tasman
mount. The room to be properly
A fire would be very
inespecial in cold weather.
It is presumed that a good night's
rest had been earned by a fair
amount of exercise in the open
air.

"Beware of such good as poisons
a man, though he be not hungry
or thirsty, and those liquors that
will prevail with a man to drink
think, when he is not thirsty."

Judge Still, M.D. N.C.

Litchfield,

28 April 1856.