

assimilated : consequently, that the assimilation of crystallized, or very pure substances, must be more difficult than the assimilation of any others. Thus, pure sugar, pure alcohol, and pure oil, are much less easy to be assimilated, than saccharine matter in the modified amylaceous form ; or than that peculiar condition or mixture of alcohol existing in natural wines ; or than butter. In these modified forms, the assimilation of the saccharine and the oleaginous principles is comparatively easy. Of all crystallized substances, pure sugar is perhaps the most easily assimilated ; but every one is taught by experience, that much less can be eaten of articles composed of sugar, than of articles composed of amylaceous matter. In some varieties of the disease termed dyspepsia, the effect of pure sugar is most pernicious ; perhaps fully as pernicious as the effect of pure alcohol. Nature has not furnished either pure sugar or pure starch ; and these substances are always the results of artificial processes, more or less elaborate ; in which, as in many of the processes of cookery, man has been over-officious ; and has studied the gratification of his palate, rather than followed the dictates of his reason. In many dyspeptic individuals, the assimilating and preservative powers of the system, are already so much weakened, as to be unable to resist the crystallization of a portion of their