

circulating fluids. Thus in gouty invalids, how often do we see chalk-stones formed in every joint? Now, with so little control over their own fluids, how can they reasonably hope to assimilate extraneous crystallizations? If, therefore, such an invalid, on sitting down to a luxurious modern banquet, composed of sugar, and oil, and albumen, in every state and combination, except those best adapted for food, would pause a moment, and ask himself the question; Is this debilitated and troublesome stomach of mine, endowed with the alchemy requisite for the conversion of all these things into wholesome flesh and blood? He would probably adopt a simpler repast, and would thus save himself from much uneasiness. The truth is, many of the elaborate dishes of our ingenious continental neighbours, are scarcely nutritious, or designed to be so. They are mere vehicles for different stimuli—different ways, in short, of gratifying that low animal propensity, by which so many are urged to the use of ardent spirits, or of various narcotics. In one respect, indeed, namely, in reducing to a state of pulp, those refractory substances which we have before mentioned, the culinary processes of our neighbours are much superior to ours; but in nearly every other respect, and most of all, in the general use of pure sugar and pure oil, their cookery is eminently injurious to all persons who have weak