

**Foods for the fat : a treatise on corpulence, and its scientific dietary cure /
by Nathaniel Edward Yorke-Davies.**

Contributors

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FOODS FOR
THE FAT

*THE SCIENTIFIC CURE
OF CORPULENCY*

DR. YORKE-DAVIES



SECOND EDITION REVISED

TENTH THOUSAND

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Opinions of the Press

ON THE FIRST EDITION OF

FOODS FOR THE FAT.

'A most comprehensive and useful little book. I strongly recommend it to fat people.'—*Lady's Pictorial*.

'To any corpulent person who is bewailing his condition we give this advice: Consult Dr. Yorke-Davies.'—*Bazaar*.

'The author has brought to bear on the subject a very large amount of special medical study and observation of social life.'—*Pulman's Weekly News*.

'Fresh and useful.'—*New York Herald*.

'A treatment for the reduction of corpulency based upon different principles from those usually recommended, which are hard in the extreme.'—*National Tribune (America)*.

'A useful treatise on how to cure corpulency, which tends to curtail not only perfect health, but many of the pleasures of life.'—*Science-Gossip*.

'We hope this book will not suffer from its restricted title; it deserves the reading of every class.'—*Croydon Guardian*.

'The only practical treatise we have seen on this subject written by a man who has had many years' experience in the medical world. Few plump people will take up Dr. Yorke-Davies' book without being impressed with the exceedingly easy manner in which they may become small by degrees and beautifully less.'—*St. Stephen's Review*.

'Strikes us, as far as we have dipped into it, as being full of wisdom.'—*Globe*.

'The work before us may certainly be commended to the notice of the corpulent.'—*Health*.

'The advice contained in this book will be valuable to many.'—*Queen*.

'The fattest will rise up and call the doctor blessed.'—*The World*.

'A useful and sensible guide to the prevention and cure of a state that may any time end in something far more serious than mere discomfort.'—*Myra's Journal*.

'The corpulent are almost as plentifully supplied with advisers as the rheumatic. Some of them are better avoided, but this cannot be said of the book of Dr. Yorke-Davies. . . . If I were fat, which I am not, I should steer for some months with Dr. Yorke-Davies at the helm.'—*Philanthropist*.

LONDON : CHATTO AND WINDUS, PICCADILLY, W.

A few Opinions of the Press
ON THE SECOND EDITION OF
FOODS FOR THE FAT.

'This little book is a boon to the corpulent.'—*Galignani's Messenger (Paris)*.

'A useful book.'—*Public Opinion*.

'Contains valuable information for those afflicted with excess of fat.'—*Literary World*.

'Goes fully into the dietetics of obesity, and gives a heap of practical common-sense advice.'—*Evening News and Post*.

'It may be commended to everyone who wants pulling down.'—*Scotsman*.

'The book is full of useful hints and valuable information.'—*Lady*.

'Regarding corpulency as a disease, the author clearly sets forth the best treatment.'—*Society*.

'The work is a complete encyclopædia on its subject.'—*Manchester Examiner*.

'This little book should be carefully read not only by those who are stout, but by those in whom incipient corpulency has manifested itself.'—*Morning Advertiser*.

'The work deserves careful study.'—*Queen*.

'The regimen prescribed can be easily followed, and there is ample evidence of its efficacy.'—*St. James's Gazette*.

'This sensible little book has rapidly and deservedly won the honours of a second edition ; it abounds in useful hints, and is the outcome of wide experience in the treatment of obesity. We do not think we have ever come across a popular book which contains a better exposition of the principles of dietetics.'—*The Speaker*.

See End of Volume for other Books by Dr. Yorke-Davies.

LONDON : CHATTO AND WINDUS, PICCADILLY, W.

FOODS FOR THE FAT

*A TREATISE ON CORPULENCE, AND ITS
SCIENTIFIC DIETARY CURE*

BY

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MEMBER OF THE ROYAL COLLEGE OF SURGEONS OF ENGLAND
LICENTIATE IN MIDWIFERY AND THE DISEASES OF WOMEN AND CHILDREN, ETC.
AUTHOR OF 'AIDS TO LONG LIFE,' 'MEDICAL MAXIMS,' AND VARIOUS ARTICLES
ON OBESITY IN THE MEDICAL AND SCIENTIFIC JOURNALS



THIRD EDITION
TENTH THOUSAND

London
CHATTO & WINDUS, PICCADILLY
1891

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INTRODUCTORY.

WHAT constitutes robust health? A sound constitution and a lithe, active frame may truly be the answer; for without these the power of enjoying life, even under the most favourable circumstances, is to a great extent limited.

If this be true, there are a large number of people of both sexes whose pleasure is to a considerable extent curtailed—though they may be in other respects fortunate—by the fact that their condition is incompatible with perfect health, and that their bulk renders exercise difficult, and in extreme cases impossible. The mode of life and diet of the ordinary Englishman, especially when middle-age is reached, undoubtedly tends to foster an accumulation of fat that, if it does not destroy life directly, does so in very many cases indirectly—by preventing the victim from taking the exercise necessary to circulate the blood, keep the skin acting, and prevent congestion of those internal organs which, by their free and healthy action, eliminate the waste products of the system.

The disease of corpulency—for a disease it is—creeps on so insidiously and slowly, and the individual becomes so

entangled in its toils, that he or she finds, when it becomes necessary to grapple with it, the power to do so curtailed, and the effort of taking the steps formerly advised so weakening as to be practically dangerous or too painful to continue. Happily for such people, science comes to their aid, and without curtailing very much the pleasures of the table, the diet may be so arranged that, without any danger to health or length of life—indeed, with increase to both—a person may safely and permanently reduce bulk and fat to a degree compatible with enjoyment. A few cases out of a very great number treated interspersed throughout this little work will illustrate this.

The question will be asked, How may this be done? A medical adviser who says to the victim of corpulency, ‘ You must avoid a diet containing sugar and starch ’—the principal fatteners—generally gets the reply : ‘ But, doctor, I don’t know what articles do ; ’ for the ordinary individual, and, as far as that goes, the ordinary practitioner, does not make dietetics a study, and the reply is perfectly true in the majority of cases. The victim purges and starves himself for a few days, doing serious harm, and making the remedy worse than the disease ; or he consults some quack, who robs him, and ruins his constitution. Under these circumstances life becomes a burden, and if the victim be well-to-do—and generally he is—he is debarred the pleasures of hunting, fishing, shooting, and all other enjoyable outdoor exercises.

Such people should read this little work, which is a scientific system of treating obesity, and certain in its

results ; and then not attempt to treat themselves, but seek the assistance of someone who thoroughly understands dietetics, and have a diet laid down on the lines indicated here, made suitable for their particular case, for no two cases are exactly alike. The result will be a loss of fat to the extent of twelve to sixteen pounds a month, with at the same time increased strength and energy.

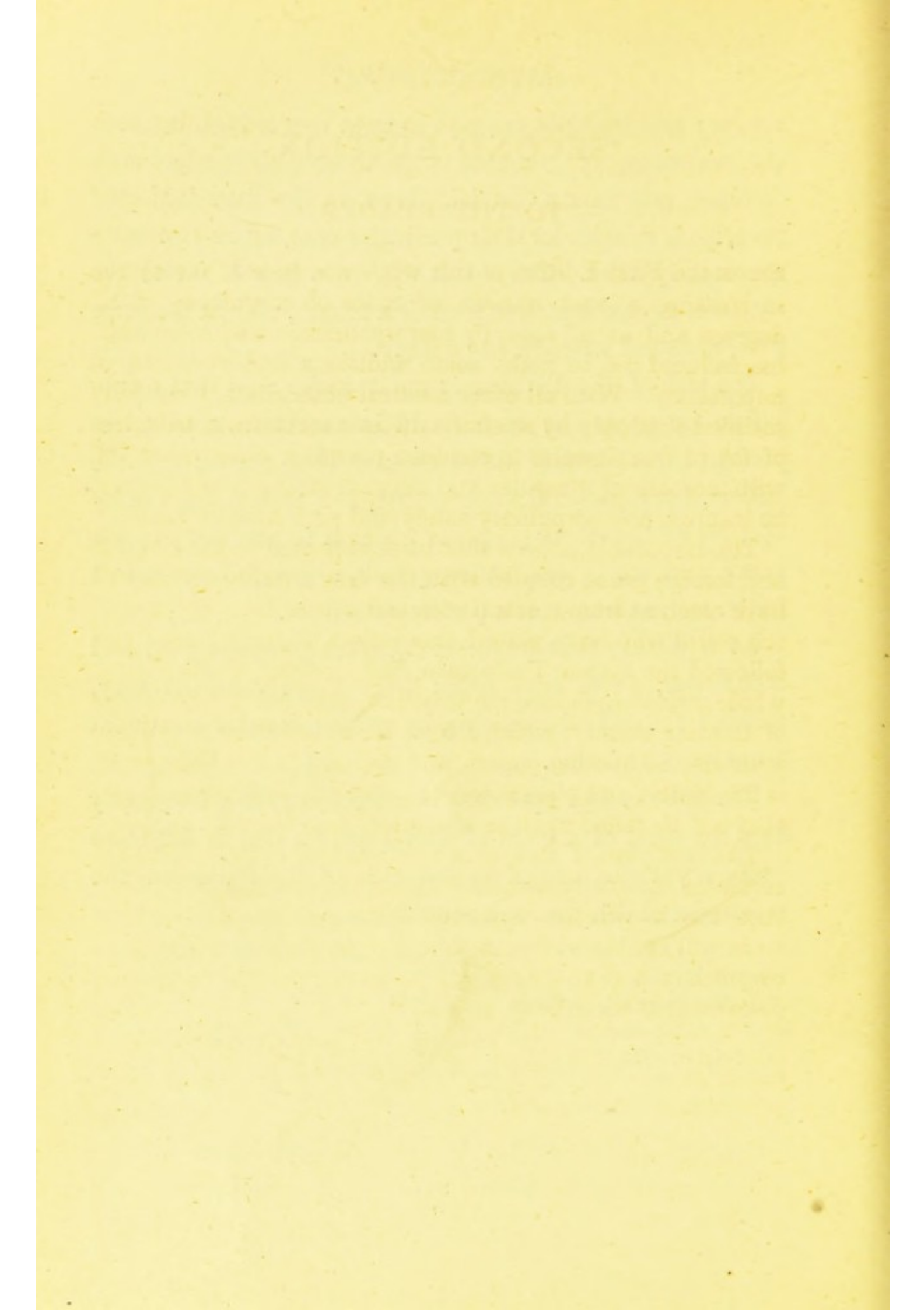
The task of the dietitian is made easier now that a substitute for sugar has been found in saccharin, a harmless product three hundred times sweeter than sugar ; and the author, from personal experiments, can assure the reader that for all household purposes where it is necessary to use sugar, such as in tea, coffee, punch, negus, jellies, stewed fruits, etc., saccharin is a perfect substitute.

As a dietary that produces fat often produces gout and biliousness, those who suffer from these ailments may, without the aid of medicine, by proper dietetic treatment avoid much suffering.

The author, as a specialist in corpulency, has frequently seen the need of a work of this kind, for diet is far more necessary than medicine—which is of little use—in the treatment of this diseased condition.

CRAVEN HOUSE,
NORTHUMBERLAND AVENUE,
LONDON.

October, 1889.



SECOND EDITION.

TO THE READER.

SINCE the First Edition of this work was issued, experience in treating a vast number of cases of corpulency of all degrees and at all ages, by correspondence and otherwise, has induced me to make some additions and revisions of importance. With all other medical authorities, I am fully satisfied that only by scientific dietetic treatment can a loss of fat of from twelve to eighteen pounds a month, coupled with increase of muscular and nervous strength and energy, be insured, and corpulency safely and permanently cured.

The favourable notices that have appeared in the English and foreign press, coupled with the vast number of letters I have received from medical men and others from all parts of the world who have placed themselves under my care and followed the system I advocate, and to which I devote my whole attention, induce me to believe that the dietetic mode of treating obesity, which I have formulated in the medical journals and in other papers, and outlined in this little work, is the easiest and pleasantest to carry out, and the only one that can be relied upon as absolutely free from all danger.

The best plan, I find, is a two months' course of strictly regulated dietetic treatment suitable to each particular case; then the knowledge imparted by a perusal of this little work will enable sufferers to enjoy permanent relief from corpulency, and an increased immunity from gout and other diseases that come in its train.

N. E. YORKE-DAVIES.

CRAVEN HOUSE,
NORTHUMBERLAND AVENUE,
LONDON.

October, 1890.

THIRD EDITION.

TO THE READER.

ANOTHER large edition of this work being called for, I have utilized the opportunity of embodying in the present volume an increased number of beverages for fat people, and have taken much trouble in testing and choosing the most suitable wines for such individuals, as well as for those who suffer from the concomitants of obesity, namely, the gouty, the rheumatic, and the bilious. The wines recommended in this volume are dry, still Moselles, and being free from sugar and tannin, they are really the only wines that should be drunk by sufferers from the ailments indicated.

I have been highly gratified to find from those who have consulted me for obesity, where they have been subject to gout or rheumatism, the great benefit they have derived with regard to these ailments; and the hundreds of letters I receive from those I advise by correspondence are to the same effect. This is not to be wondered at, as these diseases, like obesity, are the results of improper alimentation.

The favour with which this dietetic system of treating corpulency which I have formulated has been received, and the invariably kindly notices of the Press, lead me to believe that scientific dieting on my system is attaining high favour. In no other way can a loss of fat of from twelve to sixteen pounds a month be so safely and pleasantly brought about, and at the same time continued robust health and condition be maintained.

CRAVEN HOUSE,
NORTHUMBERLAND AVENUE,
LONDON.
September, 1891.

FOODS FOR THE FAT.

PART I.

CORPULENCY.

1. OF all the evils to which humanity is subject as middle-age creeps on, there is not one more common than excess of fat, or one that causes greater discomfort, or indirectly tends more to shorten life. In men this commonly begins to show itself between the ages of forty and fifty, in women a few years earlier, and though it may not be a disease in itself—unless it attains enormous proportions—it often induces disease by impeding the victim from taking that exercise that nature demands to stimulate the functions of the different organs that keep the body in robust health.

2. Though this condition is so frequent, it is not one that meets with much sympathy, for the sufferer is generally considered to be fond of good eating, and deserving of his abnormal proportions, and the ordinary run of practitioners who are consulted seldom offer any consolation, or suggest a remedy; indeed, *few medical men give the attention to dietetics in the treatment of disease that disease demands*, and as the result the corpulent person too frequently consults, and falls an easy prey to, some quack, who finds him a profitable subject, and doses him with drugs that effectually and permanently injure his digestive organs.

3. Or, perhaps, being a believer in the old adage, 'that a man is either a fool or a physician' before he is forty, he proceeds to experiment upon himself, and by dint of purging, starving, and tiring himself by manual work or walking, reduces a few pounds in weight; but as there is no scientific principle in his system he soon finds it too hard to continue, and once more resigns himself to the inevitable and to increasing misery and danger.*

4. This is a great mistake, as corpulency is caused by a faulty diet as much as by any hereditary tendency; and as there are means of obviating this, when its treatment is based on scientific principles, and with due regard to habit, constitution, age, and mode of life, therefore no person need despair. A properly constructed dietary, taking all the circumstances of the case into consideration, and the health, soundness, and constitutional requirements of the sufferer, will absolutely permanently and certainly reduce weight at the rate of from four to eight pounds per week.

5. The first thing the patient has to be made to believe is this: That a rapid reduction in weight may take place, and the obese person be stronger and better in every way than he was before, and that this may be done better, safer and more certainly by diet than physic. For instance, take the case of the horse. It is a well-known fact that when a horse is turned out to grass he becomes in a short time very obese and weak, and if worked perspires, and is easily distressed. If it becomes necessary to put him in condition, what is done? Why, simply this: He is brought into the stable, and put on corn and hay, groomed—a form of massage—and given

* If people who are becoming too fat only knew how much more dangerous an illness is under such circumstances it might induce them to take steps to obviate the mischief in its early stage. A lady writes me from one of the Channel Islands: 'The doctor was delighted with my loss of fat (23½ lb. and 6 inches in abdominal girth in nine weeks), and said he found me looking better than he had seen me for years. He also told me what I did not know before, that one of the greatest dangers in my past illness was the superabundance of fat. Everyone has noticed the great improvement in my figure, and fortunately the fat has disappeared proportionately.'

exercise, and what is the result? He rapidly loses fat, gains breathing power, gets spirited and does hard work, hunting or racing, as the case may be, with ease to himself, and pleasure to his owner.

6. Now, plainly speaking, this principle is applied in another way to the human animal, and in the hands of a *specialist* in dietetics, with the greatest success; at least, it has been so in mine,* as I hope to illustrate in these pages by a number of cases of extreme corpulency treated entirely by dietetic means.

7. At the same time it must not be forgotten that where a sudden change in food is made, and those foods that make fat, and, therefore, supply the body with heat, are cut off, though this may be done with perfect safety in proper hands, it is not advisable that the victim of corpulency, who, of course, can be no judge of his own constitutional requirements, should take the management of his case into his own guiding, for the functions of the liver, kidneys and bowels have to be regulated; in fact, the successful treatment of this condition can only be properly carried out by someone who makes a specialty of this disease. As well might a person, who knew nothing about the sea, read a book on yachting, and then try to navigate the yacht in the dark, through unknown shoals, rocks and quicksands, storms and tempests. All I can say is, I should not like to trust him, or ever expect, if I did, to see port again.

8. In the case of a person of gouty habit—though such a person would be in every way better for the course of treatment and the increased freedom to move about and

* 'Senex,' writing in the *British Medical Journal* under date July 19, 1890, says: 'I have read with some interest the letters of Dr. Yorke-Davies and Mr. —, explaining their respective systems of treating obesity. I look upon the former as the more scientific and flexible line of treatment in my own case, for instance. I find that at my age—nearly seventy—I weigh 36 lb. too much. I have a never-failing appetite for food, and can make Alpine ascents of 10,000 feet; still, I wish to reduce my weight and lessen the pressure on my feet whilst walking. I believe I shall do this better by Dr. Yorke-Davies' plan.'

enjoy life, and future immunity from recurrent attacks of gout—such a person would require guiding, and a much larger quantity of fluid.* To flush the system with fluids would be absolutely necessary; it would also be necessary to make an examination of the secretion of the kidneys under the microscope, to see that the uric acid was being eliminated in a satisfactory manner.†

9. Indeed, every case of corpulency must be treated on its own merits, and only by doing this can thorough success be obtained. Thus a person of thirty with good teeth can masticate food that would be quite unsuitable in the case of a male or female of sixty. In chronic cases, where the general health is impaired, a course of tonics, change of air, and massage, assists in bracing up the flabby muscular development and in strengthening the heart, so that with the loss of fat comes the ability to take exercise; this tends to improve the general tone of the constitution, to say nothing of adding to the length of life.

10. If increasing corpulency is a misfortune in a man, it is a far more unfortunate state of affairs in the female, for long before beauty should cease to attract, the complexion loses the peach-like bloom so much admired, and the figure those lines of grace and elegance that should be its characteristics. More than this, the ability to dance and enjoy life

* It is astonishing what a difference diet will make in the case of a gouty person, and how soon the excess of uric acid in the system can be cleared off. With the rapid loss of fat and the large quantity of fluid taken the gout-poison is rapidly eliminated. In a number of cases that have recently come under my observation of fat gouty people, an examination of the urine under the microscope has revealed the fact that a highly nitrogenous diet, *i.e.*, large proportion of meat, with plenty of vegetables, containing no sugar or starch, has absolutely cleared the system of the gouty poison, and a general improvement in the health with increased strength has taken place.

† In the case of a medical man I had to treat for obesity, complicated with sciatica and carbuncles, a daily examination of the urine under the microscope revealed the fact that a highly-nitrogenous diet—*i.e.*, large proportion of meat—absolutely cleared the system of the gouty poison, uric acid, and with this vanished the sciatica and carbuncles. This gentleman is now in perfect health, and 28 lb. lighter in weight.

is very much curtailed by the unwieldy proportions attained—a serious matter in those who move in the higher ranks of society, and strive to obey the dictates of fashion.*

11. Happily for all such individuals, science comes to their aid, and, with proper care in diet, rapid reduction of weight may be ensured, and this, under proper guidance, without the slightest danger or harm in any way. The reduction to proper dimensions may be carried out and made permanent with very little ordinary care afterwards, such care being the avoidance of sugar, sweet wines, and a slight curtailment in farinaceous food.

12. If the individual unfortunate enough to be weighted with superabundance of fat moves in society, a reduction of four to six pounds per week in bulk may be carried out without attracting attention, for corpulency does not require treating as an illness, and the fair victim of *too much plumpness* may once more have the bloom brought to her cheeks, and the complexion made peach-like, and no one be the wiser, and this without having recourse to quack medicines, that, while they are reducing fat, are also reducing strength, and at the same time destroying the coats of the stomach for ever.

13. It is a curious circumstance that ordinary medical men scarcely ever, *the exceptions being very rare*, take any interest in the treatment of corpulency; and still it is the cause of much ill-health, and misery, and shortening of life. They leave the victim to seek the advice of those quacks who trade on the fears or the vanity of the sufferer, and plunder him or her without compunction, and without benefit. It is time that this disease—for a disease it is—attracted the notice it deserves, and, lately, in a letter to the *Lancet*, I called attention to this anomaly.†

* A lady writes me that she lost in girth, from the 25th of July to the 25th of August, $\frac{1}{2}$ inch round the neck, 1 inch round the chest, 4 inches round the waist, and 7 around the *abdomen*. She is naturally highly pleased.

† After mentioning an extraordinary case of obesity in a child, I go on to say: 'While on the subject of obesity, may I remark that it appears

14. To proceed. It is a well-known fact that no two persons are constitutionally formed alike; indeed, there are five types. They are classified as the nervous, the bilious, the gouty, the scrofulous, and the lymphatic. Now, the nervous are seldom over-burdened with fat; they are quick and restless, and, as a rule, thin and wiry. The bilious are dark in complexion, largely developed in frame, and inclined to be gloomy in temperament. Such people often lay on fat as middle-age approaches. In their ailments particular attention must always be paid to the functions of the liver; so that, necessarily, the proper action of this important organ should be encouraged in treating those of this temperament for obesity. This system is adapted to that end.

15. Constitutions that inherit the gouty taint have their digestive powers good and their appetites large. They are prone to obesity, and generally fond of good living. The surplus food in their case is not eliminated from the system, so that it remains behind in the form of uric acid—the poison of gout and rheumatism—and stored fat. In such people a reduction of fat reduces the liability to attacks of gout, for gout poison and fat are twin brothers. They are both aliens in the system, and have no business there;

to me its physiology has not received the attention it deserves? We all know that certain foods fatten some people, and that sugar and starch are the great offenders. Beyond this there is little light. Corpulency in excess is a diseased condition, and I think deserves more consideration in our treatment of many ailments of which I assert it is the primary cause. Corpulent people are often ailing, are more subject to gout, colds, bronchitis, and many other diseases, than lean people. But the condition excites no sympathy; they are supposed to be fond of good things, and deserve to be fat. A chimney that smokes is swept, but a sufferer from obesity is left to go on in his misery, and he goes to quacks for relief. Personally, I have taken great interest in this subject, and have treated numbers of people for corpulency with great success. The ordinary dietary for our climate is admitted to be faulty. This has been constructed during hundreds of years by cooks and not by physiologists. Let us hope, as we live in an age of progress, that the philosophy of dietetics may soon teach us how "to eat to live," not "to live to eat." Longevity and leanness are twins.'—*Lancet*, July 19, 1890.

and if the fat goes the gout poison, as a rule, goes along with it.

16. The lymphatic constitution is the type of those listless, large, phlegmatic people, that nothing seems to move; all the functions of their bodies are performed sluggishly. Such people are slow and indolent. Those who inherit this diathesis are generally fat and difficult to treat; they are not fond of exercise, and do not care to exert themselves, even for their own benefit.

17. Having drawn attention to the different inherited constitutions, one may remark that they all require a little variation in treatment for corpulency, that only one who makes a study of dietetics can satisfactorily carry out. After twenty-five years' experience of disease, I am able to say that the latter (the lymphatic) are the most difficult to manage or to please. However, a medical adviser must do the best he can, even for those who will not take a little trouble to strictly obey him, when their very life depends upon it.

18. Since the first edition of this work was issued, I have had occasion to treat many people who, attempting to treat themselves, were indifferently successful, as they did not decrease more than a pound or two per week in weight. But, then, this was their own fault, for as they did not understand their own constitutional requirements, it was not to be wondered at that they failed. Imagine a person reading a book teaching how to cut a suit of clothes, and then trying to make his own as a result, or learning how to swim, or ride, or drive, by studying a manual on the subject! It is needless to point the moral. See paragraph 7.

19. What I find is that people who draw out their own diet constantly break the rules they lay down for themselves, whereas when I treat them personally or by correspondence I expect them to see me or write me a weekly letter, and by this and the weekly loss in weight and abdominal girth, I am able to see that the result is a loss

of fat at the rate of four to six pounds the first week, three to five pounds the second, two to four pounds the third, and so on.*

20. The advantage of the system outlined in these pages is that it is safe to reduce corpulency at any age by its means; and my experience being that even elderly people become apparently many years younger when they attain proper dimensions; the flabby heart, that prevents exercise up hill, is gradually strengthened, and the difficulty of breathing when lying down soon passes off; the greater tendency to congestive ailments is much reduced, and the general health improved in every way.† But the treatment must here undoubtedly be supervised by someone who makes a study of this condition, and the correct dietetic and other necessary means of treatment for its cure. It is as well to remember that the loss of weight in elderly people must be more gradual, the dietary being scientifically regulated to this end.

21. In treating corpulency I divide the treatment into two periods of a month each. During the first period very little of anything but meat and fish is allowed, the exception being made with regard to a *small* quantity of dry toast at breakfast and tea, and vegetables of certain *kinds only* for luncheon and dinner. It is needless to say that these

* In the most extraordinary case of obesity I have ever known, a lad of *twelve years of age*, weighing *seventeen stone five and three-quarter pounds*. The father's weekly letter gives the loss of fat thus: April 28 (end of the first week), 16 stone 11½ lb.; May 5, 16 stone 7¾ lb.; May 12, 16 stone 4 lb.; May 19, 16 stone; May 26, 15 stone 12 lb.; June 3, 15 stone 6½ lb.; June 10, 15 stone 2½ lb.; June 17, 14 stone 13 lb.; June 25, 14 stone 9½ lb.; July 8, 14 stone 5 lb. He is still under treatment, and his father writes me: 'His health continues excellent, and he is a great deal more active, and the loss of over 3 stone of dead weight affords him immense relief. He has lost 7 inches in abdominal girth.'

† A few months ago a lady who had spent most of her life in India called upon me. She was extremely corpulent, puffed under the eyes, could scarcely walk, complained of her feet swelling, and had a weak, flabby heart; she writes me now: 'My breathing is much better; my feet do not swell as they did, which is an intense relief, and I feel in every way more comfortable.'

vegetables contain no starch or sugar, and are given to prevent the disgust that would arise from eating so much meat without something to dilute it, and also to keep the blood in a thoroughly healthy state, a *sine quâ non*. The successful treatment of obesity lies in the way the articles of diet are apportioned. From treating so many individuals, I find it easy to regulate almost to a pound a week the loss in any given case; and if the patient is alarmed by its rapidity—which is seldom the case, as the feeling of elasticity and increased strength is so marked—I am in the habit of modifying the diet, to graduate such rapid loss.

22. About a twentieth part of the weight of the male body should be of fat, and of the female a little more, but it is seldom the balance is so evenly kept. Even where this is greatly exceeded, some people manage to enjoy life, and to take a certain amount of exercise, at least in youth; for Daniel Lambert weighed thirty-two stone at the age of twenty-three years, and could then walk from Woolwich to London; subsequently he attained the enormous weight of fifty-two stone, and died at the age of thirty-eight years. Most of those who lay on excess of fat early, die during middle age, from attacks of acute diseases such as inflammation of the lungs, bronchitis, etc., or from apoplexy, syncope, due to passion or sudden exertion, and from numerous other causes that would not endanger thin people. *A fat person lives on the brink of a volcano.* He is also debarred from riding and other active exercise, and many pleasures that are supposed to make life tolerable.

23. Some races of men are more subject to excess of fat than others; but whether this depends upon heredity or mode of life is an open question. After the age of forty, particularly in women, from reasons that may be surmised, excess of fat becomes almost the rule. This is more common in single females than in those who have had the care of rearing families. Again, the Hottentot is almost always

protuberant; the German is proverbially fat, and the Frenchman generally so about the abdomen; the Scotch are thin as a rule; so are the Irish. What the Englishman is may be judged by the satire of the age, and the jolly John Bull sort of man depicted in the pages of *Punch* may be supposed to represent the national tendency.

24. Among the determining causes of corpulency, the first is, of course, excess of food—*more especially certain kinds of food*—too little work, and too great an appetite, though some people, curiously enough, may be very fat and still have poor appetites; some seem to get fat, eat what they will,* while others remain thin on the most luxurious diet. Drink has also its influence. Fat people usually take a large quantity of liquid, and this is generally something with more body than water, and in some of its forms, as in sweet wines and malt liquors, it is very fattening.†

25. Deficient muscular exercise, by diminishing the amount of wear of tissue (oxidation of tissue, as physiologists call it), favours obesity; and since, as a rule, the stouter the person the less capable he is of taking exercise, these two conditions react one upon the other to the advantage of fat-production. Nervous influence has much to do with fat; the high-strung, nervous individual is seldom obese. On the other hand, the stupid, heavy, non-intellectual person, or the idiot, is, as a rule, flabby and fat; and, as I before remarked, the phlegmatic person is generally obese.

26. All those states of the system that prevent the proper

* A lady came to see me from Birmingham four months ago. Her weight was then 19 stone 11 lb. In her last letter, dated July 21, 1891, she gives her weight as 16 stone 6 lb.; she says: 'I am still getting less, and am so pleased to say so, and I feel stronger and better than I have been for years, and I am in the best of health, and sleep well, and I can now walk upstairs; my breathing allows it.' Her abdominal girth has gone down 6 inches already.

† Very *plain* diet may be *very fattening diet* indeed, as will be seen further on. It is perfectly amusing to hear people wonder they grow fat on plain bread and butter, fat meats, pastry, sweets, beer, sweet wines, and other things that they are pleased to call plain food.

circulation of the blood favour obesity, by limiting its oxygenizing power, and thus preventing its conversion into carbonic acid and water, and its elimination from the system by the breath.* In this way exercise, by rapidly circulating the blood through the lungs, gets rid of fat from the system.

27. It will be noticed that fat people, as a rule, have muddy-pale complexions. This is in a measure due to an excess of fat, and a want of iron in the blood.† It is also due to the sluggish circulation in such persons; in their case the blood is not fully oxygenated. This is the reason why outdoor exercise gives a healthy colour, and people living in the country are more ruddy and fresh looking than those residing in populous towns, or in a vitiated atmosphere.

28. The power of enjoyment is limited in the corpulent person, as exertion is attended with breathlessness,‡ which forbids active exercise. Then, as a matter of course, come constipation (as the muscular tissue of the bowels gets flabby), piles and varicose veins to add to the victim's discomfort. The fat man often ails without apparent cause, is more liable to catarrh and diarrhœa due to the plethoric and congested state of the mucous membranes,

* In cases I have had occasion to treat this has been so. One gentleman of thirty-two, who weighed 16 stone $1\frac{1}{2}$ lb., was obliged to give up shooting, tennis, and other amusements. A reduction of $25\frac{1}{2}$ lb. in two months and a few days made him feel younger by ten years, and able once more to adopt his old mode of life. He now writes me and says: 'When I saw you—May 19, 1890—I weighed 16 stone $1\frac{1}{2}$ lb., as you know, and measured over the chest 48 inches, and round the waist 48 inches. My weight now—July 31—is 14 stone 6 lb., and my chest measures 45 inches, waist 42 inches. Before I commenced the slightest exertion tired me, but now I am pleased to say I can play lawn tennis, do any amount of walking, and exercise of every description; in fact, I am quite a different man, feel ten to fifteen years younger, and was never in better health. Before I came under your care I could not sleep, but now I sleep all night through.'

† The administration of iron often helps the reduction of fat in pale people by this very property of improving the tone of the system and increasing the red corpuscles of the blood.

‡ See 'Aids to Long Life,' by the same author, page 193. From that work part of this section has been drawn. The evils of corpulency and other causes of premature decay are treated at length in that book.

and, dependent on a congested state of the system, to giddiness, headache, flushed face, and a bloated countenance.

29. Fat people are also highly susceptible to colds and bronchitis; indeed, there is a form of congestive bronchitis dependent upon an acid state of the blood and system loaded with waste products that are not eliminated, almost peculiar to such individuals. In these cases a reduction of fat by dieting is attended with the happiest results, and as a rule there is no return of hoarse catarrh, so troublesome and persistent in the winter. Fat people are very subject to pain in the knees when walking and in the soles of the feet, due to the fact that they are generally gouty and rheumatic, and to the weight they have to carry.*

30. The corpulent female is still worse off. The tight corset that is called in requisition to give the semblance of a waist impedes the breathing,† and forces the internal organs into unnatural positions, thereby causing great difficulty of breathing, derangement of the digestive apparatus, foul breath, and liability to perspiration on the least exertion; and worse than this, as a result, the complexion becomes pasty, and the features puffed—a disastrous state of affairs where beauty is an object to retain; and where is it not?

31. If there were no other reason—and there are plenty more—the female who is becoming ‘embonpoint’ should undergo proper dieting for its reduction, as it is rare to find it stop at ‘plumpness’; and after youth is over it generally increases to unpleasant proportions, so that the victim begins

* A loss of even a stone of fat improves the walking powers greatly. A gentleman from Tunbridge who saw me a few weeks ago writes: ‘One can hardly credit that diet alone can produce such marvellous results.’

† In no case is it so important that the corset be properly made as in that of a corpulent person. The flaccid state of the abdominal muscles, if not properly supported in those who have had children, leads to the figure being spoilt early in life. Art can do much to remedy this. Badly made corsets increase the deformity. I find the anatomically constructed ones made by Messrs. Sykes and Josephine, 280, Regent Street, London, the best. They raise the pendulous abdomen into its proper position, and improve the figure considerably, and are most comfortable.

to look matronly before her years demand it—a state of affairs that few of the sex look forward to with pleasure. More than this even, life is shortened by twenty years, where the accumulation of fat goes on unchecked until middle age is reached.

32. The corpulent person ages before his time, and before middle age arrives has lost the activity and muscular power that conduces to robust health. His or her figure bears the impress of advancing age early, but proper dieting will obviate even this; for a lady whom I treated some time ago writes me: ‘I feel grateful every recurring day for the benefit gained. I should say that I now weigh under nine stone, and at the age of *fifty-seven* have regained almost the figure and elasticity of my young days.’

33. The fat man is liable to profuse sweating. This, being highly acid, causes chafing in the groin, with painful eruptions. Where this takes place, the parts become sore and inflamed. He is also more subject to gout, and his urine always contains uric acid to excess; therefore the same may be said of his liability to rheumatism. He is more liable to disease than a thin person, with this disadvantage, that ailments in him run a more unfavourable course, and he bears treatment worse. Further, he is more difficult to treat in illness on account of his inability to stand lowering measures, and suffers from debility longer during convalescence.* The fat man when he goes for his periodical flushing out to the Spas abroad, comes home a pitiful object, weak, limp and washed out. He is undoubtedly thinner, but he is utterly out of condition. So he sets to cramming again, *to gain strength*, and as he does not know what food he should eat he lays on fat, and lays in a store of gout and

* One of the most methodical persons I ever knew was a Manchester gentleman. In his weekly letter he gave a complete diary of everything he did, and ate, and the hour it was done in. In the first twenty-one days he lost 10 lb. of fat, and in a letter then he says: ‘There is a marked improvement in my wind, and the bronchial trouble I have had during the winter has entirely left me.’

rheumatic poison; then probably for nine months in the year he has to walk like a decrepit old man again.

34. When too much food is indulged in, the internal organs become embarrassed by the waste in the system that is not eliminated, and a feeling of weakness ensues, which quickly passes away if exercise is taken and dietetic measures carried out. Diet may also be said to influence the character of men and nations, meat-eating people being more energetic, more determined and stronger than those who live principally on vegetables.*

35. Growth and temperament are also influenced by food, and in the case of bees even the sex.†

36. With age, corpulency increases permanently, unless some exhausting disease, such as chronic bronchitis or diabetes, comes on, so that excessive fat should always be regarded as a grave matter, in every way likely to shorten life, to say nothing of making it a burden by its encumbrance. Death by faintness from an overloaded fat-encumbered heart or overloaded stomach, by gout following years of over-eating and under-breathing, inducing changes in affected tissues and deposits of chalk in vital parts, by apoplexy from congestion and weakness of the blood-vessels, by bronchitis or dropsy from the poorness of the blood and the languid state of the circulation, often closes the scene about the beginning of the sixth decade. It is a misfortune to the sufferer that corpulency should be painless, though even pain will not teach some people to be wise. All the agony of an attack of gout is thrown away on the *bon vivant*, and Abernethy was quite right when he said that no man would attend to his digestion till death stared him in the face.‡

* This applies with equal force to animals. The lion and tiger are stronger, fiercer, and more active than the ox or the sheep.

† 'If by accident the queen bee dies or is lost, the working bees (which are sexually undeveloped) select two or three eggs which they hatch in large cells, and then feed the maggots on a stimulating jelly different to that supplied to the other maggots thus producing a queen bee.'—NEWSHOLME.

‡ A gentleman whom I had dieted for obesity, and who was too fat

37. 'Recognising that accumulation of fat is a perversion of nutrition which, if once established, and with a strong hereditary predisposition, cannot be cured by medicine of any kind, and it is only amenable to proper dietetic management, it follows that we should endeavour to prevent as far as possible its increase by avoidance of the factors which science tells us are favourable to its development. The cardinal rule in any procedure that may be adopted is to avoid *heroic* treatment, such as purging, bleeding, violent exercise, starving, and other dangerous means; for though thereby the fat may be diminished, the result may be attained by establishing a worse state of the body.' When it is proved beyond doubt that by the application of science to diet, a loss of fat far greater can be safely insured, it is simply criminal to take medicines for the purpose when these do permanent harm to the constitution, and do not after all accomplish the object for which they are taken.

38. The following, then, are the objects that should be carried out, and are carried out by the system of dieting I advocate, a system which is approved of by the medical profession, so many of whom have tried it in their own persons, and have expressed their gratitude to me for the benefit derived:

1. To improve by exercise the muscular tissue, and by diet to keep the muscles of the body in firm fibre and tone.
2. To maintain the blood in its normal and healthy composition.
3. To regulate the quantity of fluid in the body, by freeing the action of the skin and kidneys.
4. To prevent the deposit of fat, by eliminating from the

to enjoy anything but the pleasures of the table, but who in the past had been fond of hunting and shooting, told me, after he had got down to fair proportions, that he had weighed the matter of 'living to eat' well in his mind, and that the increased comfort and pleasure of an existence not overburdened with fat, was superior to that of excess at the table, and for the future he should 'eat to live.'

diet an excess of those articles which create it, but are not otherwise useful in the economy.

5. To allow quite sufficient food, and many luxuries, to satisfy the cravings of nature and the wants of the system, and yet by dietetic means to reduce corpulency at the rate of four to six pounds per week at first, and more gradually after, so that in from two to four months the weight should not exceed the proper standard, and to do this with perfect safety and permanent improvement to the constitution.*

FOOD REQUIRED, AMOUNT OF.

39. 'It may fairly be concluded,' says Dr. Pavy, 'that the requirements as regards food vary with exposure to different conditions. According to the expenditure that is taking place, so in a good scheme of dieting should materials be supplied which are best calculated to yield what is wanted. Under exposure to hard labour and inactivity, and to a high and low temperature, the consumption of material in the system differs, and the supply of food should be regulated accordingly. The laws of nature,' he continues, 'are such as to conduce to an adaptation of the supply of food to the demand; and if, from constitutional reasons, they do not do this, the dietitian must be called in to regulate and guide them into the proper channel.'

40. Exercise and exposure to cold increase the appetite, and lead to a larger quantity of material being consumed; on the other hand, a warm climate and an inactive life reduce the inclination for food. A labourer who is badly

* The mother of a young lady residing at Boulogne-sur-Mer, whose daughter's figure was being ruined by fat, writes: 'My daughter's weight to-day is 71 kilos. This is very satisfactory, is it not? All her dresses are getting very wide, delightfully so to herself; the difficulty used to be letting out. The present state of affairs is a pleasant contrast.'

fed can do but a poor day's work, and a starving man falls an easy victim to the effects of exposure to cold.

41. 'Practically it is found that hard work is best performed under a liberal supply of nitrogen-containing food (*i.e.*, meat). The reason is that it leads to a better-nourished condition of the muscles and the body generally. Under the use of animal food, which is characterized by its richness

flesh-forming matter, the muscles are observed to be firmer and richer in solid constituents than under subsistence on food of a vegetable nature ;' and it is also obvious that under animal food there is not that danger to corpulency which obtains under a vegetable diet, *unless from that vegetable diet* be eliminated those particular articles that contain too large a percentage of sugar and starch. To sum up, science teaches us that a liberal supply of meat is necessary to maintain muscles in a good condition for work, as exercise is to make them firm and red, and the result of experience tends to confirm it.

42. None the less is it necessary to limit a meat diet and *dilute* it with a proper admixture of *vegetable and other material*, to keep the blood in a proper and healthy state, and only where it becomes a question of reducing corpulency does it matter what vegetable is taken for this purpose or relatively the amount. In these pages those vegetables only are given which contain a percentage of fattening principles not in excess of what the system can utilize, and this is of vital import and the key of the whole system. A large and varied choice still remains to satisfy the epicure and the dietitian.

43. In dieting for obesity it is best to seek the advice of someone who makes the condition his one study, for it is advisable that the weight should be taken weekly, the girth the same, and that the constitution, habit, age, sex, of the sufferer should be considered. In treating patients at a distance by correspondence, and I have successfully treated some hundreds in every condition of life, I make

them fill up a form embodying all this, so as to see that, while the reduction is going on, the health and strength are improving, and the different organs acting harmoniously.* In no other way can success attend the treatment. This gives the patient confidence, and once the treatment is begun, as the patient loses fat and gains strength, it is seldom that under these circumstances he fails to assist in every way to carry it out. Corpulent people should not attempt to treat themselves, and, by their imperfect knowledge of what ought to be done, bring discredit upon a system, for their permanent relief, that is admitted to be an exceptionally excellent and safe one; and this book, like all other books on the treatment of diseased conditions, is only meant to explain and assist, *under proper supervision*, those who desire to attain proper proportions.

44. Let us proceed to consider the amount of mixed food necessary to sustain life, health and strength under different circumstances. This can be calculated to a nicety, but the amount taken must have some relation to the amount of muscular work that the individual is called upon to exercise, the season, and a few other surroundings.†

45. It will be asked, What is the ordinary amount of mixed food an ordinary-sized person should take? An

* A gentleman who commenced dieting on the 30th of May, and whose weekly statement of results was most carefully given, writes me at the end of seven weeks, thus, July 20th, 1891: 'Herewith results: girth round neck, 15½ inches; chest, 41 inches; abdomen, 42 inches. Weight, 12 stone 11 lb. 6 oz. Weight of clothes, 9 lb. 12 oz. Loss 3 lb. Lost first week, 4 lb. 2 oz.; second week, 4 lb. 2 oz.; third week, 1 lb. 14 oz. (away from home); fourth week, 3 lb.; fifth week, 3 lb.; sixth week, 1 lb. 12 oz.; seventh week, 1 lb. 2 oz. Total loss in seven weeks, 19 lb. Health and condition, first-class.'

† Prison diet where hard labour is done consists of 184 oz. of solid dry food per week. This 184 oz. is made up of meat, bread, cocoa, oatmeal, milk, treacle, barley-meal, salt, cheese, flour, suet, carrots, onions, potatoes. This would mean about 52 oz. of *moist* food per day; for of course the water is not reckoned when the amount of food is chemically considered. Banting's dietary is about 10 oz. a day of *dry food*, which is bare subsistence diet.

average healthy male adult of medium weight and height and performing a moderate amount of work requires

4½ oz. of nitrogenous-food,*
 3 oz. of fats (hydro-carbons),
 14½ oz. of carbo-hydrates,†
 1 oz. of salts.

This diet is equivalent to a little over 46 oz. of *moist* solid food.

46. The above ingredients would be contained in $\frac{3}{4}$ of a lb. of meat and a little less than 2 lb. of bread, or in 17 hens' eggs of ordinary size, supposing eggs only were eaten, which it is needless to say would be impossible.

47. Now, this diet, carried out in daily life, would suit those who have *no tendency to corpulency*, that is, it contains food for all purposes—food to nourish the body tissues, *i.e.*, meat; and food to be converted into heat, *i.e.*, bread; but if a person wished to reduce weight this diet would not answer the intention, for the proportion of meat is too little for the purpose, and the carbo-hydrate, *i.e.*, bread, is in too great excess. In fact, it would be necessary to considerably more than reverse it, at least for a time.

48. Dr. Lyon Playfair has estimated the quantity of diet required under varying conditions of work as under :

				NITROGENOUS.	CARBONACEOUS.
Subsistence only	2·0 oz.	13·3 oz.
Quietude	2·5 "	14·5 "
Moderate exercise	4·2 "	23·2 "
Active work	5·5 "	26·3 "
Hard work	6·5 "	26·3 "

* This embraces meat of all sorts—eggs, milk, and certain constituents of vegetables.

† Carbo-hydrates mean bread, sugar, and all vegetables containing starch and sugar.

49. It will thus be seen that subsistence diet would be represented by about 28 oz. of ordinary moist food per day, and hard work diet by about 60 oz. of the same, and here we will take the amount of food allowed by those who, like Banting, form a dietary for the reduction of corpulency.

50. It is admitted that the human body decreases in fat if the daily food consists of the three great groups of food in the following proportions :

Albuminous food about $4\frac{1}{2}$ oz.,
Fatty food $1\frac{2}{5}$ oz.,
Starchy food (carbo-hydrates) $5\frac{1}{3}$ oz.

This means, under ordinary circumstances, about 22 oz. of moist food daily, and this is not sufficient in amount for continued safety.

51. With such a diet, of course, there would be loss of fat, but at the same time the mechanism of the body would be starved too much, and the energy, muscular and nerve power would be diminished, so that a person would feel weak and below par. This should not be.

52. In fact, Banting's system is slow starvation; it reduces weight, but it reduces vitality and strength at the same time, and is not scientifically correct, for if the fat-reducing food is taken from the dietary, the muscle and brain-forming food must be considerably increased, for by this means not only is the strength increased, but the organs that help to consume the fat are kept in working order, the greater amount of oxygen taken by the lungs acting as a blast of air does in the furnace, and assisting in burning away the waste, *i.e.*, fat. This, in a few words, is the principle carried out in this work. Due regard has, of course, to be paid to the circumstances of each case, and the degree of obesity, for the greater the weight to height, the greater the amount of nitrogenous food (*i.e.*, meat) required. It will thus be seen that by my

system the surplus fat in the body is consumed to keep up the heat; it is the storehouse from which Nature derives fuel for this purpose, and when the food taken is properly adjusted to this end, and for this purpose, no fat being made, the surplus store of the corpulent person is consumed at the rate of from $\frac{1}{2}$ lb. to 1 lb. a day, and at this rate he loses weight, and this with safety. The following quotation from a lady's letter will show that scientific dieting will not only reduce obesity rapidly but will at the same time strengthen the muscular and nervous systems and improve the general health in every way: 'I have adhered to your instructions implicitly, and am delighted with the results'; I feel so much lighter and better in every way, apart from my improved appearance. I had tried so many quack remedies and found them all failures, as well as weakening myself in the trial of them. I feel ten years younger, and my friends say I look it, my complexion is so much fresher.'

53. From 22 to 26 oz. of solids, and about 35 oz. of liquids per day, constituted Mr. Banting's allowance. If we allow for water chemically combined with the food, the daily amount of solids may be set down at from 11 to 13 oz. Now this is far from a generous allowance, even if it were of the most fattening materials, and no wonder he got thin on it. The diet tables of prisons, of London needlewomen, and that of the cotton operative during the Lancashire cotton famine, averaged, of nitrogenous matter (meat) 2.30 oz., of fat $\frac{3}{4}$ oz., and of starch and sugar $11\frac{1}{2}$ oz.

54. I often have to combat the idea that liquids fatten, and many tell me, who have tried a German process of reducing obesity, where scarcely any fluid is allowed, that this was the most painful part of it. *Water—pure water—* is not fattening in any quantity, and the reason the German as a rule is fatter than the Englishman is that he is always swilling thin beer, and this contains sugar and other fattening substances. I allow any quantity of fluid and even a

pint of wine a day to those who drink it, but this must be of a wine I approve of, a wine containing neither sugar nor tannin. See p. 50. Dr. Salisbury, whose system of treating obesity, by *lean meat only*, is so well known in America, expects his patients to drink *four pints* of hot water daily!

55. The following figures show what should be the relative height and weight of a person of adult age in good health :

EXACT STATURE.				MEAN WEIGHT.			
				MALE.		FEMALE.	
ft.	in.			st.	lb.	st.	lb.
5	1	-	-	8	8 or 120	-	7 12
5	2	-	-	9	0 „ 126	-	8 2
5	3	-	-	9	7 „ 133	-	8 9
5	4	-	-	9	13 „ 139	-	9 2
5	5	-	-	10	2 „ 142	-	9 9
5	6	-	-	10	5 „ 145	-	9 13
5	7	-	-	10	8 „ 148	-	10 8
5	8	-	-	11	1 „ 155	-	11 3
5	9	-	-	11	8 „ 162	-	12 0
5	10	-	-	12	1 „ 169	-	12 6
5	11	-	-	12	6 „ 174	-	12 13
6	0	-	-	12	10 „ 178	-	13 5

56. It reads thus: a man in his clothes, of 5 feet 8 inches, should weigh 11 stone 1 lb.; he may exceed this by 7 per cent., and so attain 11 stone 12 lb. without affecting his vital capacity; beyond this amount his respiration becomes diminished.*

57. Banting, Ebstein, and Oertel, the three men whose systems have been largely adopted for reducing obesity, advocate the different foods in the following proportions :

* Among the Asiatics there is a sect of Brahmins who pride themselves on their extreme corpulency. Their diet consists of farinaceous vegetables, milk, sugar, sweetmeats and ghee. They look upon corpulency as a sign of opulence, and many arrive at a great degree of obesity without tasting anything that has ever lived.

	ALBUMINOUS.	FAT.	CARBO-HYDRATES.
Banting	6	$\frac{1}{3}$	$2\frac{3}{4}$
Ebstein	$3\frac{1}{2}$	3	$1\frac{3}{4}$
Oertel	$5\frac{1}{2}$ to 6	$1\frac{1}{4}$	$2\frac{1}{2}$ to $3\frac{1}{2}$

58. 'In taking appetite as a guide in regulating the supply of food,' says Dr. Pavy, 'it must not be confounded with a desire to gratify the palate. When food is not eaten too quickly and the diet is simple, a timely warning is afforded by the sense of satisfaction experienced as soon as enough has been taken, and not only does a disinclination arise, but the stomach even refuses it if this amount be far exceeded. With a variety of food, however, and especially food of an agreeable character to the taste, the case is different. Satiated with one article, the stomach is still ready for another, and thus, for the gratification of taste, and not to satisfy appetite, men are tempted to consume far more than is required, and also, it must be said, far more than is advantageous to health.'

59. It is plain, therefore, that a diet to reduce corpulency must not at first contain too great a variety or too many delicacies. This I find is the rock on which those split who attempt to draw up a fat-reducing dietary for themselves; as they are *unable* to discriminate between a dietary which does *not fatten* and a dietary which *reduces fat*, they lose very *slowly* or remain *stationary*. They cannot correctly apportion the different constituents of their daily food. As most of these people have come under my own observation for one reason or another since, a dietary adjusted according to their several requirements soon put things on a different basis, and the loss of weight became satisfactory. The loss of weight should be at least 20 lb. in the first two months.

60. This book is written to illustrate a new and scientific

system of curing corpulency, and to show what can be done, more than to teach sufferers how to do it themselves. They can diet themselves after they have been reduced to healthy proportions. In anything but slight obesity in young and healthy people, the diet must be most strictly regulated for each case, and someone who makes obesity a specialty, and who has had large experience in its treatment, and possesses a knowledge of dietetics, should be consulted, and asked to formulate a dietary, on this system, suitable to the particular individual interested.

61. Hospital diet furnishes a fair estimate of what is necessary for them under ordinary circumstances, and, taking Guy's as an example, it is found that the daily allowance is $29\frac{1}{2}$ oz. of solid food, apart from the liquids supplied. This amount would represent $16\frac{3}{4}$ oz. of water-free material. The food actually supplied consists of 4 oz. of cooked meat, 12 oz. of bread, 8 oz. of potatoes, 1 oz. of butter, $\frac{3}{4}$ oz. of sugar, $\frac{1}{4}$ oz. of tea, and $3\frac{1}{2}$ oz. of rice-pudding, made of rice, sugar, and milk. There is also a daily allowance of $\frac{1}{2}$ pint of porter and $2\frac{1}{2}$ oz. of milk. This diet is sufficient for the wants of the system under a condition of freedom from labour, *and is fattening* but not strengthening.

62. Supposing this quantity of food were used for the reduction of fat in ordinary persons, it would have to be given something in this way, and this will show the difference in the constituents of the food according to the use it is required for :

Meat and fish	-	-	-	-	-	70 per cent.
Fat	-	-	-	-	-	1 „
Dry toast	-	-	-	-	-	4 „
Vegetables (certain kinds only for first two months)	-	-	-	-	-	24 „
Tea, saccharin, salt, condiments, etc.	-	-	-	-	-	1 „

and instead of the porter a pint of Rottland or Trabener or some other light dry Moselle, mentioned on page 52, daily.

Water, of course, can be taken in the tea and other ways *ad libitum*.

63. In such a case the above amount of food would be divided into three meals—breakfast, lunch, and dinner, or breakfast, dinner, and tea—according to the habits of the individual; and the amount of starchy or farinaceous food would have to be slightly increased or limited, according to age, habit, degree of obesity, etc.

64. A diet of this kind would be unendurable if there were no variety; but the endeavour of the author has been to give a variety, once more reminding the sufferer that food formed on this basis requires a larger amount of supervision at first to enable the system to properly assimilate it than does the ordinary every-day diet of ordinary people; in fact, the victim of obesity undergoing reduction is like a ship in a storm, and requires someone at the helm to guide him, for he is not competent to do it himself with thorough success.

65. The Ebstein formula for reducing fat, which has many adherents in Germany, consists in very much restricting the food eaten, giving a large portion of fat, and curtailing those articles of diet that contain sugar and starch, his theory being that fat assists in the body, by its transformation into heat, in eliminating other materials. It is not believed now that fat creates fat. It is believed that by its combustion in the economy it keeps up heat, and at the same time oxidizes waste, much in the same way as, *if a man were a railway engine, the blast of air acts on the fuel used in stoking.*

66. My own opinion is that this is an error. I do not believe that fat assists in oxidizing waste; and it is contrary to scientific opinion. Besides, few people can take fat in excess as he prescribes it; it makes them bilious, so that, in avoiding Scylla, they get into Charybdis. The system I have found so efficacious for the purpose consists in greatly increasing the amount of nitrogenous

food, and giving plenty of those vegetables that do not contain carbo-hydrates—sugar and starch. By this means, as has before been remarked, no heat-producing food is taken, and as the fat in the body is used to keep up the heat of the body, as soon as the supply of the food that makes it is cut off, Nature draws upon that already accumulated in the system and uses it up.*

67. The system of diet advocated in these pages has some resemblance to that used in Germany by Oertel, but contains more energy-forming food; it provides for the rapid decrease of fat, and prevents its reaccumulation afterwards, and at the same time restores tone to the heart, muscular and nervous systems, which excessive corpulency much impairs. This system can be safely carried out in cases where the muscular tissue of the heart is invaded with fat, and there is breathlessness on exertion and incipient dropsy.† In such cases, as the loss of weight takes place, the ability and inclination to take exercise increases, and with this the heart gains power, and the surplus water in the system is carried off. In this the fact is accounted for of corpulent people often losing in the *first week* as much as 9 to 11 lb. in weight.

68. A diet that involves no hardship can be constructed on this system; the appetite fully satisfied, the strength increased, and still a loss of weight obtained, of 12 to 16 lb.

* On what other hypothesis can a person lose nearly a pound a day in weight under the system I adopt? A gentleman I am now treating called upon me on August 10. He had lost 9 lb. in weight in eleven days, and was feeling better and, needless to say, lighter for it. This man is suffering from advanced fatty degeneration of the heart; so it is in his case most desirable to reduce his corpulency, and at the same time to strengthen the muscles of the heart. It must not be forgotten that in a case like his there is a large amount of surplus water in the system, and part of the weight lost, no doubt, was some of this.

† In the case of a very obese lady residing near Northampton (whom I saw in consultation with her medical attendant), suffering from a fatty heart and dropsy, a course of dietetic treatment reduced her fat to a very great extent. The dropsy vanished, and she now feels a different person altogether. These are the cases where fat absolutely destroys life if allowed to go on accumulating.

a month—more if plenty of walking or riding or other exercise is taken.* Exercise, by improving the quality of the blood as well as by circulating it more rapidly, assists the oxidation, *i.e.*, the consumption of tissue, especially of fatty tissue; and that it does this may be shown by the fact that exercise absolutely increases the size of muscles, while it is at the same time reducing fat and weight.

69. There is really no difficulty in reducing corpulence by scientific dieting, and the result is certain and permanent. The difficulty is to get the sufferer—generally easy-going and indolent—to carry out any system for his good, if it is slightly irksome by the restraint it puts upon appetite, especially in those who perhaps may almost be said to ‘live to eat’ instead of ‘eating to live.’ It is also needless to say that any system, however good, for reducing redundancy of fat will be of no avail if the patient persists in eating between meals, or drinking what he should not, and does not go by the rules that may be drawn up for him.

70. Those who, like myself, treat corpulency, make two most important distinctions in the form of the affection: namely, the slight form in which the organs of circulation are unaffected and where exercise is possible, and the more serious form in which fat is deposited in the muscle of the heart, which is thereby dangerously weakened, and as a corollary the healthy action of *all* the other organs in the body. The extreme breathlessness† that occurs on slight exertion

* What a loss of fat may take place in some cases the following amusing letter from a Liverpool gentleman illustrates. He writes: ‘State of the poll last Sunday morning: chest, abdomen, same as previous week; neck, $\frac{1}{2}$ an inch less; weight, 3 lb. less, making a total loss of fat in 36 days of 24 lb. Feelings first-rate; indigestion gone. I am going to enter into a swimming competition across the Mersey, distance about three miles. I feel good enough in the wind to do it. My stout friends say I am falling away, rapidly going to my long home. I offer to run, jump, dance, skate, swim, or fight them; then they want to know how it’s done, but I tell them they must get their information from the source I did.’

† In a case of a gentleman of sixty-two suffering from this complication of corpulency, great improvement took place in a few weeks on the loss of 14 lb. of fat. He expresses himself as able to walk uphill with greater ease and freedom than he has done for years.

peculiarly marks this condition, and recurrent attacks of bronchitis in the colder months make it most necessary, if life is to be prolonged, that the surplus fat should be got rid of and the muscular tissue of the heart strengthened. This condition is known as fatty degeneration of the heart, and is the cause of sudden death from sudden exertion, or from flatulent dyspepsia* during sleep, by impeded action of the heart. Where there is a suspicion that this form of corpulency exists, an examination of the urine should be made under the microscope, and otherwise, to test the condition of the kidneys by the specific gravity of the fluid, etc.

FOOD : ITS USES AND ULTIMATE ELIMINATION.

71. Popularly, we speak of the products we eat to supply the wants of the system as 'food' and 'drink,' and the ordinary individual does not care to analyze further the meaning of the words; but to the physiologist they have a far broader meaning, and in his hands their different properties and uses in the system are worked out; and in this way, by the light of his knowledge, we are able to show what effects on the animal economy certain foods produce, either for good or harm.

72. The physiologist broadly divides food into two classes. These are known as

THE NITROGENOUS and the NON-NITROGENOUS.

The nitrogenous class of foods are those which form the essential basis of structures possessing active or living pro-

* A clergyman's wife who was very corpulent, and whose heart was burdened with fat, began dieting weighing 13 stone 9 lb.; she now weighs 11 stone 7½ lb., and writes: 'My breathing is much improved; I used to be obliged to sit when I got upstairs. Yesterday I remarked how easily I can go up.' She continues: 'I sleep well, and my appetite is very good. I walk better than I have done for years.'

perties, and the non-nitrogenous principles may be looked upon as supplying the source of power—in other words, if man were a steam-engine, the nitrogenous food would form the iron, brass, and works of the engine, and the non-nitrogenous would be the coal, or any other fuel used in generating power.

73. Now, what constitutes nitrogenous food? The answer is: meat of all kinds, gelatine, eggs, milk, and certain constituents of vegetables, such as gluten, vegetable fibrine, and caseine.

74. As life consists in the constant renovation and decay of living tissue, and as living tissue—*i.e.*, the body—is made up of nitrogenous matter, it is therefore absolutely necessary for all the operations of life, and is the instrument of living action, and out of it are formed bone, muscle, nerves, etc.

75. It is necessary for the reader, if he wishes to understand the rationale of this system of curing corpulency, to master this; for the constituents of food that make bone, muscle, nerves, etc., and the food that makes fat, are two totally different things; and on this fact hinges the success of this plan of treating obesity.

76. Non-nitrogenous* food consists of fats, starch—the basis of bread and all farinaceous foods—sugar, and certain vegetable matters. These principles are found either naturally or are produced by chemical action. These constituents are used in the animal economy to keep up the heat of the body, generate power, and when not consumed or eliminated from the system, to be stored up as *fat*.

77. Again taking a railway-engine as an illustration, it is plain that if rapid speed is required, and a great weight has to be drawn, a greater amount of fuel must be consumed. So, in like manner, if hard work has to be done for many

* Physiologists further divide this into hydro-carbons, or fats, and carbo-hydrates, such as starch, sugar, etc., fats being principally heat-producers, and sugar and starch power-producers. This, of course, is a rough analysis.

hours a day, a greater amount of food must be taken ; and this is consumed in the human body in renovating the tissues and generating the force and heat according to the nature of the food used and its amount.

78. That this is the case may be instanced by this fact, amongst many. In making the railway from Paris to Rouen it was found that two English were equal to three French navvies. An examination of the cause disclosed the fact that the former were fed on large quantities of *meat*, while the latter ate chiefly *soup* and *lentils*. The diet of the Frenchmen was altered to the English standard, with the result that the inequality soon disappeared. This is a rather awkward fact for vegetarians, and further proves that meat diet is a powerful weapon, where, as in the treatment of corpulence, it is used to keep the strength up, while the excess of fat is being consumed to keep up the heat of the body.

79. Occupation, season, and climate greatly influence the amount and kind of food necessary. The inhabitants of cold climates require a large amount of fat ;* and in the spring, as vital processes are more active, more food is required. On the other hand, muscular work demands a larger supply of nitrogenous food—*i.e.* meat.†

80. I find more difficulty in formulating a dietary to reduce fat in those who live in hot climates such as India or Ceylon, than in those who live in cold ones, and there is a little difficulty with English people living abroad in such places as Italy. Here nearly all the food seems to be a compound of fruit, milk, and macaroni. But the difficulty is not insurmountable.‡

* An Esquimaux will eat 10 lb. or 12 lb. of blubber daily ; and the children of that tribe will make wry faces at sugar, but eat blubber with delight.

† The trappers of the American prairies can live, and do live, for weeks on *meat* and *tea* only.

‡ The enervating life led by English ladies in India, Ceylon, and other hot countries, tends to foster obesity exceedingly. This is due to faulty diet, and sluggish action of the liver and other eliminatory glands, and to inability to take exercise. But a proper course of diet even there will obviate this. A planter's wife in Ceylon writes me : ' You will be pleased to know I have lost 14 lb. of fat my first month, and feel ever so much lighter and better

81. It will thus be seen that as in the human body certain foods produce muscle, energy, force, and power, others, by their chemical decomposition, furnish material for the production of heat. It is plain that if more is used of these latter than is consumed in these ordinary operations of life, or is excreted by the bowels, kidneys, and lungs, it must remain in the system, contaminating the blood—as with gout-poison—or, equally out of place and equally destructive to comfort, as fat.

82. On the equable assimilation and excretion of these different classes of food depends the health and comfort of the individual; but from faulty diet, heredity, or mode of life in many persons, the balance is not equally held, and the waste that should be excreted, or consumed by exercise or work, becomes stored as fat. And with this we have to deal—not as the quack does, with purgatives, sulphuric acid, and other drugs that destroy the coats of the stomach, or carry through the system undigested the food it requires for the operations of life, but by the aid of science, and in such a way that, while that most complicated machine, the human body, is disposing of its useless surplus store of fat, it is in other respects gaining power, health, and energy.

83. If the obese wealthy, who seek such places as Carlsbad, Marienbad and Kissingen, were dieted on the principles inculcated here, they would derive as much, if not more, benefit than they do from drinking large quantities of water and living on meagre diet. The diet recommended at these places is too enervating, and does not contain sufficient energy and muscle-strengthening food; so that if fat is lost or gout-poison eliminated, condition is not gained at the same time. The same applies to most of the foreign health resorts, and indeed to English ones as well where the waters are purgative, and used for the purpose of reducing obesity.

in health. I take very little exercise outside the bungalow, as when I go from home I have to drive. I have no doubt if I could have taken more exercise I should have come down faster in weight, but I mean to go on as you advise till I come down to ten stone.'

Only within the last few days a lady came to me who had been for this purpose to a well known Spa; she was thinner, it is true, but complained of extreme debility, and her appearance indicated it. The simple fact is that the food is washed through the bowels by the waters drunk, and therefore, as it does not nourish the system, fat, muscle and strength all go together, and the stomach is so weakened, that usually a long course of tonics is necessary to give it tone. But, after all, these places are only within the reach of the very rich, and all fat people are not rich.*

USES OF FAT IN THE BODY.

84. Though excess of fat is an evil and an incumbrance, it must not be forgotten that a twentieth part of the male body should be of this substance, and a sixteenth part of that of the female. This may be slightly increased without interfering with the breathing capacity or the comfort of the individual.

85. A moderate amount of fat is one of the signs of health, and is certainly an adjunct to beauty of face and form, and its uses in the animal economy are many and various. In the first place, it serves the merely mechanical purpose of a light, soft, and elastic packing material, which, being deposited between and around the different organs, affords them support and protection from the injurious effects of pressure. Further, being a bad conductor of heat, the fat beneath the skin serves to some extent as a means of retaining the warmth of the body.

* A chemist (who happily for him could not avail himself of a visit to a foreign Spa), suffering from corpulency, complicated with a fatty heart and recurrent attacks of gouty bronchial catarrh, writes: 'I have not felt so well for years, or had such refreshing sleep. My cough is nearly gone, and I have lost the wheezing as well as 17 lb. in weight. I am glad you consider the loss of weight sufficiently rapid in my case. I do not dread the winter so much now, for I hope that, being able to take exercise, I may escape my previous attacks.'

86. But the most important use of fat is seen in what occurs during the process of nutrition; for when more fat-forming material is taken into the system than is absolutely required for the maintenance of the body, it is stored up and laid by to become available for use when the expenditure exceeds the immediate supply.

87. When the direct supply of nourishment is cut off, nature has recourse to that which has been laid up in reserve in the form of fat. As everyone knows, in the wasting of the body which ensues as the result of starvation, fat is the first part consumed.* But it has been found by experiment that life cannot be sustained on fat alone. A duck fed only on fat died of starvation at the end of three weeks. Butter, it is said, exuded from all parts of its body, and the feathers seemed as if they had been soaked in melted butter. Similarly animals fed on *fat* and *arrowroot* mixed will die of starvation, or on meat alone; but if *bone* be given with the meat, it is sufficient to support life for any length of time. This is the reason why wild animals in confinement have bone given them with their meat.

88. The following experiments made will show what part the different constituents of food play in the economy. A couple of rats, which had been nearly brought to the verge of death by restriction to starchy matter and fat, were fed with bread and meat for four days, and then with meat alone. A week after commencing the meat their united weight was 9 oz. $1\frac{1}{2}$ dr., and three weeks later 10 oz. 1 dr. Being now placed on a diet of meat with non-nitrogenous

* On the 14th of December, 1810, a pig was buried in its sty by the fall of part of the chalk cliff under Dover Castle. On the 23rd of May, 160 days afterwards, Mr. Mantell, the contractor, was told by some workmen employed in removing the fallen chalk that they heard the whining of the pig, and although he had great doubt of the fact, he urged them to proceed with clearing away the chalk from the sty, and was soon afterwards surprised to see the pig extricated from its confinement alive. At the time of the accident the pig was in a fat condition, and supposed to have weighed about 160 lb. When extricated it presented an extremely emaciated appearance, and weighed no more than 40 lb.

food (starch and fat), a notable improvement occurred; for in three days' time they weighed 11 oz.; four days later, 14 oz. 2 dr.; and a week later still, 14 oz. 4 dr.

89. In another experiment, two rats, weighing 12 oz., were placed on an exclusive diet of lean meat and water. They remained healthy in appearance, but *steadily lost weight, and in a month's time* weighed only $8\frac{3}{4}$ oz. They were now placed on a miscellaneous diet, and in a week's time weighed $12\frac{1}{2}$ oz.

90. In a third experiment, two rats, weighing together 12 oz. 7 dr., were kept upon meat diet exclusively. On the thirteenth day *one of the rats died*, the weight of its body being 2 oz. 8 dr., and that of the other 6 oz. 3 dr. The living one was still kept on the same food, and this died ten days later, the weight of its body being then 5 oz. It will thus be seen that meat alone will not sustain animal life for an indefinite period.

91. This shows the absolute necessity of plenty of liquid with an *exclusively lean meat diet*; * for had these last rats had plenty of water, they would still have lost flesh, but would not have been worse for it, as in the case mentioned above. Dr. Salisbury, whose system of reducing obesity consisted in giving nothing but lean meat, insisted upon large quantities of hot water being taken to assist the kidneys in eliminating it. Dr. Salisbury's system is needlessly severe, and few can be tempted to undergo it; no one would if he knew that the same result can be more safely and pleasantly attained. As lean meat contains no heating properties, but simply nourishes the tissues, the fat of the body is rapidly drawn upon, and the obesity vanishes. Dr. Salisbury's system, though very unpleasant in its monotony,

* No wise person would attempt to reduce fat on an exclusively lean meat diet, to say nothing of the disgust arising from eating nothing but meat; it is a clumsy and inartistic process, against which I have waged war for years. There is no science in prescribing such a course, yet there are one or more dietitians who reduce obesity on these lines, I am told, even now in London.

is quite safe, under proper medical guidance, for the little time that is necessary, but would not do for a long period. As before mentioned, no patient should attempt to reduce corpulency on any system of this kind, for a sudden change of diet necessitates many little alterations in the mode of life to carry the case to a successful issue, and these can only be formulated by those who make the condition a study. Most people have no conception of what is fattening and what is not, as the following quotation from a letter will show:—‘I have been trying to get rid of a superabundance of fat for some time, and lost 2 lb. a month at first; but I suffered much pain, as I thought fluid was fattening, and took next to none. I also ate many eggs, as I was told I might, and had lots of fresh fruit, which gave me indigestion.’ If this person had had only the white of the eggs, poached, and the fruit, in moderation, stewed, no great harm would have been done. So much for self-dieting. Truly, a little knowledge is a dangerous thing.

92. Dr. Pavy, in his work on ‘Dietetics,’ says: ‘Travelers have dilated on the large amount of food consumed by the inhabitants of cold, as compared with that consumed by those of temperate or hot, climates. Accounts are given which almost appear incredible regarding the enormous quantities of food devoured by dwellers in the Arctic regions. Thus Sir John Ross states that an Esquimaux “perhaps eats 20 lb. of flesh and oil daily.” Sir W. Parry, as a matter of curiosity, one day tried how much food an Esquimaux lad, scarcely full-grown, would consume if allowed his full tether. The food was weighed, and, besides fluids, he got through in twenty-four hours $8\frac{1}{2}$ lb. of flesh and $1\frac{3}{4}$ lb. of bread, and “did not consider the quantity extraordinary.”’

93. ‘He who is well fed,’ remarks Sir John Ross, ‘resists cold better than the man who is stinted, while the starvation from cold follows but too soon a starvation in food.’ He says further: ‘All experience has shown that a

large use of oil and fat meats is the true secret of life in these frozen countries.' Sir John Franklin also states : 'During the whole of our march we experienced that no quantity of clothing could keep us warm while we fasted ; but on those occasions on which we were enabled to go to bed with full stomachs, we passed the night in a warm and comfortable manner.'

94. These remarks will show that the use of fat is not so much to make fat as to supply heat, and also to act as a storehouse of fuel, to draw upon if it ever should be required. Lord Palmerston used to say that 'dirt was matter out of place' ; he might have said of fat, 'that it was food out of place.' Where it is in excess this is really what it is.

EVILS OF OVER-EATING, AND TIME FOR MEALS.

95. There is far more harm done by taking too much food than there is by taking too little, and it is only in very exceptional cases that injury results from the latter cause ; whereas an enormous amount of discomfort, disorder, and disease, and even curtailment of life, arise from excess in eating and drinking,* even in temperate climates, and still more so in hot ones. Where the individual lives plainly and simply, and only obeys the cravings of nature to the

* I find from experience that English people who carry English habits to hot climates soon find obesity and enlarged liver the result. The climate of India would not be half as injurious to Europeans, if they were to eat and drink food that gave the liver less work. A few months in England and proper dietetic treatment will, *if the liver is not diseased*, do wonders. A lady who came over from Queensland to be under my care, suffering from obesity, writes me from the sea-side where she is staying : 'It is now the close of my second month's card. I have just been weighed, and am now 9 stone 8 lb. I have therefore lost 10 lb. during this fortnight, and 2 stone 7 lb. since I commenced dieting under your direction two months ago. My measurements were then, as you will remember, chest, 35 inches ; abdomen, 40 inches ; they are to-day, chest, 32½ inches ; abdomen, 34½ inches ; and I feel so lithe, active, and comfortable, and can walk with such pleasure. How many could be made happy whose lives are now a burden to them if they only knew ! . . .'

extent of satisfying them, there is no need for weights and scales ; but how many are there not who would be far more comfortable and more healthy if they lived upon a measured amount of food and drink, or avoided those foods and drinks that they know disagree with them ? Pain is the only thing that teaches some people to be wise. A confirmed dyspeptic, after a time, lives by rule, because if he does not he suffers pain ; but a corpulent person suffers no absolute pain, so he goes on increasing his corpulency by eating all sorts of things, regardless as to whether they increase his weight or not, and thus he or she sows the seeds of disease and early death as surely as the sun sets.

96. 'The keys of life and death are in the stomach,' says the Rev. Henry Ward Beecher, so it is not to be wondered at that many other evils besides corpulence result from excess in eating and a badly arranged dietary. Among them may be mentioned a deranged digestion, a coated tongue, constant headaches, an oppressed stomach, vitiated secretions, plethora and its consequences, a sluggish brain, with horrible dreams during sleep, and depression when awake.*

97. Excess in animal food is nearly as bad as excess in vegetable, if it is combined with an indolent mode of life. In fact, excess in any kind of food is bad ; it accumulates in the system in some way or other, and if hard work or exercise are not taken, corpulency, gout or indigestion are sure results. More especially so in the luxurious, whose appetites are tempted by any delicacy that art can fabricate, and whose exercise consists, 'in the Season,' in driving up and down 'Rotten Row' for two or three hours a day. The time will come when the obese wealthy will learn the necessity of dieting for a month or two a year, simply for

* A gentleman whom I had to treat for obesity, and who was the victim of intolerable headaches, what he used to call nervous headaches, tells me that he has been free from them for some months ; this I am not surprised at, for the most common cause of headache is waste in the system that should be e'liminated.

the sake of the comfort it will give them—and if they are votaries of fashion, for the improvement of personal beauty—if not for the more rational reason, that it would increase their length of life, and as most of them only live for pleasure, I presume this would be some gain. I find it difficult to get the very wealthy and luxurious to obey any rule at all; they seem to think *that* the duty of others. But the day comes *early* when the inexorable scythe mows them down with the same relentless sweep as it does the plebeian. Alas, the eyes of some of us are *only opened* just before they have to be *closed again* for ever.

AMOUNT OF FOOD TO BE CONSUMED.

98. As man is designed by nature to consume a mixed diet, we may proceed to consider when and at what intervals food should be taken. The ordinary custom is that three meals should be taken daily, at intervals of five or six hours apart; and this has been found by experience to be best suited to our requirements. This allows a short period of quiescence for the stomach. The quantity of food taken in ordinary cases should be enough simply to satisfy the craving of nature, and no more; but if the food taken is designed to reduce a too corpulent habit of body, it must be regulated in amount for a given time, according to the height and weight of the person, and to the circumference of the body at the neck, chest, waist, and abdomen; it must also be carefully regulated in its constituents, according to circumstances. In such a case the diet may be designed so as to reduce weight at any rate the sufferer may desire. I have known cases where even as much as 11 lb. have been lost in the first seven days, simply by dieting alone, not by starving, for in such a case as much as 3 lb. of lean meat has been taken daily. The loss of weight has occasionally been so rapid, that I have even found it

necessary to give, and have had occasion to give, a little fat-forming food, to prevent such rapid loss, as it is sometimes apt to alarm the sufferer. Those who treat corpulency on scientific principles can regulate almost to an ounce the daily loss, and herein lies safety and success.

99. Sex and age, height and weight, influence the amount of food required. A woman on the average takes a tenth part less than a man; and during growth more food is necessary to minister to the bodily functions, which are then more active, as well as to supply material for increase. After forty the diet, if long life is to be enjoyed, should be sparing, and should be so adjusted as to be consumed in the operations of life, and not stored as fat or gout poison, and to be taught how to do this the aid of a dietitian should be sought. Much discomfort and disease would be avoided and life prolonged for many years.

100. People are apt to blame those who drink to excess, and are shortening their lives by it; but it is almost as bad to eat to excess, and disease is quite as often induced by it, and where it leads to corpulency life is shortened by very many years.*

101. To prevent accumulation of fat in those predisposed to it, not only should the diet be modified according to its constituents—that is, the nitrogenous elements should be largely increased, and the non-nitrogenous ones taken sparingly—but also the amount eaten in the twenty-four hours should be regulated according to the particular circumstances of each case.

102. The nitrogenous elements of food consist of meat, in all its forms, principally; and the non-nitrogenous, of bread and all farinaceous foods, sweets of all kinds, sugar, whatever contained in, alcohol, and certain vegetable matters. See page 19.

* Burton, in his 'Anatomy of Melancholy,' says: 'An insatiable stomach is a pernicious sink, and the fountain of all diseases, both of body and of mind.'

103. As in any dietary that contains an excess of nitrogenous food the kidneys have more work to do in eliminating the waste of it from the system, it is necessary to take a large amount of fluid. It is well to begin the day by drinking a pint of hot water about an hour before breakfast, then, getting up, take a cold or tepid bath, and have a thorough rubbing with a rough towel after.

104. The following is an *example* of an extreme system of diet for reducing corpulency on scientific principles. It contains no fat-forming foods, and resembles that advocated by Dr. Salisbury, an American physician of eminence. The objection to this is its extreme monotony and unnecessary severity. It is utterly unsuited for most cases of obesity on this account. Believing that every case of obesity should be treated on its merits, and finding it impossible to treat sufferers on such rigorous diet, I formulated a system of diluting a meat dietary with a large choice of vegetables and other articles of food containing a very small percentage of fat-forming ingredients, and, under personal supervision, making series of experiments in the use of saccharin instead of sugar in sweetening the different articles in daily use, and adapting this dietary to each case according to its history and gravity, and the constitutional requirements of the individual.* The result has been most satisfactory and

* THE TREATMENT OF FATNESS.—A discussion has been going on lately in the *Lancet* and *British Medical Journal* of great interest to sufferers from corpulency, a diseased condition, by the way, that not only causes great discomfort, but also indirectly tends to shorten life by many years. Medical authorities now consider that medicines are of no avail for reducing fat; indeed, purgatives and other drugs taken for this purpose are absolutely injurious, and as they have to be continued for long periods, they weaken the system and strength without reducing the weight. Now, science happily has come to the aid of the victims of obesity, and a rapid and perfectly safe reduction of fat is possible by dietetic means alone. The system advocated by Dr. Yorke-Davies, a well-known authority on the subject, seems to find most favour in the medical papers, it being easy to carry out. For the benefit of non-professional readers, the causes of corpulency and its only safe and scientific treatment may be put thus: The human body requires to keep up its heat about a pound of fat a day, either in the way of fat-forming food, or in fat already stored in the

gratifying. Carried out in this way, the system has found favour in the medical and lay press, as being a very much more pleasant and efficacious plan of reducing corpulency ; and numbers of medical men that I am treating express the opinion that it is a most easy way of carrying out a scientific system, without hardship or monotony. Where the diet is carefully adjusted for each particular case, even within three days a person begins to feel more comfortable, the liver begins to act vigorously, the distended bowels to contract, the abdominal girth rapidly diminishes, the tongue cleans, a feeling of elasticity comes, sleep improves, and the accumulated waste of years, in the shape of fat, gout and bile, rapidly disappears. The result is that in a month or two a new lease of life is begun, and existence assumes a more roseate hue.

105. Assuming anyone possessed sufficient resolution to try a most extreme lean meat diet, he should begin at eight o'clock by eating a pound of grilled beefsteak or mutton, or cod, and drinking with it water or tea without sugar or milk.

system, as in an analogous way it requires a certain amount of coal put on the fire to keep up the temperature of a kettle of boiling water. Now, certain foods—meat principally—produce, when consumed in the system, energy, muscle, nerve, and bone ; other foods—farinaceous, and sugar principally—produce heat by their chemical decomposition and combustion in the body, the surplus being converted into fat, and stored, as in corpulency. It is now found that if the diet is scientifically adjusted for fat people, and no fat-forming food is given, a loss of about a pound a day of the stored fat takes place, and as the muscle and energy-forming food is increased, the individual gains muscular and nerve power, whilst he is losing a useless and injurious incumbrance, much in the same way as a horse, brought in fat and flabby from grass, gains condition, vigour, and strength when he is put on corn and exercise. Not only may the victims of corpulency take heart, but those of the fair sex, anxious to retain a symmetrical figure, or hunting men, and others solicitous to reduce weight, may do worse than inquire into the merits of a system that promises such results, and this without the aid of quackery, or the dangerous practice that some people indulge in of taking violent exercise to reduce obesity, before the heart is strengthened by proper dietetic treatment. Frequent deaths during the shooting season are, undoubtedly, often attributable to this cause.—*Health*, August 22, 1890.

106. At half-past one p.m., another meal should be taken, and here again a pound of meat or fish must be eaten, washed down with weak cold whisky and water, or claret and water.

107. At six o'clock another meal is due. This, again, must consist of a pound of some red meat or white fish, and this must be washed down with some claret or whisky and water, or tea without sugar or milk.

108. As a nightcap, the patient may have a pint of beef-tea, or some whisky and water.

109. Anyone reading this will agree with me that it was time some pleasanter mode of diet was formulated which should be equally efficacious, and more scientific and rational. I have taken much trouble to do this, and I believe have succeeded—at least, results show it—and of necessity the experience gained from treating obesity *only* is naturally very great. I feel sure that scientific dieting will soon, as it ought, take the place of medicine in the treatment of all diseases that arise from errors in diet. But my more pleasant way, like every other system of treating disease, should be modified according to the circumstances of each case.*

110. The great secret of any system of dietary of obesity is to restrict fat-forming foods, for if the supply of these is cut off, then nature has to fall back upon that already in the system, and as there is a constant radiation of heat from the body, the fat is being used to keep up heat, much in the same way as the oil is used in a moderator lamp to give light. To illustrate this, see note on page 40.

* A patient whom I dieted by correspondence, but who had previously tried 'the lean meat and hot water cure,' writes me: 'I commenced the system there advocated, and as strictly as I could, but, oh! it was hard work, and your more excellent way came as a marvellous relief. . . . I now find much freedom for work and locomotion; indeed, a few weeks since I walked many miles (perhaps eighteen) per day without fatigue. I am exceedingly pleased with the altered state of things. I append my various weights from the commencement: March 1st, 13 stone 8 lb. No dates are given after, but the weights taken run thus: 13 stone 5½ lb., 13 stone, 12 stone 8 lb., 12 stone 6½ lb., 12 stone 2 lb., 11 stone 13 lb., 11 stone 7½ lb.' Then he concludes by saying: 'To-day, June 24th, 11 stone 4½ lb., a loss in the time of 31½ lb., and this on a by no means unpleasant diet to follow.'

111. It would be quite impossible in a work of this kind to draw out more definitely a dietary to suit varying degrees of obesity. The intention of the book is to show how fat is made, its evils, and a scientific system for its reduction. The proper course for the victim of obesity to pursue, if he is wise, is not to attempt to diet himself, but to seek the advice of some well-known physician who, like myself, treats corpulency on this system, either personally or by correspondence; and as no medicine is required beyond an occasional aperient, a dietary on the lines I advocate could be drawn out. The result would soon prove that the disease is an easy one to cure, and that relief from superabundant fat means comfort, ability to enjoy life, and considerable increase in the length of it.*

112. It is time that sufferers from corpulency should know that all medicines and quack nostrums for reducing fat are dangerous and useless; they simply reduce it by destroying the digestive organs, and therefore preventing any food taken nourishing the body at all. Where the treatment of obesity is carried out on scientific principles, the muscular and nervous systems are especially nourished, and only the *fat* is starved; on no other system can the disease be cured permanently.

113. The great advantage of scientific dieting for corpulency is its safety at any age. A lady of seventy writes: 'I am so pleased with the system; it has done a great deal for me. I feel so well, and get about with much more comfort, and my knees are so much stronger.' And a well-known authoress writes: 'It is a boon to obese humanity, and I really do not know how to be thankful enough.'

* I had occasion lately to treat for corpulency a horse-dealer of over 20 stone. He could not believe that his rotundity could be reduced by diet until I put before him the case of the horse, as mentioned in paragraph five. This convinced him that it could be done safely and speedily by dietetic means.

EXERCISE.

114. In the treatment of corpulency this is of the greatest importance. The muscle of the heart is strengthened by enforced exercise, and the waste of the system burnt off by oxidation.

115. In obese people exercise should be commenced gradually, and increased every day so as to get the heart into good tone; the most dangerous form of corpulency is that where the muscular structure of the heart is invaded by fat; in such a case there is extreme breathlessness on exertion and danger in hurrying to catch a train, or for any other purpose where excitement comes in.*

116. The nutrition of the muscles is improved by exercise. The blood which they contain is increased, and in consequence of this increased afflux of blood and the more rapid disintegration going on in the muscles, they become harder and larger, and better able to bear fatigue.† Massage is also a form of exercise, and is exceedingly useful in the case of fat, flabby people who cannot take walking or riding exercise. It assists in oxidizing waste and gives tone to the muscular and nervous tissues, but is of little service unless combined with this system of dieting.

117. The action of the skin is increased, and by perspiration the effete matters in the system are got rid of. The

* How often one hears of middle-aged people dying suddenly from heart failure in this way! A wealthy person lives for nine months of the year on the fat of the land, gets very stout, and then, when the shooting season comes on, begins work early and ends late. He does day after day more walking than during other parts of the year he has done in a month, and the weak, tremulous heart, overloaded with fat, goes labouring on until, on jumping a fence or some extra exertion, he suddenly falls. The over-worked and over-burdened heart makes a few efforts to recover itself, fails, and all is over. When will such people learn that before this season they should *diet* and take gentle exercise, gradually increasing it daily until proper reduction in weight and sound condition is obtained?

† A gentleman who has been under treatment for six weeks, writes me under date September 6th: 'I feel in splendid condition. I have lost 7 inches round the waist. My appetite is *too good*. I have had two days' partridge shooting, and I walked *all my friends down*.'

vital capacity of the lungs is increased by exercise. Digestion becomes more perfect, and the nervous system is improved in nutrition and power.

118. A tepid or cold water bath should be taken daily, and the pores of the skin thoroughly cleansed by the use of Vinolia soap—the best soap extant; this forms a free lather, and does not irritate the most tender skin. This is a great desideratum in stout people, who are prone to chafe in parts where the skin rubs. I have known irritating and medicated soaps cause great trouble and annoyance in this way.*

119. Dr. Parkes, a well-known authority on the amount of exercise desirable, says the average daily work of a man engaged in manual labour in the open air is equivalent to lifting 250 to 350 tons one foot high. This is a moderate amount, 400 tons being a heavy day's work. The amount of muscular work involved in this may be easily known by remembering that a walk of 20 miles on the level road is equivalent to about 353 tons lifted one foot, and that a walk of 10 miles is equivalent to lifting 247 tons one foot.†

120. 'We may estimate that every healthy man ought to take an amount of exercise represented by 150 tons raised one foot, which is equal to the work done by walking $8\frac{1}{2}$ to 9 miles on a level road. A certain amount of this exercise is taken in performing one's daily work; but apart from this, outdoor exercise should be taken daily equivalent in amount to a walk of 5 or 6 miles. Less than this is not compatible with robust health.'

121. Exercise should be systematic and regular, not taken by fits and starts, and in corpulent people should be increased gradually. The under-clothing should be of flannel, and chill

* I have it on the authority of an independent soap-maker, that in his opinion more skill and care is exercised in clarifying this soap of all irritating ingredients than in the case of any other soap made. The makers are Blondeau et Cie., Ryland Road, London.

† Newsholme.

should be guarded against. Walking uphill strengthens the heart, and the distance and speed should be increased as palpitation subsides.

122. Riding exercise, where practicable, has a stimulating action on the liver and skin, and may be considered the best form of all exercise. Rowing is also an excellent mode of taking exercise. The more muscles that can be brought into play the better.

123. Tennis is also an excellent form of exercise, and one that calls all the muscles into play. But each person must be left to take that which suits him best. Hunting and shooting are life-increasing pursuits to those that are able to indulge in them.

124. Though exercise is so important an adjunct in reducing excess of fat, the following extract from a letter of a patient who is deformed—the result of spinal disease—will show that loss of fat may take place under this system without it: ‘From the 14th (July, 1890) to yesterday, the 21st, I lost in weight a trifle over 2 lb., making in all a total in six weeks of 19½ lb., which I think you will regard as being very good, seeing through my affliction I am not able to take as much exercise as an ordinary man. I never felt better in health in all my life. I append my six weeks’ loss in weight.

				lb.
1st week's loss in weight	-	-	-	5
2nd	„	„	-	4
3rd	„	„	-	3
4th	„	„	-	3
5th	„	„	-	2½
6th	„	„	-	2
				—
				19½

‘When you first advised me I was 16 stone in weight. I am now 14 stone 8½ lb.’ This would be a very satisfactory loss of fat under any circumstances, but it is doubly so here. I find by my notes of this case and the patient's weekly

letters to me while he was under treatment, that his diet was never varied during this time by his own request. As a rule I find it best, with those who consult me personally or by correspondence, to draw out a diet card, with quantities of different meats, fish, and vegetables for one month, then a second one giving a larger variety of food for the next month, and so on. It is best in all cases that the rules for the first month should be rigid, so that the loss of fat may be large and rapid, the loss on the second month's dietary should be about two-thirds what it is the first.

125. Exercise should not be taken immediately after food, nor should the individual who is anxious to reduce corpulency gratify the desire for a nap. It is well to have recourse to some light mental or bodily employment, such as billiards, chess, etc., to obviate its occurrence; 'but,' as Dr. Pavy remarks, 'with a natural state of things there ought to be no strong desire to sleep after a meal.' If there be such, it may be concluded that some fault exists. Sleeping after meals may arise from a sluggish state of the liver or kidneys.

126. When any living part is called into frequent and regular exercise, especially if the system is not yet arrived at full maturity, it is observed to become gradually more and more susceptible of action—to increase in size within certain limits, determined by the constitution, and thereby to gain strength, as indicated by an increased power of enduring fatigue and a greater capacity of withstanding the influences of the common causes of disease, to which previously it would have almost immediately succumbed.

127. The explanation of this, as proved by experiment, is that exercise causes an increased action in the nerves and bloodvessels of the part, by which its vitality is augmented and a greater supply of blood and nervous stimulus is sent to it to sustain and repair the greater waste that is taking place, and also to supply additional substance to fit it for the unusual demands made on it. The results of

this process are visibly exemplified in men whose habits or profession lead them to constant muscular exertion—in sportsmen, in blacksmiths, dancers, porters, etc., for instance; and if it is less manifest in *other parts* of the body *beyond where the muscles are in view*, it is only from other tissues admitting of less expansion and showing their increased power in a different way.

128. Unless exercise in its ordinary sense be taken, neither respiration nor circulation can fully accomplish the purposes they are intended to serve. Life subsists through a series of motions, and all these should be maintained in regular and adequate exercise; by so doing the food necessary to sustain the system is taken up, and all that is not required is excreted by the different organs that act independently of the will, so that the balance is evenly kept, and none is unnecessarily stored as fat. One of the greatest evils of obesity is that it prevents people taking proper exercise and therefore prevents the enjoyment of robust health. When fat is got rid of, the desire to take exercise is increased. A lady writes me: 'I am feeling very well, and have a greater inclination to take exercise; all my friends and acquaintances are remarking that I am getting quite a graceful figure!' Another says, 'I am able to walk better, and am feeling very well indeed, and have not had a single headache this last fortnight, though I have done a lot of railway travelling and hard work; it is wonderful that mere diet will do so much!' Mere diet, indeed? *Mere diet* kills a good many. A Japanese proverb says, 'All diseases enter by the mouth.'

STIMULANTS IN CORPULENCY.

129. What part does alcohol, in its various forms, play in the dietary? Chemists who have investigated the effect of alcohol on the system have come to the conclusion that it is not a *food*, and does not in any way make flesh or tissue,

but in some cases it seems to increase the value of other foods taken. Whether pure alcohol increases or diminishes fat is still a moot point. Some physiologists believe that it assists in eliminating waste products, while others hold that it has no effect of this kind whatever, and that it passes out of the body unchanged.

130. That it is injurious beyond a certain amount is certain, and that amount entirely depends upon the habits of the person and the work done. As alcohol is contained in all wines and fermented drinks, experiments prove that to the other constituents of these beverages we must look for their fattening properties—thus, in wine, to the sugar; and in ale, stout, and other fermented liquors, to the sugar and starch they contain.

131. That beer and stout are unsuited to fat people there can be no question. The English and Germans, who drink largely of beer, are more inclined to be corpulent than the Scotch or Irish, who drink more of spirits; this is a well-known fact. The stronger beers taken to excess in people of a corpulent habit are also apt to lead to the development of gout and biliousness.*

132. It becomes a question now to consider the least injurious form in which alcohol may be partaken of by those who require it, or think they do so. To the ordinary individual, good wine, properly matured, in moderate quantity, is a harmless and exhilarating drink;† but to those of a corpulent habit of body certain wines are a slow poison, and it is necessary to say a few words on so important a subject.

* My experience teaches me that the large quantity of meat taken under this system of treating corpulency makes stimulants unnecessary and distasteful in anything but very moderate amount. Meat in itself is a very powerful stimulant, and those who follow the rules here laid down become full of life and energy without the aid of alcohol in any of its forms. Indeed, patients write to me to this effect frequently.

† Especially does this apply to that period of life when the powers of elimination are declining, and the individual, from the exigencies of age and failing strength, is unable to take the active exercise necessary to consume the waste products of the body.

133. The deleterious wines for people constitutionally disposed to stoutness are those which contain sugar, either by arrest of fermentation or by the addition of sugar, and these are, as a rule, the products of hot countries. In France, Germany, or Hungary, etc., where a cooler climate prevails, fermentation occurs with less rapidity, and is allowed to proceed till it comes to a spontaneous termination.

134. 'Here, then, the transformation of saccharine matter is permitted to go on until it is quite or nearly lost, and in consequence there is produced a drier or less fruity wine, and one which takes less time to mature.' Wines of this class develop a stronger bouquet and a more acid flavour, and they are admitted to be in every way more suited for stout people of sedentary habit. The wines of the Rhine and the Moselle are noted for the aroma they possess, and the greater amount of acid they contain, and their freedom from sugar. The same applies to some of the wines of the South of France, known as clarets and burgundies. But clarets and burgundies contain tannin, and the cheaper sorts even sugar, and are so doctored up for the English market as to be utterly unsuited for corpulent people, unless they are of the very choicest brands; and even then they are not so suitable as the light dry wines from the banks of the Moselle.

135. I have tried and tested a large number of wines for the use of sufferers from obesity, and I may also add gouty, rheumatic, and bilious people, and I have found the best of all to be light dry still Moselles, such as Drohner Trabener, Konigsmosel; these are refreshing and delicately flavoured wines, and being pure and of good vintage, will keep any length of time. Cheap Moselles and Rhine wines of inferior brands are apt to turn sour, and hence are absolutely injurious, as they cause dyspeptic symptoms and acidity. Mr. Alfred Aldous, of 61, Hatton Garden, Holborn, London, has taken a great amount of trouble in

finding the best brands of dry Moselles for me, and those who wish to have wines that will assist in decreasing corpulency, and agree with the most delicate stomach, cannot do better than apply to him for a descriptive list.

136. I am firmly of opinion that more injury is done to the digestive organs and liver by the *cheap* mixed poisonous wines sold to meet the keen competition of the day than people are inclined to believe. People will have cheap wines, forgetting that the ill-health in the way of gout and biliousness that they induce make them the dearest in the end. Connoisseurs can, of course, tell whether a wine is pure or not, and they do not drink inferior wine. But most of the people who take these beverages know little about their merits, and therefore go in for something cheap, which is generally a mixture of three or four different wines, branded with a high sounding name, or with the name of some known locality—the wines from which fetch high prices.

137. The wine-drinker, if he is subject to obesity or gout, dyspepsia, and many other ailments, places his health and comfort in the hands of his wine merchant, so he should choose one of known probity, whose good name would be too valuable a heritage to lose by palming off adulterated wines and *poisonous new* spirits for the sake of present profit.

138. Those whose means allow them, and who can afford to buy choice Moselles of delicate flavour, with body and bouquet, will find Schloss Rhein-hausen, Eltoiller Sonnenberg, or Agritinsberger more to their taste; they are wines of old vintage, and have the Muscat flavour that makes the produce of the banks of the Moselle so appreciated by those who drink these exhilarating beverages.

139. A pint a day of either of these wines, taken at lunch and dinner, would be about the quantity that might be drunk with impunity and without injury; and if a person of corpulent, gouty, rheumatic or bilious constitu-

tion were to drink these wines instead of cheap sherries, ports and champagnes, the probability is he would be seldom a martyr to ailments that make life a burden and shorten it by many years.

140. While on the subject of still Moselles, I would mention one more in Rottland Cabinet, the produce of one of the most famous vineyards in Germany. This wine is a perfect dry Moselle, of exquisite flavour and bouquet, and is held in high esteem in England and Germany. It is naturally of high price; but this, where health is a consideration, should not be a bar.

141. Sparkling wines are not suitable for corpulent people; but as some individuals will drink them, it may be worth mentioning that dry sparkling Moselles are the least injurious, and that the cheap effervescing wines have a large amount of added sugar to prevent their turning sour. All effervescing wines have liquor added to the extent of from one to three per cent., or more, and the only plan is to choose the driest brands, and those of old vintage. In sparkling wines people have to pay for the name of the importer, certain names fetching exorbitant prices; but really good dry sparkling Moselles, such as 'Moselle Brut,' or 'Moselle Nonpareil Brut,' can be had at reasonable prices.*

142. Where spirits are taken by fat people, the least injurious is whisky; but this should be old and matured, and taken in moderation, well diluted with soda or potash water. The digestive whisky, sent me by Mr. Aldous, is a mellow pure spirit, with the distinctive flavour appertaining to this stimulant, and from its great age is free from all deleterious ingredients.

* I can recommend these wines as being very dry and of exquisite flavour, of moderate price, and very suitable where a delicate sparkling wine is required for the use of an invalid. They can also be procured from Mr. Aldous, of 61, Hatton Garden, Holborn, London, who has taken so much trouble in choosing dry wines and pure whisky for the use of my patients.

TEA : ITS USE.

143. Tea is not food, and should not be taken as such. Tea taken three or four hours after dinner is valuable, for this is the time that corresponds with the completion of digestion, when, the food having been conveyed away from the stomach, nothing remains but the acid juices employed in digestion. These acid juices create an uneasy sensation in the stomach, and a call is made for something to relieve this uneasiness. Tea fulfils this object better than stimulants; more than this, it satisfies some unknown want in the system. This refers to the moderate use and enjoyment of tea, but there is a large class who drink an enormous quantity of this beverage, to the undoubted impairment of their health.

144. Those who take it to excess are found principally among the poor. They become pale and bloodless, much given to faintness, nervousness, and depression of spirits, and suffer excessively from flatulence and loss of appetite. This is no doubt partly due to poisons used to colour and adulterate it. One form of indigestion caused by tea deserves special notice, as it is commonly observed by medical men: the appetite is unimpaired, and no particularly unpleasant sensations are felt after meals; but almost as soon as food is taken it seems to pass out of the stomach into the bowels, causing flatulent, colicky pains, speedily followed by diarrhœa. Hence, there is a constant craving for food, and a feeling of sinking and prostration.

145. In moderate quantity, tea exerts a very decidedly stimulant and restorative action on the nervous system, which is aided by the warmth of the infusion, and is particularly useful in over-fatigued conditions of the system, and under these circumstances it is infinitely preferable to alcoholic drinks. Lord Wolseley considers it is the best drink for exhausted soldiers after a long march.

146. The harmful effects of tea depend a great deal on

the way it is made. If it is allowed to infuse too long, the tannin and other injurious ingredients of even the best tea are drawn out, and the infusion becomes bitter and astringent, and unpleasant to the taste. To make tea properly, the teapot should be warmed, and the water poured over the tea immediately it boils. Five teaspoonfuls of pure Ceylon tea should be put to each quart of boiling water, and it should draw for eight minutes. Professional tea-tasters are very particular to use only water which is freshly boiled.

147. In China tea is sometimes infused in a teacup, and sometimes in the cup from which it is drunk. In Japan the tea-leaves are ground to powder, and, after infusion in a teacup, the mixture is beaten up until it becomes frothy, and then the whole is swallowed. The Chinese drink their tea in a pure state ; the Russians take it with lemon-juice ; and the Germans often flavour it with rum, cinnamon, or vanilla. In England we know it is customary to add cream milk, or sugar, but for corpulent people the Russian mode would be the best.

148. Ceylon tea is now justly taking a high place in public favour. There is no doubt it is more wholesome and more delicately flavoured than any other, and as it contains more theine and less tannin than Indian and Chinese teas is more healthy. It does not injure the most delicate stomach, or disagree with those whose digestive powers are weak. When its virtues become fully known it will take the place of all other teas. It is a difficult matter to get pure Ceylon tea ; most of those sold with high-sounding names as Ceylon tea are simply mixtures and blends in which common China tea predominates, and the names of the estates they are supposed to come from exist only in the imagination of the tea-dealer. One or two owners of Ceylon plantations do import their teas direct to the consumer ; in this case it is a guarantee of their purity, and under these circumstances they can be bought much cheaper than where they have

passed through the hands of the importer, the broker, and the tea-dealer.

149. Those who would like to have Ceylon tea in its pure and natural state can get it from the Agra Ceylon Tea Association, of 76, Shaftesbury Avenue, London, W.C., who import their teas direct from the estates in Ceylon of Mr. H. R. Farquharson, M.P., and it is handed to the consumer pure and unmixed as it leaves the factories.* Independently of its good quality and freedom from tannin, Ceylon tea is machine made, and is not, like Chinese tea, handled and pressed in dirty and squalid huts, and by the hands and feet of the unwashed Mongolian.

COFFEE : ITS USES.

150. 'Coffee,' says Dr. Pavy, 'is said to have been in use in Abyssinia from time immemorial, and in Persia from A.D. 875. It was used in Constantinople about the middle of the sixteenth century, in spite of the violent opposition of the priests, and in 1554 two coffee-houses were opened in that city. It was introduced into Europe in the seventeenth century. It was drunk in Venice soon after 1615, and brought into England and France about forty years after.' Like tea, coffee produces an invigorating and stimulant effect, without being followed by any depression, and fully justifies the estimation in which it is held. It increases the action of the pulse, and is more heating than tea, while at the same time it arouses the mental faculties and so disposes to wakefulness. To make the infusion properly 2 oz. of freshly-ground coffee should be used to each pint of boiling water.

151. Coffee is especially useful to those who suffer from redundancy of fat, as it has the power of relieving the

* The writer's son is a pupil on this estate, and I gather these facts from him, and certainly can speak from experience of the delicious flavour of these teas. That sold at 2s. per lb. is incomparable.

sensation of hunger and fatigue, and may be used two or three times a day as a beverage. It has all the advantages of a stimulant without the ill-effects following alcohol in its various forms. It exerts a marked sustaining influence under fatigue and privation, and sustains the strength where a restricted diet is necessary, and this enables arduous exertion to be better borne under the existence of abstinence or a deficiency of food.

WATER AND AERATED DRINKS, ETC.

152. A supply of water in one shape or another is one of the essential conditions of life. It is as important as food, and is required for various purposes in the performance of the operations of life. It forms the liquid element of the secretions, and thereby the medium for dissolving the digested food, and enabling it to pass into the system and the effete products to pass out in solution. The quantity of water required for drinking purposes is found to bear a relation to climate and to the weight of the individual, being nearly half an ounce for every pound, or one and a half gills for every stone weight. Thus a man weighing 150 lb. (ordinarily a man of 5 feet 7 inches) would require three pints and three-quarters; of this about one-third is taken *in the food*, the remainder, two and a half pints, being required as drink.

153. Where concentrated food consisting of nitrogenous articles of diet, *i.e.*, meat, is taken for the purpose of reducing fat, the work of eliminating it is mostly done by the kidneys. Such being the case, it is necessary to drink large quantities of water. It is best that this should be taken hot; and the time of taking it and the quantity to be taken must entirely depend upon the degree of obesity to be treated and other circumstances. No fixed rule is possible. In most of the cases I treat, I make it a *sine quâ non* that water be taken to begin the day with, early in the morning.

In people of gouty habit, it may be taken in the form of potash effervescing water. In this way it dissolves the uric acid (gout poison) and carries it off. Uric acid requires 200,000 times its weight of water to dissolve it. Soda and potash waters may be taken for this purpose, but no aerated waters that contain *sugar*, such as lemonade, ginger-beer, and their allies.* During hot weather, under any circumstances, more fluid is necessary.

154. If a plain and wholesome liquid be drunk, such as tea, coffee, and those recommended under the sections on wine and beverages, the error is not likely to be committed of taking too much. After compensating for what is given off by the skin and the lungs, the remainder passes off by the kidneys, and washes away the effete products of the system in a dissolved state. The poison of gout is especially eliminated by the kidneys, and hence this treatment of corpulency is beneficial to those who suffer from that disorder.

155. Gout is one of the commonest complications of corpulency, and those of gouty or rheumatic constitution require a slightly modified system of treatment. In such cases it is absolutely necessary that much more fluid be taken; and the assistance of medicines will also be required, and perhaps even hot air baths and other adjuncts, to assist in eliminating the poison.

156. Those of gouty and rheumatic constitution whom I have had under my care for corpulency derive the greatest benefit from the change in diet. The improved tone and energy imparted into such people by the loss of twenty to thirty pounds in weight stimulates them to take exercise, and the general health improves in every way. The elasticity of youth seems to come again.†

* See p. 112.

† A gentleman writes me from Anspach, in Switzerland, under date August 8th: 'I now weigh barely 16 stone, but I feel a deal better, sleep much better, and get up in the morning with more go, and fresher. Your system has improved me in every way. The gout is quite gone, and I have never been so free from pain.' This gentleman's original weight was over 18 stone, and he was a martyr to gout and derangement of liver.

PART II.

THE DIETETICS OF OBESITY.

157. ASSUMING that a person has by proper dietetic treatment and exercise been brought down in weight to the standard, or nearly to the standard, mentioned on page 19, the following articles should form the greater part of the daily sustenance for some time.

158. The amount of fattening properties they contain would not be too great under such circumstances, and the choice would enable persons of different tastes to find sufficient to their liking. The amount taken at the different meals must be sufficient to satisfy the dictates of hunger, but no more. It would be impossible in a little work like this to draw out any rule for guidance as to the absolute weight of food each person should take. So much depends upon circumstances, such as the pursuits of the reader, age, height, weight, etc.

159. Anyone unfortunate enough to require to live by rule, or whose corpulency is a bar to enjoyment and robust health, had better place his requirements before some physician who is used to the treatment of this condition, and who treats it on scientific principles; but few medical men make dietetics their study, and find it more satisfactory in cases of obesity to appeal to those who do.

In this way a scientific system of dietetic treatment can be mapped, easy to carry out, and in every way suitable to

the particular case. As before stated though medicine forms no part of the treatment of corpulency, it must be remembered that gouty people require alkalies, those subject to constipation require the assistance of aperients, and weakly, flabby people while under diet are benefited by bracing tonics and massage.

160. My own plan, before advising a system of diet by correspondence, is to send the patient who writes me a form, embodying the following among other questions: age, height, weight, girth round the chest, neck and abdomen. Whether subject to constipation, indigestion, palpitation of the heart, giddiness, gout or rheumatism, colds, bronchitis, gravel or rheumatic fever. Whether able to take exercise. Present diet—breakfast, dinner, tea, supper; amount of stimulants taken, state of tongue, hours of rising and retiring, amount of exercise taken daily, and fondness for sweets and pastry, and sleeping during day. Family history as to obesity. Occupation in life. These are the more important facts to be considered in relation to the treatment of each individual case.

161. It is most important that the loss of fat the first two months should be continuous and rapid, and that the amount of food should be regulated to be exactly sufficient for the wants of the system and *no more*. To show how much more we eat from habit than from necessity, I find people who consult me or write to me, often say that at first they feel hungry after the amount of food I allow them; but in a few days this feeling passes off, and the amount quite satisfies. This is but a proof of the truth of the aphorism that, 'Man lives by what he digests, not by what he eats.' As the increase of strength is so perceptible almost from the first day of dieting, no further proof is requisite to show that there is no starving in this system of reducing corpulency.

And on these lines, it is an easy matter to reduce a fat

person to reasonable and comfortable dimensions in from two to three months without hardship, and with the most absolute safety and success; indeed, my experience has been that, from the first day the sufferer from surplus weight begins treatment, the feeling of elasticity and robust health is so perceptible that nothing would induce him or her to refrain from perseverance in carrying it out in its entirety.*

162. It may not be out of place here to add, that in cases where the victim of corpulency prefers being dieted on this system away from home, the author can advise a pleasant residence, where, under careful superintendence, all anxiety as to food, etc., will be taken off the sufferer's hands. The change of air and scene is most beneficial where the corpulency is complicated with gout and kindred ailments.

ARTICLES OF DIET AFTER REDUCTION.

JANUARY.

163. MEAT.—The lean of beef, mutton, doe-venison.

GAME AND POULTRY.—Hares, rabbits, pheasants, partridges, woodcocks, snipes, fowls, chickens, capons, pullets, grouse, wild fowls, turkeys, tame pigeons.

FISH.—Turbot, soles, flounders, plaice, skate, whittings, cod, haddocks, herrings, oysters, lobsters, crabs, prawns, tench, perch, mussels.

VEGETABLES.—Cabbages, broccoli, savoys, endive, sprouts, Scotch kale, sea-kale, spinach, lettuces, celery, cardoons, salsify, turnips, Jerusalem artichokes, garlic, shallots, mustard and cress, cucumbers, mushrooms.

* The following case, that of a medical man, will show that this is so. He writes :

‘ August 26th, 1890.

‘ MY DEAR SIR,

‘ I must thank you very much for your diet card; and the directions have been carried out for the first fortnight, ending yesterday. The result is that I have lost 7 lb., with a loss of 3 inches in abdominal girth. I shall go on in the same way another fortnight, and let you know the result. I already feel like a new man—so much more energetic.

‘ Yours faithfully,

‘ J. C.’

FRUITS.—Apples, medlars, currants, grapes, walnuts, nuts, filberts, oranges, lemons.*

ESPECIALLY IN SEASON IN JANUARY.—Haddocks, whittings, tench, skate, hares, rabbits.

FEBRUARY.

164. MEAT.—Beef, mutton, venison.

GAME AND POULTRY.—Hares, rabbits, pheasants, partridges, woodcocks, snipes, pigeons, turkeys, fowls, pullets, capons, chickens, turkey-poults.

FISH.—Flounders, brill, plaice, skate, soles, turbot, codfish, whittings, sturgeon, haddocks, oysters, mussels, cockles, crabs, crayfish, prawns, shrimps, barbels, perch, pike, tench.

VEGETABLES.—Broccoli, cabbages, Brussels sprouts, savoy, celery, cardoons, lettuces, endive, spinach, sorrel, forced French beans, turnips, and all small salads; tarragon, scorzonera, cucumbers, mushrooms.

FRUITS.—Apples, grapes, oranges, pomeloes, shaddocks, almonds, nuts, chestnuts, walnuts, figs, currants, filberts.

ESPECIALLY IN SEASON IN FEBRUARY.—Skate, dace, turkey-poults.

MARCH.

165. MEAT.—Beef, mutton, doe-venison.

GAME AND POULTRY.—Fowls, chickens, turkeys, pigeons, rabbits, guinea-fowls, woodcocks, snipe.

FISH.—Turbot, whittings, soles, plaice, flounders, skate, oysters, lobsters, crabs, prawns, cod, crayfish, mackerel, mussels, trout.

VEGETABLES.—Savoys, cabbages, sprouts, spinach, lettuces, turnips, radishes, Jerusalem artichokes, parsley and other garden herbs, Scotch kale, broccoli, scorzonera, salsify, sea-kale, chives, celery, cress, mustard, sorrel, horse-radish, rhubarb, shallots, cucumbers.

* As *uncooked* fruits contain sugar they should be taken sparingly.

FRUITS.—Apples, oranges, forced strawberries.

ESPECIALLY IN SEASON IN MARCH.—Mackerel, mullet, skate, whittings, prawns.

APRIL.

166. MEAT.—Beef, mutton, grass-lamb.

GAME AND POULTRY.—Pullets, chickens, leverets, fowls, pigeons, wood-pigeons, rabbits, turkey-poults.

FISH.—Brill, cockles, cod, crabs, dory, flounders, halibut, ling, lobsters, mullet, mackerel, mussels, perch, oysters, pike, plaice, prawns, shrimps, skate, sturgeon, soles, whittings, turbot, trout.

VEGETABLES.—Asparagus, beans, fennel, endive, broccoli, cucumbers, chervil, lettuces, parsley, rhubarb, turnips, sorrel, sea-kale, radishes, spinach, turnip-tops, small salad, parsnips.

FRUITS.—Apples, oranges, early strawberries, walnuts.

ESPECIALLY IN SEASON IN APRIL.—Prawns, crabs, lobsters, grass-lamb, asparagus, cucumbers.

MAY.

167. MEAT.—Beef, mutton, grass-lamb, calf's liver.

GAME AND POULTRY.—Fowls, pigeons, pullets, chickens, wood-pigeons, leverets, rabbits.

FISH.—Cod, crabs, brill, flounders, lobsters, mackerel, perch, prawns, plaice, pike, shrimps, whittings, crayfish, gurnet, dory, haddocks, soles, halibut, turbot, trout.

VEGETABLES.—Cabbage, asparagus, kidney-beans, chervil, turnips, spinach, sorrel, sea-kale, lettuces, rhubarb, corn salad, cucumbers, cauliflowers, radishes, artichokes, salads generally.

FRUITS.—Apples, cherries, currants, strawberries, gooseberries.

ESPECIALLY IN SEASON IN MAY.—Prawns, crabs, lobsters.

JUNE.

168. MEAT.—Beef, mutton, grass-lamb, buck-venison, calf's liver.

GAME AND POULTRY.—Fowls, chickens, pullets, turkey-poults, pigeons, leverets, plovers, rabbits.

FISH.—Turbot, soles, mackerel, carp, pike, crabs, tench, prawns, lobsters, shrimps, mullet, haddocks, trout.

VEGETABLES.—Cauliflowers, spinach, beans, asparagus, artichokes, turnips, lettuces, cucumbers, radishes, cresses, all kinds of salad, sorrel, horse-radish, rhubarb, vegetable-marrows.

FRUITS.—Gooseberries, currants, cherries, strawberries, apricots, peaches, apples, nectarines, grapes, pine-apples.

ESPECIALLY IN SEASON IN JUNE.—Skate, prawns, lobsters, crabs, grass-lamb, vegetable-marrows.

JULY.

169. MEAT.—Beef, mutton, grass-lamb, buck-venison, veal.

GAME AND POULTRY.—Fowls, chickens, pullets, turkey-poults, tame rabbits, wild rabbits, leverets, plovers, wheatears, wild chickens, pigeons, wood-pigeons.

FISH.—Dace, dory, cod, carp, brill, barbel, crabs, crayfish, flounders, haddocks, ling, mackerel, lobsters, mullet, thornback, plaice, pike, soles, tench, gurnet, perch, dabs, prawns, whittings, trout.

VEGETABLES.—Kidney, Windsor, and scarlet beans, asparagus, artichokes, celery, endive, chervil, lettuces, mushrooms, salsify, spinach, sorrel, radishes, turnips, salad, peas.

FRUITS.—Apples, oranges, pine-apples, currants, cherries, damsons, gooseberries, strawberries, raspberries, plums, peaches, nectarines.

AUGUST.

170. MEAT.—Beef, mutton, grass-lamb, venison, veal.

GAME AND POULTRY.—Grouse, pullets, fowls, pigeons, turkey-poults, moor-game, chickens, plovers, turkeys, wild pigeons, rabbits, wheatears, leverets.

FISH.—Turbot, whittings, dace, dabs, tench, thornback, flounders, perch, haddocks, herrings, lobsters, crabs, pike, plaice, barbel, oysters, prawns, gurnet, brill, cod, crayfish, mullet, mackerel, soles, trout.

VEGETABLES.—French, kidney, Windsor, and scarlet beans, artichokes, lettuces, cauliflowers, cucumbers, salsify, radishes, salad, mushrooms, shallots, turnips, spinach, leeks, endive, peas.

FRUITS.—Apples, plums, peaches, greengages, damsons, cherries, currants, raspberries, gooseberries, nectarines, filberts.

ESPECIALLY IN SEASON IN AUGUST.—Turbot, mackerel, pike, perch, prawns, dace, crabs, herrings, lobsters, grouse, greengages, filberts, figs.

SEPTEMBER.

171. MEAT.—Beef, veal, mutton, lamb, venison.

GAME AND POULTRY.—Fowls, pullets, chickens, wild duck, partridges, hares, pigeons, rabbits, turkey-poults.

FISH.—Cod, haddocks, flounders, plaice, soles, mullets, lobsters, oysters, prawns, carp, pike, perch, tench, herrings, brill, turbot, crabs, dace, trout.

VEGETABLES.—Cauliflowers, cabbages, turnips, peas, beans, artichokes, mushrooms, lettuces.

FRUITS.—Apples, plums, cherries, peaches, grapes, strawberries, pines, walnuts, filberts, hazel-nuts, quinces, medlars, currants, damsons.

ESPECIALLY IN SEASON IN SEPTEMBER.—Pike, perch, lobsters, dace, crabs, mussels, hares, moor-game, partridges, grouse.

OCTOBER.

172. MEAT.—Beef, veal, mutton, lamb, venison.

GAME AND POULTRY.—Turkeys, pullets, fowls, chickens, widgeons, larks, woodcocks, grouse, pheasants, pigeons, partridges, snipes, hares, rabbits.

FISH.—Oysters, lobsters, crabs, brill, gurnet, dory, smelts, halibut, gudgeon, barbel, perch, carp, tench, herrings, hake, pike, dace, trout.

VEGETABLES.—Turnips, cauliflowers, cabbages, beans, leeks, spinach, endive, celery, scorzonera, cardoon, parsley, salads, garlic, shallots.

FRUITS.—Plums, apples, peaches, medlars, walnuts, filberts, nuts, quinces, damsons, pine-apples.

ESPECIALLY IN SEASON IN OCTOBER.—Dace, pike, hake, dory, pheasants, partridges, widgeons, broccoli, truffles, grapes, medlars, tomatoes, hazel-nuts.

NOVEMBER.

173. MEAT.—Beef, mutton, venison.

GAME AND POULTRY.—Hares, rabbits, pheasants, partridges, fowls, pullets, turkeys, widgeons, snipe, woodcocks, larks, pigeons, grouse.

FISH.—Oysters, crabs, lobsters, dory, soles, smelt, gurnet, brill, carp, barbel, halibut, pike, tench, cockles, mussels, turbot, herrings, haddocks, skate, whittings, cod, dace.

VEGETABLES.—Turnips, leeks, shallots, Jerusalem artichokes, cabbages, broccoli, savoys, spinach, beet, cardoons, chervil, endive, lettuces, salsify, scorzonera, Scotch kale, celery, mushrooms, tarragon, parsley, salads.

FRUITS.—Apples, quinces, walnuts, filberts, nuts.

ESPECIALLY IN SEASON IN NOVEMBER.—Pike, tench, plaice, dory, grouse, hares, snipes, woodcocks, chestnuts.

DECEMBER.

174. MEAT.—Beef, veal, mutton, doe-venison.

POULTRY AND GAME.—Hares, rabbits, pheasants, grouse,

partridges, woodcocks, snipes, fowls, pullets, chickens, turkeys, widgeons, pea-fowl, larks, capons.

FISH.—Sturgeons, turbot, soles, skate, codfish, haddocks, smelts, dory, gurnet, herrings, sprats, oysters, mussels, cockles, lobsters, shell fish, perch, carp, ling, dace.

VEGETABLES. — Cabbages, broccoli, savoys, Brussels sprouts, Scotch kale, sea-kale, spinach, endive, cardoons, lettuces, skirret, salsify, scorzonera, sorrel, turnips, Jerusalem artichokes, celery, shallots, mushrooms, parsley, horse-radish.

FRUITS.—Apples, medlars, figs, filberts, nuts, walnuts, currants.

ESPECIALLY IN SEASON IN DECEMBER. Haddocks, dace, tench, cod, dory, ling, skate, turbot, capon, pea-fowl.

M E N U S.

SOUPS.

JULIENNE SOUP.

175. Take three carrots, three turnips, the white part of a heart of celery, three onions, and three leeks. Wash and dry the vegetables, and cut them into thin shreds, which should not be more than one inch in length. Place the shreds in a stewpan with two ounces of butter, and stir them over a slow fire until slightly browned. Pour over them three quarts of clear stock, and simmer gently for an hour, or until the vegetables are tender. Carefully remove the scum and grease, and half an hour before the soup is done enough add two pinches of salt and two pinches of pepper. Julienne is seasonable for nine months of the year.

HUNTER'S SOUP.

176. Partially roast a brace of well-kept partridges, or a partridge and a grouse. Put them rather close to a clear

fire, and baste them plentifully. As soon as the outside is well browned, take them up, and when nearly cold cut the meat from the bones into nice fillets, and bruise the bones thoroughly. Cut half a pound of lean ham into dice, and fry these in one ounce of butter, with a sliced carrot, an onion, and a little parsley. Add two quarts of strong beef gravy, the bruised bones, and a little salt and cayenne. Simmer gently for two hours, and then strain and skim the soup. Add the slices of meat and a glass of claret, and let it heat once more without boiling.

OX-TAIL SOUP, CLEAR.

177. Cut a fine, fresh ox-tail into pieces about an inch long, and divide the thick part into four. Wash these pieces, and throw them into boiling water for a quarter of an hour, then drain and wipe them with a soft cloth. Put them into a stewpan with two carrots, an onion stuck with three cloves, a sprig of parsley, a small piece of thyme, two or three sticks of celery, half a blade of mace, a teaspoonful of salt, six or eight peppercorns, and a quart of water or clear stock. Boil, remove the scum carefully as it rises, then draw the saucepan to the side of the fire, and simmer very gently until the meat is tender. Lift out the pieces of ox-tail, and strain the soup.

PHEASANT SOUP.

178. Flour slightly a well-hung pheasant, put it down to a brisk fire, and roast it for a quarter of an hour, basting it plentifully all the time. Take it from the fire and let it get nearly cold, then take off the flesh from the breast and the upper part of the wings, skin it and put it aside. Cut up the rest of the bird, and bruise the bones. Scrape a small carrot finely, put it into a stewpan with an ounce of butter, an ounce of the lean of an unboiled ham finely minced, a small sprig of thyme, a bay-leaf, a handful of parsley, half a blade of mace, three or four cloves, half a

dozen peppercorns, a shallot, and three or four of the outer sticks of a head of celery. Stir these ingredients over a gentle fire until they are brightly browned, put in the flesh and the bruised body of the bird, pour over them a quart of veal or beef stock, and after boiling stew gently for half an hour, and be careful to remove the scum as it rises. Strain the soup, and rub the meat through a sieve. Mix the purée with the soup, add to it a small pinch of cayenne, a little salt, a glassful of chablis, and the fillets of the pheasant cut into thick slices. Stir over the fire until it is quite hot, and serve. Time, an hour and a half or more.

HARE SOUP.

179. Take the remains of a hare which has been roasted the day before, add to it a few bits of parsley, a stick of celery, a bunch of sweet herbs, also about a quart of water or weak stock. Simmer gently until the meat is nearly off the bones; strain it, pick the meat off the bones; rub this well through a hair or fine wire sieve; add it to the soup with pepper, salt, and half a glass of trabener.

FOWL OR CHICKEN SOUP.

180. Have ready about two quarts of stock from veal bones, put it to some vegetables—carrot, onion, celery, parsley, and sweet herbs. Take a fowl or chicken, cut it into four pieces, put it into the stock, boil or simmer gently till tender. Strain the soup; add to it the beaten yolks of two eggs, pepper and salt to taste. Cut some of the best meat off the fowl in neat pieces or joints, and add them also. Warm well and serve. A chicken, if young, will not require to stew so long as the vegetables.

GAME SOUP.

181. Take any game too old for roasting—a couple of partridges or three moor-fowl; stew them well and slowly in about three parts of stock. When tender, take them out,

cut off some of the best pieces, return the rest to the soup ; add pepper, salt, and a little ketchup. Let this simmer gently while you prepare the pieces you have cut off. Take these pieces, trim them neatly, season well, shake a little flour over and fry a nice brown, but don't let them be greasy. Strain the soup through a sieve, rubbing as much of the meat from the game through as you can ; return the soup to the pan, put in the fried pieces of game ; make it very hot, and serve.

OYSTER SOUP.

182. Allow about three dozen to a quart of soup. Open them carefully, keep and strain the liquor from them, beard the oysters, and put the strained liquor over them. Take a quart of the palest veal stock and simmer the beards in it for twenty minutes ; strain, adding a little more stock if required. Put the oysters over the fire in their own liquor to plump them, but do not let them boil. Put the soup over the fire, add mace and cayenne, pour the liquor from the oysters to it, put the oysters into the tureen, and pour the soup over them and serve.

FISH SOUP.

183. Take any white or salt-water fish, cut off some of the best pieces, boil the bones and the other parts of the fish in a quart of water for an hour ; let it get cold, or nearly so ; slice a small onion, then put one ounce of butter into a saucepan, put in the onion, let it brown ; then lay in the pieces of fish which were kept, add pepper, salt, a glass of chablis, a tomato sliced and cored ; pour on to it the liquid from the fish bones, straining it to prevent the bits going in ; add a little chopped parsley ; simmer a quarter of an hour. Serve with toast.

TOMATO SOUP.

184. Put two ounces of butter into a saucepan, slice six tomatoes, two carrots, one onion, four ounces of veal, and

one of ham, add to the butter, let it steam a quarter of an hour, then add a good quart of stock (made from bones or beef), pepper, salt, and a bunch of sweet herbs. Simmer half an hour, take out the herbs, and pulp the rest through a sieve.

KIDNEY SOUP.

185. Add to the liquor of a boiled leg of mutton a bullock's kidney, put it over the fire, and when half done take out the kidney, and cut it into pieces the size of dice. Add three sticks of celery, three or four turnips, and the same of carrots, all cut small, and a bunch of sweet herbs tied together; season to your taste with pepper and salt. Let it boil slowly for five or six hours, adding a spoonful of mushroom ketchup. When done, take out the herbs, carefully skim, and serve the vegetables in the soup.

RABBIT SOUP.

186. Skin and empty a fine rabbit, and lay the liver aside. Cut it into joints, and fry them lightly; put them in the stewpan with the liver and three pints of good stock made from bones; let them simmer as gently as possible for an hour, or until the rabbit is done enough, carefully removing the scum as it rises. Take out the rabbit, cut off the best of the meat, lay it in a covered dish, and put it in a cool place. Bruise the bones and put them back into the stock, and with them two onions, a shallot, a carrot, a small bunch of parsley, a pinch of thyme, three or four sticks of celery, and a little salt and cayenne. Simmer the broth two hours longer. Take out the liver, rub it till smooth with the back of a wooden spoon, moisten with a little of the liquor and return it to the soup. Just before sending to table add half a glassful of claret and a teaspoonful of mushroom ketchup. Cut the pieces of meat into dice, let them get quite hot without boiling, and serve immediately. Time, three hours.

GIBLET SOUP.

187. Clean and prepare the giblets of a duck ; put them into a saucepan with one ounce of butter, and brown very slightly ; add half an onion, four peppercorns, a little salt, and a small bunch of herbs. Pour over the whole nearly one quart of hot water ; stew gently until the meat is done to rags. Strain, and when perfectly cool remove every particle of fat. Mix this half-and-half with any other stock. Warm, add a dessertspoonful of chablis or trabener and a very little saccharin to a pint of this.

LOBSTER SOUP.

188. Pick the meat from a large freshly-boiled lobster, cut it into squares, and set it in a cool place until wanted. Take away the brown fin and bag in the head, and beat the small claws, the fins, and the chin in a mortar. Put them into a stewpan, and with them a small onion, a carrot, a bunch of sweet herbs, a stick of celery, the toasted crust of a French roll, a small strip of lemon-rind, a teaspoonful of salt, a pinch of cayenne, and a quart of unseasoned stock. Simmer all gently together for three-quarters of an hour, then press the soup through a tammy and return it again to the saucepan. Pound the coral to a smooth paste, and mix a little salt, pepper, and cayenne with it. Stir these into the soup, add the pieces, and when quite hot, without boiling, serve.

FISH.

MULLET, GRAY, BROILED.

189. Scale, clean, and take out the gills and inside. A fish of about two pounds would be best for this mode of cooking. Score the mullet on both sides, lay it on a dish, sprinkle with salt, and pour three tablespoonfuls of oil over it. Turn on the dish, drain, and when to be broiled fold

in oiled paper or not; the fire should be moderate and even. The scores should not be more than a quarter of an inch deep.

MULLET, STEWED.

190. Make a sauce as follows: Put in a stewpan three wineglassfuls of stock, slice thinly a small carrot and turnip, also half a small lemon, add a bay-leaf, a blade of mace, and a bunch of thyme and parsley. Lay in the fish and stew gently over a slow fire. Strain the gravy, season with salt and pepper, and serve the fish on a hot dish.

OYSTERS, COLD.

191. Oysters are never so excellent as when they are eaten uncooked if only they are quite fresh and newly opened. Thin brown bread and butter is usually served with them, and either lemon-juice or vinegar and pepper; but the true lover of oysters prefers them with nothing but their own gravy.

PERCH FRIED WITH HERBS.

192. Take two moderate-sized perch, wash, empty, and scale them carefully, wipe them dry, and lay them on a dish; sprinkle a little salt and pepper over them, and pour on them six tablespoonfuls of oil. Let them soak for half an hour, and turn them once during that time. Drain them well, and cover them thinly with finely-grated breadcrumbs, seasoned with pepper and salt, and flavoured with a powdered clove or a little grated nutmeg, a tablespoonful of chopped parsley, and a pinch of powdered thyme. Fry them in boiling fat till the fish are brightly browned. Serve on a hot dish; garnish with parsley, and send piquant sauce to table in a tureen. Time to fry: ten minutes or more, according to size.

LOBSTER, COLD.

193. Take off the large claws, and crack the shell lightly, without disfiguring the fish; split open the tail with a sharp knife, and dish the fish on a folded napkin, with the head in an upright position in the centre, and the tail and claws arranged neatly round it; garnish with parsley, salt, cayenne, mustard. A little salad-oil and vinegar should be eaten with it.

LOBSTER SALAD.

194. In making lobster salad be careful that the lobster is sweet and fresh, and that the lettuces are crisp and dry. Unless the latter are perfectly free from moisture, the sauce, instead of blending properly, will be liable to float in oily particles on the top. Take the meat of one or two large lobsters, divide it into neat pieces, and season each piece slightly with pepper, salt, vinegar, and salad-oil; place a bed of shred lettuce-hearts at the bottom of the dish, put a layer of lobster on top of it, mixed, if liked, with a few slices of cucumber, cover again with lettuce, and repeat until the materials are exhausted. Decorate the borders with any garnish that may suit the taste.

GRILLED TURBOT.

195. Get a turbot cutlet about an inch and a half thick; clean and wipe it thoroughly in a dry cloth, brush it lightly over with oil, and grill for ten minutes, turning it both sides. Serve nice and hot with a little pepper, salt and lemon-juice squeezed over it.

WHITING, FRIED.

196. These fish are generally cleaned and skinned at the shop; if not they must be done by the cook. The tails should be fastened into the mouth; brush them over well with egg, beaten up, sprinkle them slightly with dried bread-

crumbs, and fry a nice brown in boiling lard; drain and dry well. They will take from seven to ten minutes to fry.

SMELTS.

197. These fish are very delicate and good, if quite fresh. Draw them at the gills, but don't open them; dry well in a cloth; dip them into beaten egg and fine breadcrumbs. Fry in boiling lard or fat for five to ten minutes.

SMELTS, BROILED.

198. Draw carefully and wipe a couple of large smelts, flour them well, and lay them on a gridiron over a gentle fire. When half done turn them carefully upon the other side. When they are done enough, put them on a hot dish, sprinkle a little salt upon them, and serve immediately. A cut lemon or a little sauce may be sent to table with them if preferred.

PLAICE, FILLETED.

199. Skin the plaice, lay it flat on the table, and with the point of a sharp knife cut right down the backbone. Insert the knife close to the head, slip it under the flesh, and pass it from head to tail; by this means the fillet may be removed entire and smooth, and the fish is ready to be fried or stewed.

STEWED WHITING.

200. Take off the skin and the heads and tails; lay the fish in a stewpan, and season each one with a quarter of a saltspoonful of salt, one grain of white pepper, a quarter of a saltspoonful of mixed sweet herbs in powder, and for the whole (four or six) the grated rind of half a lemon. Put in two ounces of dissolved butter, simmer for ten minutes; add a large wineglassful of marsala and the strained juice of a lemon; simmer five minutes more. Place the fish neatly on a hot dish, and pour the sauce over. Send to table immediately.

BOILED WHITING.

201. Whiting should be large for boiling, and with the skin taken off it is more delicate. Put it into boiling water, and simmer from twelve to eighteen minutes, according to the size ; skim well. Drain, and serve on a neatly-folded napkin.

BOILED PLAICE.

202. Large plaice is best for boiling. Put it into plenty of hot water, with a tablespoonful of salt and a wineglassful of vinegar ; boil up quickly, skim, and then simmer gently for twenty or twenty-five minutes.

SOLE AU VIN BLANC.

203. Put the sole, after it has been trimmed, into a fish-pan, and with it some slices of onion, a faggot of sweet herbs, a couple of cloves, some peppercorns and salt. Spread a little butter over the sole, and pour in enough French white wine to cover it. Let it boil for ten to twenty minutes, according to size of fish. Keep it covered while it is boiling. When it is done, remove the fish ; keep it hot while making the sauce. Strain the liquor, return it to the pan, and add the yolks of one or two eggs, according to the quantity of liquor ; only do not put too much egg ; just enough to thicken the sauce is required. Put in a little chopped parsley, pour the sauce over the fish when thoroughly hot, and serve at once.*

* Dr. Davy says : ' If we give our attention to classed people—classed as to the kind of food they principally subsist on—we shall find that the fish-eating class are especially strong, healthy, and prolific. In no other class than in that of fishers do we see larger families, handsomer women, or more robust and active men. As an article of nourishment, fish does not possess the satisfaction and stimulating properties that belong to the flesh of animals and birds. On account of its being less satisfying than meat, the appetite returns at shorter intervals, and a larger quantity is required to be consumed.'

FILLETED SOLES (ITALIAN).

204. Skin and carefully wash the soles, separate the meat from the bone, and divide each fillet in two pieces. Brush them over with white of egg, sprinkle thinly with bread-crumbs and seasoning, and put them in a baking-dish. Place small pieces of butter over the whole, and bake for half an hour. When they are nearly done, squeeze the juice of a lemon over them, and serve on a dish with Italian sauce poured over.

BOILED SOLE.

205. Cleanse and wash the fish carefully, cut off the fins, but do not skin it. Lay it in a fish-kettle with sufficient cold water to cover it, salted with a little salt. Let it gradually come to a boil, and keep it simmering for a few minutes, according to the size of the fish. Dish it on a hot napkin after well draining it, and garnish with parsley and cut lemon. Send lobster sauce to table with it.

OYSTER FRITTERS.

206. Open a dozen oysters, and warm them in their own liquor for a minute ; put them aside. Beat two eggs, and mix with them half a tablespoonful of milk. Add a little salt, a quarter of a saltspoonful of pepper, a quarter of a nutmeg grated, a quarter of a saltspoonful of pounded mace, and a quarter of a teaspoonful of grated lemon-rind. Dip the oysters into this batter, and then into finely-grated breadcrumbs. Fry in hot fat until they are brown and crisp. They may be used for garnishing.

COD, CRIMPED.

207. Make some deep cuts as far as the bones on both sides of a perfectly fresh cod, making the cuts at two inches' distance, and cut one or two gashes on the cheeks ; then lay the fish in cold water, with a tablespoonful of vinegar in it, for an hour or two. It may afterwards be boiled or

fried. If it is to be boiled, it should be plunged at once into boiling water, and then simmered gently. Crimping renders the flesh firmer, and makes it better both to cook and to serve.

TROUT, FRIED.

208. Empty, clean, and dry the fish thoroughly; cut off the fins and gills, but leave the heads on. Rub them over with flour, and fry them in plenty of hot fat. When they are brown on one side, turn them carefully upon the other. Lift them out and drain them on blotting-paper before the fire. Serve on a hot napkin and garnish with parsley.

RED MULLET, BAKED.

209. Wash the mullet and rub it well with lemon-juice; put it in a tin dish, with a large mushroom finely chopped, two shallots chopped, three thin slices of carrot, and four sprigs of parsley chopped, a saltspoonful of salt, the same of white pepper, a quarter of a pint of trabener; bake in a moderate oven for three-quarters of an hour. Baste constantly with dissolved butter; serve with the sauce poured over the mullet. This recipe is written for a large mullet.

BAKED HERRINGS.

210. Take off the heads of six herrings, put them into a deep dish, and season with a saltspoonful of pepper, a teaspoonful of salt, a quarter of a grain of cayenne, two cloves, four allspice, six peppercorns, a blade of mace, half an inch of bruised ginger, and a teaspoonful of grated horseradish; add a gill of cold water and a gill of good vinegar. Bake in a slow oven for half an hour. Serve cold, with the sauce strained and a teaspoonful of finely-chopped chives added.

LING, FRESH.

211. Take one pound of ling, cut it into pieces three-quarters of an inch thick, rub it with pepper and salt, brush it lightly over with oil, and put it on the gridiron over a clear fire; in about ten minutes it will be done. Serve it plain, or with lemon or vinegar.

BAKED WHITINGS.

212. Clean four or six whittings well, cut off the heads, season well with pepper and salt; butter a pudding-dish at the bottom, lay in the fish, sprinkle them over with more butter and two tablespoonfuls of any light wine, put them in a moderate oven for half an hour; mix together three tablespoonfuls of chablis, two teaspoonfuls of finely-chopped herbs, one dessertspoonful of mushroom ketchup, two tablespoonfuls of gravy, a little cayenne: boil these together for a few minutes, pour over the fish, return them to the oven, and let them do slowly for half an hour more.

DRIED HADDOCK.

213. Boil it in a frying-pan, with just enough water to cover it; put it on a drainer to drain, then put it before the fire with a small piece of butter on it.

HERRINGS, PICKLED.

214. Take half a pound of salt, half a pound of bay-salt, one grain of saccharin, and an ounce of saltpetre. Pound all well together until reduced to a fine powder. Procure the herrings as fresh as possible, cut off the heads and tails, open them, and lay them for one hour in brine strong enough to float an egg. Drain, dry the fish with a soft cloth, and put them in layers into a deep jar, with a little of the powder between each layer, and a little both at the top and bottom of the jar. When the jar is full press it down and cover it closely. The fish will be ready in three months.

MACKEREL, BOILED.

215. Wash and clean carefully after removing the roes. The mackerel is in its greatest perfection when it has roe. Lay the fish and roes separately into cold water, and to a gallon of water add from three to four ounces of salt, and two tablespoonfuls of white vinegar; when at boiling-point skim, and simmer only until done. Much depends on the size of the fish. Remove at once when done, or from their great delicacy of skin they will crack if kept in the water. The usual test, when the eyes start and the tail splits, should be attended to. Serve on a napkin with the roe.

MACKEREL, BROILED.

216. Large fresh fish should be procured for broiling. Cleanse the fish thoroughly and dry in a cloth, or hang up in the air. Open it down the back, rub the inside with a little salt and cayenne mixed, and smear with clarified butter or good oil. Put it into a thickly-buttered paper loosely fastened at each end, and broil over a clear fire, or it may be broiled without the paper, though the former mode renders the fish so cooked more delicate, and not so apt to disagree with the stomach as when exposed to the fire uncovered.

BLOATERS.

217. Open the bloaters down the back and bone them. Lay the fish one on the other (insides together), and broil over a clear fire. When sent to table they are separated, laid on a hot dish, and rubbed over with a little butter; or, split up, take out the backbone, trim off the head, tail, and fins, double the fish over, and broil from five to six minutes over a clear fire.

GRILLED KIPPERED SALMON.

218. Cut some dried salmon into narrow pieces, about two inches wide and four long; broil them over a clear fire,

then rub them over with fresh butter seasoned with lemon-juice and cayenne. Serve very hot.

GRILLED SOLE.

219. Take a sole after it is skinned, thoroughly dry it in a nice clean cloth. Brush it lightly over with oil.* Have a gridiron hot, place it over a clear fire for ten minutes, turning it both sides.

GRILLED MACKEREL.

220. Get some nice *fresh* mackerel, clean and wipe them in a dry cloth. Cut them open down the back, sprinkle them with pepper and salt, and let them remain for two hours. Brush them lightly over with oil and place them on a hot gridiron, and grill them over a clear fire for ten minutes.

GRILLED HALIBUT.

221. Have some nice halibut cutlets about an inch in thickness, clean and wipe them dry, sprinkle with salt, and let them remain three or four hours. Brush them lightly over with oil and place them on a hot gridiron, and grill for ten minutes or rather more. Serve nice and hot with lemon-juice squeezed over them.

COD CUTLETS, GRILLED.

222. Get some nice fresh cod cutlets about an inch and a quarter in thickness. Clean and wipe them perfectly dry, brush them lightly over with oil, place them on a hot gridiron, and grill for rather more than ten minutes, turning them on both sides. Sprinkle them with pepper and salt and squeeze a little lemon-juice over them before sending them to table.

* If the reader will refer to paragraph 157, he will see that oil is only allowed after two months of a more rigorous dietary. See paragraph 59 also.

MEATS.

GRAVY.

223. When meat is roasted, it exudes a thick brown essence known as osmazone; this in most houses is allowed to remain in the vessel or tin dish in which the meat or game has been cooked, and is then thrown away as of no use. The proper way to make gravy is to skim off the fat the meat has been basted with, and then pour either stock or boiling water on the osmazone, adding a little salt and stirring until it is all dissolved off the vessel or basting dish; by this means a strong meat-flavoured gravy is obtained that has the characteristics of the meat cooked. Those who prefer a flavoured gravy can add Worcester sauce. All fat should be carefully skimmed off before it is sent *in a tureen* to table. Where this process is not carried out, a little Liebig's extract dissolved in boiling water is a substitute; but this has not the flavour of the particular dish cooked, and is not to be compared to the other process. Good gravy means good cooking, a rare thing in most households.

GRILLED BEEF STEAK.

224. Take a nice rump steak, beat it well, then sprinkle it with pepper and salt. Have ready a hot gridiron, put the steak on it and grill over a clear fire or gas-stove for ten minutes or more, according to size.

MUTTON KIDNEYS, FRIED.

225. Put the kidneys into a frying-pan with half an ounce of butter and a little pepper sprinkled over them. When done on one side, turn for an equal time on the other. Remove to a hot dish, add salt and a little sauce (Harvey's, or any other), and pour the gravy from the pan over them. Serve hot on very thin dry toast. Time: seven or eight minutes.

MUTTON CHOPS, GRILLED.

226. Take a few nice mutton chops cut from the loin, trim them and sprinkle them with pepper and salt. Have ready a hot gridiron, put the chops on it and grill them over a clear fire or in a gas-stove for ten minutes.

MUSHROOMS, GRILLED.

227. Cut the stalks, peel and score lightly the under side of large mushroom flaps, which should be firm and fresh gathered. Season them with pepper and salt, and put a small lump of butter on them. If quite sound, they may be laid on a gridiron over a slow even fire, and grilled on both sides; but they are best done in the oven if at all bruised.

MUTTON CUTLETS WITH TOMATO PURÉE.

228. Trim cutlets from well-hung mutton, beat them into shape after removing the chinebone, brush them with egg, and sprinkle thinly with fine breadcrumbs. Have ready a purée of fresh tomatoes made as follows: Pick a pound of ripe tomatoes, break them open and put them without their seeds into a stewpan, with an onion or a couple of shallots, sweet herbs and spice, if liked, salt and pepper; stir over a slow fire till the tomatoes can be pulped through a hair-sieve; return the pulp to the stewpan to simmer, add half an ounce of butter, and stir in two ounces of meat glaze. Arrange the cutlets in a circle a little overlapping each other, and fill the centre with the purée.

CHICKEN, GRILLED.

229. The best parts of chicken for this purpose are the legs and wings, but any part will do. Score the flesh in several places and rub in a mixture made of salt, cayenne pepper, mustard and a very small quantity of butter. Grill over a clear fire or gas-stove for five or ten minutes

and serve on a hot dish. Pheasant is also very good done this way.

GRILLED TURKEY.

230. The legs of a turkey are the best part for this purpose, but slices of the breast and other parts are also very good. Score the parts deeply with a sharp knife, and rub in a mixture of salt, cayenne pepper, a little lemon-juice, and a small quantity of butter. Grill over a clear fire for ten minutes. Serve very hot.

PIGS' KIDNEYS, BROILED.

231. Split the kidneys lengthwise from the rounded part, without separating them entirely. Peel off the skin, and pass a wooden or metal skewer through them to keep them flat. Sprinkle a little pepper, salt, and powdered sage over them, oil them slightly, and broil them over a clear fire, the hollow side first, so that the gravy may be kept in when they are turned. Serve on a hot dish, either with or without maître d'hôtel sauce in a tureen. Time to broil the kidneys: four minutes each side, or more according to size.

HUNTER'S BEEF.

232. Take as lean a piece as can be procured of the flank of beef—the thin end is the best. Take out the bones and rub the meat well every day for a fortnight with a mixture made of one pound of salt, one ounce of saltpetre, one ounce of pounded cloves, and one grated nutmeg. At the end of the time roll it as closely and firmly as possible, and bind it securely with skewers and tape. Just cover it with water, and boil or bake it for five or six hours. Do not loosen the tapes, etc., until the meat is quite cold.

INDIAN DEVIL MIXTURE.

233. To a tablespoonful each of vinegar, ketchup, and chutney-paste, add an ounce of dissolved butter, a dessert-

spoonful of made mustard, salt, and a small cup of good rich gravy. Blend these ingredients thoroughly, and rub them into the meat. Make all hot together slowly. Time, ten minutes to make hot.

OX-TAIL, STEWED.

234. Take a fine ox-tail, disjoint it, cut it into pieces about one inch and a half long, and divide the thick parts into quarters. Throw these pieces into boiling water, and let them remain for a quarter of an hour. Take them up, wipe them with a soft cloth, and put them into a stewpan with two quarts of stock or water, a large onion stuck with three cloves, three carrots, a bunch of savoury herbs, and a little salt and pepper. Simmer gently until the meat parts easily from the bones, then put the pieces on a hot dish, reduce the gravy, strain it over them and garnish with toasted sippets. A little lemon-juice is by some persons considered an improvement. Time, three hours and a half to stew the tail.

OX-TAIL STEWED WITH SPINACH.

235. Stew the ox-tail according to the directions given in the last recipe. When the meat is tender, lift it out, strain the gravy, and reduce it to half the quantity. Pour it again over the meat, let it simmer a few minutes, then serve the stew, neatly arranged in a circle on a hot dish with spinach in the centre.

BEEF TRICE.

236. Beat and lard a juicy, tender steak of two pounds, lay it into a close-fitting covered stewpan, with equal quantities of water and vinegar. Add a little vegetable, particularly onion, and stew gently for two hours, but do not allow it to burn or stick to the pan; when cold, cut the meat into strips, smear it with beaten egg, and strew over breadcrumbs well seasoned with pepper, shallot, and suet.

Fry till it is of a light-brown colour, which will be in about ten minutes.

CALF'S SWEETBREADS, STEWED.

237. Put two sweetbreads into a stewpan with some nicely flavoured stock, and let them simmer gently for three-quarters of an hour or more. Take them out and place them on a hot dish. Draw the gravy from the fire for a minute or two, and add to it very gradually the yolk of an egg. Put this over a gentle fire until the sauce thickens, but do not allow it to boil. Just before serving, squeeze into it the juice of a lemon.

MINCED COLLOPS.

238. Mince very well about one pound of raw beef (it must be tender and free from all skin or fat); season with salt and pepper. Put it into a saucepan, and stir with a fork frequently while it heats, to prevent its gathering into lumps; it must be perfectly smooth. Continue to simmer it gently for about a quarter of an hour; if it gets too dry, add a small bit of butter and a tablespoonful of gravy, but if properly cooked it should not require this. Serve in a hot-water dish, as it should be served very hot.

MUTTON, CURRIED.

239. Cut one pound of tender cold mutton in small square pieces. Put two ounces of butter into a stewpan, make it boiling hot, add two ounces of onion finely minced, brown this slightly. Then add one ounce of curry-powder and one saltspoonful of salt, stir over the fire until the curry-powder is well mixed in, then put in the mutton, and enough stock to keep it all soft, but it must not be liquid. Let it stew gently for ten minutes or a quarter of an hour.

GUINEA FOWL, ROASTED.

240. These birds should hang as long as they will before being cooked; then they should be stuffed like a turkey, and served with gravy and a sauce piquante. They will take about an hour to roast.

PIGEONS.

241. These are good roasted or stewed; if roasted, they should be used fresh and well basted, the heads and necks cut off, and trussed like a duck; pour plenty of water through them before trussing, and wipe dry. Put into the inside of each a little butter and a bit of cayenne. They will take almost twenty-five minutes, but if very young not so long.

STEWED PIGEONS AND MUSHROOMS.

242. Put into a saucepan one ounce of fresh butter, cut up two pigeons into small pieces, let it stew a little, but not brown; add one pint of good gravy, one tablespoonful of mushroom ketchup, salt, pepper, and cayenne; stir well until it just boils, then let it simmer well for three-quarters of an hour; add one or two dozen small mushrooms, and stew ten minutes longer; then add two tablespoonfuls of cream. Serve on a hot dish, putting the mushrooms round the pigeons.

SWEETBREADS.

243. Have one or two very fresh sweetbreads, trim and half boil them in veal broth; leave till nearly cold, then wash them over well with the yolk of an egg, and put them into fine, dry breadcrumbs, seasoned with salt and pepper; shake them to allow any loose crumbs to drop off, then fry very gently in butter or lard.

BOILED FOWLS.

244. Take one quart of boiling water and one quart of cold water ; clean and truss your fowl carefully. The legs should be drawn, cutting the skin at the first joint, and then put under the skin into the bodies, while the wings should be cut off short and twisted back ; no livers or gizzards should be trussed with boiled fowl. Put them into water, mixed as above, that will be about right heat, but it must entirely cover them ; skim well when it comes to the boil, then simmer. For a fowl, an hour ; for chickens, about half the time.

PERDRIX AU VIN.

245. Roast two partridges ; put into a stewpan three tablespoonfuls of rich gravy, a glass of claret, salt, pepper, the juice of a lemon, and a little cayenne. Cut up the birds, keeping them very hot. Make the sauce very hot over the fire, and pour over the partridges.

PHEASANT, BOILED.

246. Pick, draw, and singe the pheasant, and truss it firmly, as if for roasting ; cover with buttered paper, wrap it in a floured cloth, plunge it into boiling water, and after it has once boiled up draw it to the side, and let it simmer as gently as possible until it is done enough. The more gently it is simmered the better it will look, and the tenderer it will be. Put it on a hot dish, pour a small quantity of sauce over it, and send the rest to table in a tureen. Time to boil, half an hour from the time of boiling for a small young bird ; three-quarters of an hour for a larger one ; one hour or more for an old one.

PHEASANT, BROILED.

247. Pick, draw, and singe the pheasant, and divide it neatly into joints ; fry these in a little fat until they are

equally and lightly browned all over, drain them well, season with salt and cayenne, and dip them into egg and breadcrumbs. Broil over a clear fire and serve on a hot dish, with mushroom sauce or piquante sauce as an accompaniment. The remains of a cold roast pheasant may be treated in this way. Time to broil, about ten minutes.

PHEASANT, SALMI OF.

248. Roast a well-hung pheasant until it is a little more than half-dressed, then take it from the fire, and when it is almost cold cut it into neat joints, and carefully remove the skin and fat. Put the meat aside until wanted, and place the bones and trimmings in a saucepan with an ounce of fresh butter, a sprig of thyme, and a bay-leaf, and stir these ingredients over a slow fire until they are lightly browned, then pour over them half a pint of good brown sauce and a glassful of sherry. Let them simmer gently for a quarter of an hour; strain the gravy, skim it carefully, add a pinch of cayenne and the juice of half a lemon, and put it back into the saucepan with the pieces of game. Let them heat very gradually, and on no account allow them to boil. Pile them on a hot dish, pour the hot sauce over them, and garnish with fried sippets. If there is no brown sauce at hand, it may be prepared as follows: Mince finely a quarter of a pound of the lean of an unboiled ham, and put it into a saucepan with two ounces of fresh butter, a shallot, a large scraped carrot, two or three mushrooms (if at hand), a blade of mace, a small sprig of thyme, a handful of parsley, two cloves, and half a dozen peppercorns. Stir these over a slow fire until they are brightly browned, then dredge a tablespoonful of flour over them, and let it colour also. Pour in gradually three-quarters of a pint of water and a glassful of sherry; add a little salt and the bones and trimmings of the pheasants; let the sauce boil up, then draw the saucepan to the side of the fire, and let it keep

simmering for an hour and a half. Strain the gravy and skim carefully, put it back into the saucepan with the joints of meat, a little saccharin, and a little lemon-juice. Heat slowly and serve as above. Time, twenty to thirty minutes to roast the pheasant; a quarter of an hour in the first instance, or an hour and a half in the second, to simmer the sauce.

PHEASANT, ROAST.

249. Pluck, draw, and singe a brace of pheasants. Wipe them with a dry cloth, truss them firmly, and either lard or tie round the breasts a piece of fat bacon. Flour them well, put them before a clear fire, and baste liberally. When they are done enough remove the bacon, serve the birds on a hot dish, and garnish with watercress. Send good brown gravy to table with them. If the fashion is liked, half a dozen of the best of the tail feathers may be stuck into the bird when it is dished. Time, three quarters of an hour to roast a good-sized pheasant. The drumsticks are generally excellent when devilled.

PARTRIDGES, BROILED.

250. Prepare the partridges as if for roasting, cut off their heads, split them entirely up the back, and flatten the breastbones a little. Wipe them thoroughly inside and out with a damp cloth, season with salt and cayenne, and broil over a gentle fire. As soon as they are done enough rub them quickly over with butter, and send them to table on a hot dish, with brown gravy or mushroom sauce in a tureen. Time, fifteen minutes to broil the partridges.

PARTRIDGES, SALMI OF.

251. Prepare three partridges, lard the breasts well, and roast them, but leave them rather underdone. Leave till cold; take off the skin and cut in joints; put them into a

stewpan with over half a pint of good broth, add two or three shallots and a bit of thin lemon-peel, pepper and salt to taste, and four teaspoonfuls of Worcester or any other good sauce. Put it on the fire, and let it stew down to half the quantity. Strain the sauce through a fine sieve, dish the partridges with a thin slice of fried bread between the pieces; pour the sauce over, and add a squeeze of lemon-juice.

SALMI OF PARTRIDGES, COLD.

252. Prepare as above. When done, strain the sauce and leave all to become cold. The sauce can have a little Nelson's gelatine put to it, and be left to set. After it is all nearly cold, arrange the pieces of partridge in a mould, first putting a little of the sauce at the bottom, fill up with the sauce, and ice the whole together. Turn out; serve with savoury or aspic jelly round.

PIGEONS, COMPÔTE OF.

253. Truss a dozen plump young pigeons as if for boiling. Lard them down the breasts, or, if preferred, cover their breasts with thin slices of fat bacon. Fry them in hot butter till they are equally and lightly browned all over, then divide them and put them in side by side in a saucepan large enough to contain them. Barely cover them with good gravy, and add half a dozen small onions, a dozen button mushrooms, a glassful of claret, a little salt, and cayenne. Let the birds stew gently for half an hour, then add a large tablespoonful of tomato sauce, and stew a few minutes longer. Place the birds on a hot dish, with the sauce around them.

MUTTON, NECK OF, BOILED.

254. Shorten the ribs and saw off the chine-bone of a neck of mutton, or from three or four pounds of the best end; to look well it should not exceed five inches in length.

Pare off the fat that is in excess of what may be eaten, and boil slowly in plenty of water, slightly salted; skim carefully and remove the fat from the surface. The meat may be served plainly with caper or parsley sauce, and a garnish of boiled turnips and carrots cut into thin strips placed alternately round the dish. Four middle-sized turnips or three carrots may be boiled with the mutton. Time, a full quarter of an hour to the pound.

MUTTON, ROEBUCK FASHION.

255. Take a loin of mutton that has been well hung. Remove the fillet, skin, and cut away the fat and bones. Lay the loin in a marinade composed of equal parts of vinegar and water, to a pint of which add a glass of claret, a couple of carrots, and two large onions cut into quarters with a clove in each, a dozen peppercorns, two blades of mace, a bunch of herbs and parsley, some bay-leaves, and two teaspoonfuls of salt. When the mutton has lain in the marinade twenty-four hours, turn it, and let it lie until next day; then drain, and put it into a braising-pan with a little of the pickle, the pan being well lined with bacon. Stew it three hours. Glaze the meat and serve with gravy, adding walnut ketchup and a glass of claret.

LEVERET, ROASTED.

256. Leverets may be used when hares are out of season. They should be trussed in the same way, and may be stuffed or not (with hare stuffing), according to preference. A leveret is best when larded, but if this cannot be done, cover it either with thin slices of fat bacon or with a thickly buttered piece of white paper. Roast it before a brisk fire, and baste it constantly, and a few minutes before it is taken down remove the bacon or paper. Serve it very hot, and send red-currant jelly to table with it as well as the following gravy, a little of which may be put in the

dish and the rest in a tureen: Thicken half a pint of stock with a small piece of butter rolled in flour, let it boil for ten minutes, then stir a wineglassful of claret into it, boil up once more, and serve. Time, an hour to roast the leveret.

OMELETTE WITH GRAVY.

257. Whisk half a dozen fresh eggs thoroughly, and mix with them a small pinch of salt, two pinches of pepper, a tablespoonful of finely minced parsley, half a teaspoonful of chopped onions, and two tablespoonfuls of nicely seasoned gravy. Melt two ounces of fresh butter in a hot frying-pan, over a gentle fire, and fry the omelette in the usual way. Serve it on a hot dish with half a pint of good gravy poured round it. Time to fry, six or seven minutes.

FILLETS DE BŒUF AUX TRUFFES.

258. Cut out the inside of a sirloin of beef, beat it well to make it tender, cut it in slices, trimming them neatly; lay them in oil, and let them soak for ten minutes, then fry in butter. Chop up some parsley, lemon thyme, half a shallot, and slice some truffles (that have been previously cleaned and brushed, boiled for twenty minutes in some good stock, quarter of a pint, and half a pint of white wine, pepper and salt); add fifteen drops of vinegar. Lay the herbs in the middle of the dish and the fillet round, and the truffles round the fillets.

BOILED RABBITS.

259. Select very young ones for boiling; wash and clean well. Fasten the head to the side. Have water boiling and skimmed ready, put in the rabbits, and simmer gently for half to three-quarters of an hour.

ROAST RABBIT.

260. Rabbits can be cooked much the same as hares, but they will take hardly an hour to roast; if liked, the

backbone can be taken out; it must be carefully done, so as not to break the skin. A rabbit done this way will require much more stuffing put into it; a little thin bacon or slices of ham may be put in before the stuffing. Baste well.

TO STEW MUTTON CUTLETS (PLAIN).

261. These can be taken from either a loin or neck of mutton; free them from skin and fat. Fry slightly, either plain or covered with egg and breadcrumbs. Have a good cold gravy ready; put in your cutlets, cover your pan, and let them stew gently for an hour. Add a few button mushrooms to the gravy before serving.

STEWED RABBIT.

262. Cut up into neat joints. Take a large flat stewpan, make it hot, put into it a lump of lard about the size of a large walnut, put in the joints of rabbit so that each piece touches the bottom of the pan, add a little sliced onion, and sprinkle over them a little flour; brown both sides. Then pour over it a pint of boiling water or weak stock, season with salt, pepper, and two or three cloves, a bit of allspice, a bunch of parsley, and two bay-leaves. Simmer slowly for one hour and a half, then add a tumbler of claret, and simmer again for one hour. It must not be allowed to do fast, or it will dry up too much.

RABBIT, RAGOÛT OF.

263. Skin, empty, and wash a plump young rabbit, cut it up into ten or twelve pieces, and lay it in a saucepan with a dozen button mushrooms, half a dozen small onions, a bunch of parsley, a sprig of thyme, and a bay-leaf. Pour over these ingredients as much boiling stock or water as will cover them, and let them simmer very gently until the rabbit is tender. Lift out the rabbit, skim and strain the sauce, and thicken with a tablespoonful of brown

thickening. Season with salt, pepper, and grated nutmeg, and let it boil till smooth. Add a wineglassful of chablis, if liked. Put in the pieces of meat. Let them get thoroughly hot without allowing the gravy to boil, arrange them neatly in a dish, pour the gravy over them, and serve very hot. Time to simmer the rabbit, from an hour and a half to two hours.

CHICKEN À LA MARENGO.

264. Cut a fine chicken into neat joints, season it with salt and cayenne, and fry it till done in about half a tumblerful of oil or clarified butter. When half cooked, add a clove of garlic, two shallots, and a fagot of sweet herbs. Drain the meat from the fat, and mix with the latter a teaspoonful of flour, and very gradually sufficient good stock to make the sauce of the consistence of thick cream. Stir it till it is thick and smooth. Put the chicken on a hot dish, strain the sauce over it, and serve. If liked, mushrooms or fried eggs may be taken to garnish the dish. Time, about twenty-five minutes to fry the chicken.

CHICKEN, FRIED.

265. Take the remains of a cold chicken, cut it into neat pieces, brush a little oil over each piece, and strew over it rather thickly salt and curry-powder. Melt a little butter in a frying-pan, and fry some onions, cut into thin strips about half an inch long and the eighth of an inch wide; fry them slowly, and keep them in the pan until they are a dark-brown colour and quite dry. They will require a little care, as they must on no account be burnt. Fry the chicken, strew the onions over it, and serve with slices of lemon. Time to fry the chicken, ten minutes.

CURRIED BEEF.

266. Cut up some beef into pieces about one inch square, put a little butter into a stewpan with a little onion sliced,

and fry them of a light-brown colour; add one dessert-spoonful of curry-powder, a quarter of a pint of stock or gravy, and stir gently over a brisk fire for about ten minutes. Should this be thought too dry, a spoonful or two more of gravy may be added; but a good curry should not be very thin. Serve with sippets of well-toasted bread. A nice way of doing up cold beef.

TO DRESS BEEF-KIDNEYS.

267. Cut a beef-kidney into neat slices, put them into warm water to soak for two hours, and change the water two or three times; then put them on a clean cloth to dry the water from them, and lay them in a frying-pan with some clarified butter, and fry them a nice brown; season each side with pepper and salt, put them into a stewpan, and then gently stew for an hour. Put them round the dish, and the gravy in the middle. Before pouring the gravy in the dish add one tablespoonful of lemon-juice and a very small quantity of saccharin.

MINCED BEEF.

268. Put into a stewpan a little butter with an onion chopped fine; add a little gravy and one tablespoonful of strong ale; season with pepper and salt, and stir these ingredients over the fire until the onion is a rich brown. Cut, but do not chop, some cold beef *very fine*, add it to the gravy, stir till quite hot, and serve. Be careful in not allowing the gravy to boil after the meat is added, as it would render it hard and tough.

VEGETABLES.

CABBAGE, BOILED.

269. Cut off the stalk, remove the faded and outer leaves, and halve, or, if large, quarter the cabbages. Wash them thoroughly and lay them for a few minutes in water, to

which a tablespoonful of vinegar has been added, to draw out any insects that may be lodging under the leaves. Drain them in a colander. Have ready a large pan of boiling water, with a tablespoonful of salt and a small piece of soda in it, and let the cabbages boil quickly till tender, leaving the saucepan uncovered. Take them up as soon as they are done, drain them thoroughly and serve. Time to boil young summer cabbages, from ten to fifteen minutes; large cabbages, half an hour or more.

SAVOY CABBAGE.

270. The savoy is a large, close-hearted cabbage, seasonable in winter. It may be dressed according to the instructions already given for boiling cabbages. A savoy cabbage will need to boil thirty minutes or more, according to size.

BROCCOLI, BOILED.

271. Trim off all leaves that are not required or liked, and place the broccoli in a pan of salted water to kill any insects, etc., that may have taken shelter under the stalks. Wash them well and put them into an uncovered saucepan of boiling water, with a large tablespoonful of salt to every half-gallon of water. Keep them boiling till done, which will be in about ten or fifteen minutes, according to size. Drain them directly they are done, or they will lose colour and become sodden.

SCOTCH KALE.

272. Like all other greens, Scotch kale should be procured as fresh as possible. Cut away the outer and decayed leaves and the stalks, wash the kale with scrupulous care, and drain it. Put it into boiling water slightly salted, and let it boil quickly until done enough. Take it up, drain it thoroughly, and serve very hot. Whilst the kale is boiling, the saucepan should be left uncovered. Time to boil, twenty minutes.

SEAKALE, BOILED.

273. When fresh and delicately cooked, seakale resembles, and will serve as a substitute for, asparagus. Carefully wash and brush the seakale to remove the sand and grit, cut out the black part of the roots and tie the shoots up in small bundles, and put it into a stewpan of boiling water with a teaspoonful of salt; let it boil for about twenty minutes, or until tender.

SPINACH, BOILED.

274. Take two pailfuls of spinach, young and freshly gathered, pick away the stalks, wash the leaves in several waters, lift them out with the hands that the sand or grit may remain at the bottom, and drain them on a sieve. Put them into a saucepan with a good sprinkling of salt and the water which clings to the leaves, and let them boil until tender. Take the spinach up, drain it, and press it well; chop it small, and put it into a clean saucepan with a little pepper and salt and a slice of fresh butter; stir it well for five minutes. Serve on a hot dish, and garnish with fried sippets. Time to boil the spinach, ten to fifteen minutes.

CELERY, STEWED.

275. Wash four heads of celery very clean, trim them neatly, cutting off the leaves and tops; cut them into three-inch lengths and tie them in small bundles, and par-boil them in sufficient salt and water to cover them. Drain, and stew them until tender in some stock. Brown two ounces of butter with a teaspoonful of flour in a saucepan, dilute it with the stock in which the celery was boiled, lay the celery in it, let it boil for ten minutes more, and serve as hot as possible. Time, three-quarters of an hour.

CARDOONS, BOILED.

276. Choose a few heads of sound white cardoons. Cut them into pieces about six inches long, remove the prickles, and blanch them in boiling water for a quarter of an hour. Scrape off the skin, and tie them in bundles. Cover them with nicely-flavoured stock, and boil till tender.

TURNIPS, BOILED.

277. Turnips should only be served whole when they are very young. When they have reached any size they should be mashed. Pare the turnips and wash them: if very young, a little of the green top may be left on; if very large, they should be divided into halves, or even quarters. Throw them into slightly salted water, and let them boil gently till tender. Drain and serve them. Time to boil old turnips, three-quarters of an hour to an hour and a half; young turnips, fifteen to twenty-five minutes.

ARTICHOKES, BOILED.

278. Gather the artichokes two or three days before they are required for use. Cut off the stems, pull out the strings, and wash them in two or three waters, that no insects may be in them. Have a large saucepan of boiling water, with two tablespoonfuls of salt and a piece of soda the size of a sixpence to every gallon of water, put the artichokes in with the tops downwards, and let them boil quickly until tender. About half an hour or three quarters will boil them, but that can be ascertained by pulling out one of the leaves (if it comes out easily they are done), or by trying them with a fork. Take them out and lay them upside down to drain. Serve them on a napkin.

ASPARAGUS, BOILED.

279. Scrape very clean all the white part of the stalks from the asparagus, and throw them into cold spring water,

tie them up in bundles, cut the root-ends even, and put them in a piece of muslin to preserve the tops. Have a wide stewpan of spring water, with one tablespoonful of salt to half a gallon of water, and when it boils lay in the asparagus and boil it quickly for fifteen minutes, or until it is tender. Lay them in the dish with the white ends outwards and the points meeting in the centre.

TO BOIL FRENCH BEANS.

280. Take as many French beans as you may require, cut off the tops and bottoms, and remove the strings from each side; then divide each bean into three or four pieces, cutting them lengthways, and as they are cut put them into cold water with a little salt. Have ready a saucepan of boiling water, drain the beans from the cold water, and put them in. Boil them quickly with the saucepan uncovered, and as soon as they are done drain them in a colander. Dish, and serve them with a small piece of butter stirred into them.

CAULIFLOWERS, BOILED.

281. Make choice of some cauliflowers that are close and white, pick off all the decayed leaves, and cut the stalk off flat at the bottom; then put them with the heads downwards in strong salt and water for an hour, to draw out all the insects. Drain them in a colander, and put them into a saucepan with plenty of fast-boiling water; keep the pan uncovered, and boil them quickly until tender, which will be from twelve to fifteen minutes, or longer if they are very large. Skim the water clean, and when done take them up with a slice and serve.

VEGETABLE MARROWS, BOILED.

282. Peel the marrows, and put them into a saucepan of boiling water and salt (one tablespoonful of salt to half a gallon of water). When tender, take them out; cut them

into quarters if large ; if not, halve them. Serve them in a vegetable-dish.

VEGETABLE MARROW IN GRAVY.

283. Boil a large marrow in the usual way. When three-parts cooked, take it up, cut it into squares, place these in a saucepan, and pour over them as much thick brown gravy as will cover them. Let them heat gently. Serve in a vegetable-dish with the gravy poured round them.

GREEN PEAS, BOILED.

284. Shell half a peck of green peas, and put them into a saucepan of boiling water with a teaspoonful of salt and a sprig or two of mint ; let them boil about half an hour with the pan closely covered. When tender, drain them through a colander, and put them in a dish with a bit of butter stirred into them. Serve them up very hot.

LEEEKS, BOILED.

285. Leeks are generally used in soups, etc. If served alone, take them when very young, trim off the root, the outer leaves, and the green ends, and cut the stalks into six-inch lengths. Tie them in bundles, put them into boiling water, with a dessertspoonful of salt and a table-spoonful of vinegar, and let them boil until quite tender. Drain them and serve.

BRUSSELS SPROUTS.

286. Pick, trim, and wash a number of sprouts ; put them into plenty of fast-boiling water. The sudden immersion of the vegetables will check the boiling for some little time, but they must be brought to a boil as quickly as possible, that they may not lose their green colour ; add a teaspoonful of salt, keep the saucepan uncovered, and boil very fast for fifteen minutes. Lose no time in draining them when sufficiently done.

TOMATOES.

287. Cut in slices, fry in butter just brown ; add one tablespoonful of white vinegar, chilli, a few drops of tarragon, one saltspoon of salt, and a little saccharin. Simmer twenty minutes.

BROILED MUSHROOMS.

288. Skin the mushrooms and cut off the stalks; put them in a Dutch oven in front of the fire, with a little butter, pepper, and salt. Serve on toast thinly buttered.

MASHED TURNIPS.

289. Take six moderate-sized turnips, pare them neatly, and put them into cold water to blanch for half an hour ; then put them into boiling water, and boil about half an hour ; drain and press out all the water, and rub the turnips through a wire sieve ; put them into a stewpan with half a gill of thick cream and a saltspoonful of salt ; stir till boiling hot, then serve.

BOILED ONIONS.

290. Peel the onions, and boil them in salt and water for ten minutes ; throw them into cold water for half an hour, then put them into a saucepan, and well cover them with cold water, and let them boil gently for an hour. Drain, and serve with or without dissolved butter over them.

PORTUGAL ONIONS, STEWED.

291. Peel the onions, and place them in a stewpan ; for each onion knead together half an ounce of butter and a little saccharin ; put it on the onions, and let them slowly become slightly browned. Then pour over each a teaspoonful of tomato sauce and a tablespoonful of gravy or stock : simmer gently for three hours, basting the onions frequently with the gravy. Serve very hot.

RAGOÛT OF CELERY.

292. Wash well, and boil half an hour. Take out the celery, put it into cold water for a quarter of an hour, then strain well. Stew in good gravy with a little mushroom ketchup, salt and pepper. Serve hot.

SPINACH WITH GRAVY.

293. Prepare the spinach in the usual way as in the foregoing recipe. Dissolve two ounces of fresh butter in a saucepan, put in the spinach and stir it till the butter has dried away. Add a teaspoonful of salt, a very little saccharin, and as much grated nutmeg as will cover a sixpence. Stir it again, and moisten with two tablespoonfuls of highly-seasoned veal broth and a teaspoonful of chilli vinegar. Stir it over the fire till the liquid is absorbed, and serve very hot.

ARTICHOKES STEWED IN GRAVY.

294. Strip off the leaves from the artichokes, remove the chokes, and soak them in lukewarm water for three hours, changing the water three or four times. Place them in a saucepan with enough gravy to cover them, a tablespoonful of mushroom ketchup, the juice of a lemon, and a piece of butter the size of a walnut. Let them stew gently until tender, then serve with the sauce poured over them, and as hot as possible.

ARTICHOKES MASHED.

295. Wash and pare some artichokes ; boil them in salt and water until quite tender, then drain and press the water thoroughly from them. Put them into a saucepan, and beat to a pulp, adding salt, pepper, and a little cream. Serve very hot.

STEWED RED CABBAGE.

296. Cut a cabbage in shreds, wash it well in salt and water, put it into a stewpan without draining it much, add

pepper and a little broth, a tablespoonful of vinegar, and a small lump of butter. Stew till tender.

STEWED CUCUMBERS.

297. Peel and core the cucumbers, cut them into neat pieces, fry in a little butter, put the fried pieces into a stew-pan with a little good gravy, pepper, salt, and a teaspoonful of vinegar. Stew gently till tender.

CURRIED TOMATOES.

298. Cut the tomatoes in slices; either bake or fry them lightly. Grate an apple, chop a bit of onion small, fry in hot butter till quite tender, add two large teaspoonfuls of curry-powder, put in a few spoonfuls of good thick gravy, simmer a few minutes, add the tomatoes with a very little lemon-juice; let it be rather thick. Serve hot.

SEAKALE, STEWED.

299. Wash the seakale, and tie it in bundles. Boil it in salted water for a quarter of an hour, then drain it, and put it into a saucepan with as much brown gravy as will cover it; stew gently till tender. Lay it in a hot dish, stir a little lemon-juice into the sauce and pour it over.

CAULIFLOWER WITH SAUCE.

300. Boil two large white cauliflowers in a little salt and water until tender, then cut off the stalks and press them head downwards into a hot basin. Turn them into a tureen, and pour round them a little tomato or piquante sauce.

VEGETABLE MARROWS, MASHED.

301. Boil two good-sized vegetable marrows in a little salt and water till tender. Take them up, drain them, turn them into a bowl and mash them with a wooden spoon. Heat them in a saucepan with a piece of melted butter the

size of a walnut, and a little pepper and salt. Marrows dressed thus are excellent, served piled high in the centre of a dish of cutlets.

TOMATOES, BAKED.

302. Slice six or eight ripe tomatoes, season with pepper and salt, and sprinkle breadcrumbs lightly over them; divide about two ounces of fresh butter into little pieces, and place these here and there upon them. Bake in a moderate oven. Serve on a hot dish as an accompaniment to roast meat of all kinds.

STEWED MUSHROOMS.

303. Take off the skin and stems, wash the mushrooms quickly, place them in a stewpan (an earthen one is best) with two ounces of butter, a tablespoonful of water, a teaspoonful of vinegar, a saltspoonful of pepper, a teaspoonful of salt. Simmer for twenty minutes, throw in half a gill of cream, and serve very hot.

BRUSSELS SPROUTS, SAUTÉ.

304. Wash and drain one pound of sprouts; put them into boiling salt and water for a quarter of an hour. When done, dry them on a clean cloth; dissolve half an ounce of butter in a pan, and shake the sprouts in it over the fire for a minute or two; season them with pepper, salt, and a little nutmeg, and serve very hot. Sprouts about the size of a walnut have the most delicate flavour.

SACCHARIN.

305. The discovery of the above substitute for sugar is a boon to those who suffer from corpulency or skin disease, as the use of sugar in both cases is injurious, and this article, for which we are indebted to Dr. Fahlberg, is a perfect substitute. Experiments have been made of the most

exhaustive nature, that prove it to be perfectly harmless, and Dr. Pavy and others give the following as the result of their investigation :

(1) That saccharin is quite innocuous when taken in ordinary dietary.

(2) Saccharin does not interfere with or impede the digestive processes when taken in any ordinary quantity. The *Lancet* says its continued use is quite harmless.

This being so, sugar—one of the great dietetic articles so constantly used in food, and the greatest of all fattening substances—may be completely cast aside, as saccharin is a perfect substitute, and quite as convenient to use. It is sold in a soluble powder and in the form of a tabloid, containing half a grain, this being equal to about half an ounce of sugar.

For stewed fruits, jellies, and all culinary purposes it will be found that two tabloids are equal to quite one ounce of sugar. They are soluble in hot or cold water. One tabloid, or half a grain of the powder, is sufficient for a large cup of tea or coffee. The tabloids are sold at about one shilling a hundred. The best-known makers are Burroughs, Wellcome and Co., Snow Hill Buildings, London, and they may be had of all grocers and chemists.

The recipes for jellies, beverages, etc., given in this book have been tried by the author, and he can speak of them as in every way equal to those containing sugar. If it is desirable to make a *firm* jelly, a little more isinglass or gelatine should be used than is given in the recipe. Sugar, as is well known, is the most fattening article in the daily dietary, and with some people the most bilious, so that it is equally a boon to those who are troubled with an inactive liver. This article has a great future before it, and should entirely take the place of sugar in the dietary of those disposed to corpulency. By its aid stewed fruits, tea, coffee, and other daily requisites are made palatable.

FRUITS, JELLIES, AND CREAMS, SWEETENED
WITH SACCHARIN.

LEMON CREAM.

306. Pare into a pint of water the peel of three large lemons; let it stand four or five hours; then take them out, and put to the water the juice of four lemons and four grains of saccharin, or eight tabloids dissolved in a little boiling water. Beat the whites of six eggs, and mix it all together; strain it through a lawn sieve, set it over a slow fire, stir it one way until as thick as good cream, then take it off the fire, and stir it until cold, and put it into a glass dish. Orange cream may be made in the same way, adding the yolks of three eggs.

LEMON CREAM WITHOUT CREAM.

307. Put a quart of new milk into a stewpan with the peel of three small lemons cut thin, four grains of saccharin or eight tabloids, three-quarters of an ounce of bitter almonds, blanched and pounded to a paste, and about two ounces of gelatine or isinglass. Boil the whole over a moderate fire for eight or nine minutes, until the gelatine or isinglass is thoroughly dissolved; then strain it through a fine sieve into a jug with a lip to it, stir in the yolks of seven well-beaten eggs, and pour the mixture from one jug to another until barely cold; then add the strained juice of three small lemons, stir it quickly together, and pour it into an oiled mould.

RASPBERRY CREAM WITHOUT CREAM.

308. Mix with a quarter of a pound of raspberries three grains of saccharin or six tabloids, and the whites of four eggs. All to be beaten together for one hour, and then put in lumps in a glass dish.

CALF'S-FOOT JELLY.

309. Cut two calf's feet in small pieces after they have been well cleaned and the hair taken off. Stew them very gently in two quarts of water till it is reduced to one quart. When cold, take off the fat and remove the jelly from the sediment. Put it into a saucepan with six grains of saccharin or twelve tabloids, a pint of white wine, a wineglass of brandy in it, the peel of four lemons finely chopped, the whites of four eggs well beaten, and their shells broken. Put the saucepan on the fire, but do not stir the jelly after it begins to warm. Let it boil a quarter of an hour after it rises to a head; then cover it close, and let it stand about half an hour; after which, pour it through a jelly-bag, first dipping the bag in hot water to prevent waste, and squeezing it quite dry. Pour the jelly through and through until clear, then put it into a mould.

GOOSEBERRY FOOL.

310. Put two quarts of gooseberries into a stewpan with a quart of water; when they begin to turn yellow and swell, drain the water from them and press them with the back of a spoon through a colander; sweeten them with saccharin to your taste, and set them to cool. Put two quarts of milk over the fire, beaten up with the yolks of four eggs and a little grated nutmeg; stir it over the fire and then gradually into the cold gooseberries; let it stand until cold, and serve it. The eggs may be left out, and milk only may be used. Half this quantity makes a good dishful.

STEWED PRUNES.

311. Take one pound of prunes, wash them in cold water, then put them into a stewpan with one quart of water, two grains of saccharin and two or three drops of cochineal; then gradually bring to the boil, and stew gently for an hour. Serve when cold.

LEMON JELLY.

312. Soak one and a half ounces of gelatine in half a pint of water for half an hour. Put into a saucepan one pint and a half of water with the peel of one lemon and also the juice. Let it boil for a few minutes and then pour it on the gelatine; sweeten with three grains of saccharin, return it all to the saucepan, and stir quickly into it the white and shell of one egg well beaten. Let it gradually come to the boil, and boil for a minute; then stand it away from the fire for two minutes, skim well and strain through a jelly-bag until clear, and then add one wineglass of brandy. When nearly cold, pour into a jelly-mould to set.

CLARET JELLY.

313. Take one bottle of claret, the juice and rind of a lemon, one small pot of red-currant jelly, six grains of saccharin, one and a half ounces of isinglass, and one wineglass of brandy. Boil all together for five minutes; strain into a mould and let it get cold; serve with cream sauce—recipe for which is as follows: Half a pint of cream, sweetened, and flavoured with vanilla and slightly whisked, poured round the jelly.

STRAWBERRY JELLY.

314. Take a quart of fine ripe strawberries, and pour over them a pint of water that has boiled for twenty minutes, with eight grains of saccharin. The next day drain off the syrup from the strawberries without bruising them, and, to increase the fruity flavour, add a little lemon-juice. Clarify two ounces and a half of isinglass in a pint of water, and let it stand till nearly cold; then mix it with the fruit-juice and pour into moulds.

ORANGE JELLY.

315. To the juice of eight fine sweet oranges and four Seville, well strained, add an ounce and a half of isinglass

dissolved in boiling water; sweeten with four grains of saccharin, and stir it gently over the fire, but do not let it boil. Pour the jelly into moulds when nearly cold, the moulds having been previously filled with cold water.

CURRENT AND RASPBERRY JELLY.

316. Bruise in a jar two pounds of red and one pound of white currants with a pint of red raspberries; place the jar in boiling water to extract the juice. Boil three-quarters of a pint of water, two ounces of isinglass, and twelve grains of saccharin. Allow both the fruit-juice, when strained, and the sweetened isinglass to cool; then mix equal quantities, pour into shapes, and place the jelly in ice.

STEWED APPLES.

317. Take three or four very good American apples; peel and core carefully; cut into slices. Put the slices into a saucepan with a tablespoonful of water; boil till quite tender, then beat them quite smooth with a fork, adding saccharin and lemon-juice to taste. Not the least lump or bit of core should be left.

RED RHUBARB.

318. Cut one pound of rhubarb one inch long; put into a pan with two tablespoonfuls of water and three grains of saccharin; stir on a slow fire till tender.

COMPOTE OF CHERRIES.

319. Choose large, ripe, light-coloured cherries, wipe them, and leave on them about an inch of stalk, making all uniform. Put eight grains of saccharin into a saucepan with a breakfastcupful of water, and let it boil for a minute; then put into it a pound and a half of the cherries, and simmer them for three minutes. Dish them when cold with the stalks uppermost. A tablespoonful of brandy may be added if liked.

SNOW PUDDING.

320. Put into half a pint of cold water half a packet of gelatine. Let it stand one hour ; then add one pint of boiling water, eight grains of saccharin, and the juice of two lemons. Stir and strain, and let it stand all night ; beat very stiff the whites of two eggs, and beat well into the mixture ; pour into a mould.

RHUBARB MOULD.

321. One quart of red rhubarb cut in pieces, put into a saucepan with a lid ; let it boil till it is a pulp. Soak half an ounce of gelatine in cold water, pour on to it just enough boiling water to dissolve it, add it to the rhubarb with sixteen grains of saccharin ; let it boil fifteen minutes ; add a few drops of essence of lemon, butter a mould, and pour in the rhubarb. Next day dip the mould in hot water, and turn the rhubarb out on a glass dish.

APPLE SNOW.

322. Reduce half a dozen apples to a pulp, press them through a sieve, sweeten with saccharin, and flavour them. Take the whites of six eggs, whisk them for some minutes with a little saccharin. Beat the pulp to a froth, then mix the two together, and whisk them until they look like stiff snow. Pile high in rough pieces on a glass dish, stick a sprig of myrtle in the middle, and garnish with small pieces of bright-coloured jelly.

RHUBARB FOOL.

323. Wash and, if necessary, peel the rhubarb and cut it up into small pieces. Put as much as is to be used into a jar which has a closely-fitting lid, with as much saccharin as will be required to sweeten it. Set this jar in a saucepan of boiling water, and keep it boiling until the fruit is quite soft. Rub it through a sieve with the back of a wooden spoon, and mix with the pulp as much cream as will

make it of the consistency of gruel. Taste it, and, if not sufficiently sweet, add a little more saccharin. Serve cold in a glass dish.

PLUMS, COMPOTE OF.

324. Boil half a pint of water with two grains of saccharin; put in a pound of plums, and let them simmer until they are tender, without being broken, if possible. Lift them out, place them on a compote dish, and pour the syrup over them. Cream may be eaten with them.

MOULDED PEARS.

325. Peel and cut the pears into quarters; put them into a jar, with one pint of water, eight cloves, a small piece of cinnamon, and sweeten the whole nicely with saccharin; cover down the top of the jar, and bake the pears in a gentle oven until perfectly tender, but do not allow them to break. When done, lay the pears in a plain mould, which should be well wetted, and boil half a pint of the liquor the pears were baked in with a quarter of a pint of raisin wine, a strip of lemon-peel, the juice of half a lemon, and one ounce of gelatine; let these ingredients boil quickly for five minutes, then strain the liquid warm over the pears, put the mould in a cool place, and when the jelly is firm turn it out on a glass dish.

DAMSONS, COMPOTE OF.

326. Take eight grains of saccharin and one pint of water; let it simmer on the fire until the saccharin is dissolved, then throw in the white of an egg, and take off the scum as it rises. When the syrup has boiled fifteen minutes drop into it, one by one, a quart of sound damsons, and simmer until soft without breaking them. Remove them from the syrup, and boil it again; let it cool, and pour it over the damsons, which should have been previously arranged in a glass dish. A glass of whipped cream is a nice accompaniment to this dish.

APRICOTS, COMPOTE OF.

327. Take one dozen large, sound apricots ; halve them, remove the stones, and blanch the kernels. Put twelve grains of saccharin into a pint and a half of water. Let it boil ; then put in the apricots, and let them simmer very gently for a few minutes. Take them out, drain them, and arrange them in a dish. When the syrup is cold, pour it over the fruit ; put half a kernel upon each piece of apricot.

BEVERAGES.

328. As saccharin as a substitute for sugar will now be given in all beverages, the reader will please remember that as tastes differ so much in regard to sweetness, it is best not to overdo this process. It is an easy matter to add a little, but too much cannot be withdrawn. Generally speaking, one saccharin tabloid—this is about the size of a split-pea of the shops—is sufficient to sweeten a large cup of tea or coffee, or a tumbler of lemon-water : if this is remembered there will be no difficulty in regulating the amount necessary in any given cup. Each of Burroughs, Wellcome, and Co.'s tabloids contains half a grain of pure saccharin, and one of these has the sweetening properties of half an ounce of sugar. They should in all cases be dissolved in boiling water, and this then put aside to cool before use. A more wholesome and pleasant drinking beverage for tennis than the following one cannot be made. There are no fattening or bile-making properties in it.

ZELTINGER CUP.

329. Take four saccharin tabloids, and dissolve them in about a wineglassful of boiling water. Let these become cold. Then mix in a punch-bowl one bottle of Zeltinger and one bottle of soda-water. Slice in the whole of a lemon, a grating of nutmeg, and a sprig of borage. When the

saccharin water has become sufficiently cool add it, and throw in half a pound of ice broken into small pieces.

When a large quantity is required, increase these ingredients in the same proportion.

MOSELLE CUP.

330. A more sparkling 'cup' may be made in this way, and though, of course, it is not entirely free from sugar, it is as harmless as it is possible to have any 'cup' that contains a sparkling wine.

Dissolve eight or ten saccharin tabloids in a wineglassful of boiling water. Take a bottle of sparkling Burgundy, a bottle of Schloss Rheinhausen, a slice of cucumber, two bottles of soda-water, and mix. When cold, add the dissolved saccharin, and break in two or three pounds of lake-ice.

Refrigerators are now to be found in most well-appointed houses, but where they are not, one should be procured, and I can safely say that the small expense incurred would be amply repaid by the luxury in the hot weather of being able to have nice and cool beverages. There are so many in the market that it is hardly possible to recommend any particular kind, but most respectable ironmongers would know how to get one suitable for keeping cool claret and other 'cups.' In these days, too, ice can be procured almost anywhere, and if wrapped up in flannel can be kept for many hours, or even days.

Perhaps it would be in place to mention here that the proper way to break ice into lumps is to take a sharp instrument—say a darning-needle—and a small mallet. By using the needle as a chisel the ice can be broken into suitable pieces with perfect ease.

To keep a liquid cold, the vessel it is in should be wrapped round with a wet cloth. The evaporation of this brings the contents of the vessel almost to freezing-point. The cloth should be kept wet by adding water to it as it dries.

WINES FOR THE GOUTY.

331. While on the subject of the hygiene of certain wines, it is a curious fact, but one of undoubted interest to the gouty, that Rhine wines, as a result of their freedom from sugar, do not tend to induce the disease. It requires a combination of sugar and spirit, apparently, to produce gouty poison, for those who take large quantities of sugar and abstain from alcoholic beverages enjoy a great immunity from gout (though not from biliousness), whilst those who drink spirits that are free from sugar likewise rarely suffer from this malady. On the contrary, however, others who take liquors that contain the two properties combined, such as port and other sweet wines, are notably subject to gout. Sir Robert Christison, during thirty years' experience in the Royal Infirmary at Edinburgh, only met with two cases of gout; and both of these were in fat and over-fed English butlers. Russians, Poles, and Danes, though they drink large quantities of spirits, enjoy almost complete immunity from gout.

SPARKLING MOSELLE CUP.

332. A very nice 'cup' suitable for tennis parties may be made in the following manner :

Take two bottles of Schloss Rheinhausen, one bottle of dry sparkling Moselle, two lemons cut into slices, four bottles of soda-water, and two pounds of ice. Sweeten with ten or twelve saccharin tabloids, previously dissolved in a little boiling water and allowed to get cold.

It should be remembered that these beverages are quite as pleasant to the taste as those brewed where large quantities of sugar are used, and far more healthy to those fat people who prefer drinks containing wine. In fact, made with *saccharin* instead of sugar, even ordinary people would find them less bilious and equally palatable. There are very few people indeed who in the summer do not take more sugar in some form or other than is good for them, and congested

liver, gout, headache, indigestion, and furred tongue are the penalties they pay for it.

If anyone doubts this, let him drink a bottle of bad champagne, or sweet sherry, and await results. Cheap wines are poison !

TRABENER CUP.

333. An extremely refreshing drink may be made by taking two bottles of Trabener, half a gill of brandy, the strained juice of two lemons, a sprig of borage and of mint ; these should be allowed to stand for an hour, then strained. Having previously dissolved six saccharin tabloids in some boiling water, and allowed it to become cold, mix, and add two pounds of ice and four bottles of soda-water. Wrap the bowl this is contained in around with a wet cloth, as previously mentioned. The evaporation of the water in the cloth will keep the ' cup ' cool, and the ice from dissolving too rapidly.

NONPAREIL MOSELLE CUP.

334. The wines of the Moselle have the peculiar flavour of the Muscat grape, and even sparkling Moselle may be procured from Mr. Aldous, of 61, Hatton Garden, Holborn, London, of a very dry character. This is a *sine quâ non* where the wine is to be drunk by those who require a wine as free from sugar as it is possible to have a sparkling wine, for it must be remembered that a supplementary quantity of liqueur is added to sparkling wines to prevent their turning sour. This varies from one to three per cent.

To make a beverage flavoured with sparkling Moselle, take two bottles of Zeltinger, one bottle of dry sparkling Moselle (' Nonpareil '), two bottles of iced soda-water, and the juice of one lemon. Having previously dissolved four saccharin tabloids in a wineglassful of boiling water, and allowed it to get cold, mix altogether in a bowl, and serve as cold as possible.

SCHLOSS RHEINHAUSEN CUP.

335. A pleasant fruit-flavoured beverage may be made as follows :

Macerate half a pound of fresh greengages, peaches, or apricots, in a pint of gin; strain by pressing through muslin. To this add two bottles of Schloss Rheinhausen and two bottles of soda-water, six saccharin tabloids, previously dissolved in a gill of boiling water, and four pounds of ice. This will make a pleasant beverage, and should be sufficient for eight or ten persons.

Another pleasant drink is a bottle of Liebfraumilch or Marcobrunner, a bottle of soda-water, and a slice of cucumber. Having previously dissolved two saccharin tabloids in boiling water, mix this with the above. Ice up and serve cooled, as previously instructed.

SCHAZBERG CUP.

336. The best way to utilize a bottle of Schazberg is the following :

Dissolve in some boiling water four saccharin tabloids, and slice into it a lemon. When sufficiently cool, add the wine and a bottle of soda-water. Shave in half a pound of ice, and serve.*

TEA, LEMONADE, ETC.

337. It may seem a far cry from luscious beverages, manipulated with choice Rhine wines, to cold tea, lemonade, iced soda-water, and other more simple drinks affected by those who look upon alcohol in any form as a subtle poison. But as there are large numbers of persons who are determined enough in the interest of health to eschew intoxicants of all kinds, it is only fair that their idiosyncrasies should be

* All these wines may be procured extra dry for the use of corpulent and gouty people from Mr. A. Aldous, 61, Hatton Garden, Holborn, London. They are the only wines that should be drunk by such people.

considered, and a few beverages constructed on these lines offered for their acceptance.

The ordinary teetotal beverages are all sweetened with sugar, and are therefore unsuitable for fat people. What I ask these descendants of Sir John Falstaff to understand is that in these days they need not be debarred from sweet beverages, though they are from sugar.

To begin with, there is not a more refreshing drink than tea, but the fat man should sweeten his tea on all occasions with a tabloid of saccharin instead of sugar, if he does not want to increase the burden that he has to carry about with him.

With regard to coffee the same rules must be observed by stout people, that is, that it should be sweetened with saccharin and flavoured with *cream*—not milk.

Some people find cold tea flavoured with lemon-juice a most refreshing beverage, and this may be sweetened with saccharin and iced in the same way as an ordinary 'claret cup.' Indeed, in Russia, tea is usually drunk prepared in this way.

LEMONADE.

338. Every house should possess a gazogene apparatus, as with one of these machines an unlimited supply of aerated waters may always be kept ready for use, and the soda-water made by their aid is inexpensive, and as good, or nearly as good, as that bought in the shops at six times the price.

For using with soda-water, a cooling and pleasant-flavoured portable sweetening may be made in this way: Take twenty saccharin tabloids and dissolve them in a pint of boiling water, add to this one ounce of citric acid and two drachms of tincture of lemon-peel. When cool bottle, and it is fit for use. One or two tablespoonfuls added to a tumbler of soda-water will pleasantly flavour it. This 'syrup' will keep a week or more.

ICED LEMONADE.

339. The essence of lemon sold by chemists may be utilized in this way for making the basis of lemonade.

Take of citric acid three and a half drachms, essence of lemon ten drops, four saccharin tabloids, and half a pint of boiling water. Shake. One or two tablespoonfuls of this added to a tumbler of soda-water or iced soda-water will make a lemonade.*

Another easy way of making lemonade for drinking in hot weather is to slice two lemons into a pint of boiling water, throw in six saccharin tabloids and a grating of nutmeg. When quite cold add a sprig of borage, two bottles of soda-water, and half a pound of shaven ice, when it is ready for use.

LEMONADE (ANOTHER WAY).

340. Grate the peel of six lemons ; pour a quart of boiling water on it. Let it stand some time ; then add the juice of the lemons (take care not to let the lemon-pips fall into the liquid), sweeten it with one or two grains of saccharin, and run it through a jelly-bag.

FOR SUMMER DRINKS.

341. One pound of red currants bruised with some raspberries, eight grains of saccharin, added to a gallon of cold water, well stirred, allowed to settle, and bottle.

APPLE WATER.

342. Pare and core three or four large apples, put them into a quart jug with two grains of saccharin, a few strips of very thin lemon-peel, the strained juice of half a lemon.

* Portable concentrated lemonade, sweetened with saccharin, may be had of Mr. W. Challice, chemist, 35, Villiers Street, Strand, London. A tablespoonful of this essence added to a tumbler of cold water makes a pleasant drink. Sufficient for a dozen tumblers would cost by parcel post 1s. 6d. Other flavours are also supplied, such as pine-apple and raspberry.

Fill the jug with boiling water ; cover it over, and leave till cold.

CHERRY BRANDY.

343. Fill wide-mouthed bottles with good Morella cherries nearly full ; prick the cherries first in three or four places with a fine needle ; put into each bottle four grains of saccharin ; fill up with brandy. Cork, and cover with bladder very tight. Best kept for a year.

CREAM OF TARTAR. (A Cooling Drink.)

344. Put half an ounce of cream of tartar, the juice of one lemon, and one grain of saccharin into a jug, and pour over a quart of boiling water. Cover till cold.

EGG AND ROTTLAND.

345. Beat up with a fork an egg till it froths ; add a very small quantity of saccharin and two tablespoonfuls of water ; mix well, pour in a wineglassful of Rottland, and serve before it gets flat.

AN AMERICAN DRINK.

346. Put the juice of a lemon to a pint of water in which one grain of saccharin has been dissolved ; then add the white of an egg and froth up. It may be iced.

ROTTLAND CUP.

347. Take one bottle of Rottland, one bottle of soda-water, about half a pound of pounded ice, four grains of saccharin, a little grated nutmeg, one liqueur-glass of maraschino, and a sprig of green borage. Put all these ingredients into a silver cup, regulating the proportion of ice by the state of the weather ; if very warm, a larger quantity would be necessary. Hand the cup round with a clean napkin

passed through one of the handles, that the edge of the cup may be wiped after each guest has partaken of the contents thereof.*

SAUCES FOR FISH, MEATS, VEGETABLES, AND SALADS.

SAUCE TARTARE.

348. One saltspoonful of good cayenne pepper in very fine powder, half a saltspoonful of salt ; a little saccharin ; mix well, then add one tablespoonful of the strained juice of a lemon, two tablespoonfuls of Harvey's sauce, one teaspoonful of mushroom ketchup, and a small wineglass of portwine. Put all this into a jar, and place the jar in a pan of boiling water to heat the sauce. Very good to mix with other gravy, or to use with anything grilled.

SAUCE PIQUANTE.

349. Boil together a tablespoonful of chopped onion, same of parsley and of mushrooms, in one ounce of butter for five minutes ; then add half a pint of good stock, add salt and cayenne, and stir in last one tablespoonful of vinegar. Boil a few minutes.

CUCUMBER SAUCE.

350. Peel some cucumbers, cut up very small ; put them into a saucepan with a little broth, half a tablespoonful of vinegar, salt, cayenne, and a little essence of celery (or omit the salt and use celery salt) ; a small bit of boiled onion may be added if liked, and a bit of butter. Stew

* A gentleman who had been the subject of frequent attacks of gout writes : ' I have never been so free from gout and acidity as I have been since I have dieted and given up sweets and champagnes. I find the dry Moselles suit me in every way better, and I prefer the Cabinet Rottland to any wine I have tasted for some time.'

gently till tender; rub through a sieve. Serve with any cutlets.

HORSERADISH SAUCE.

351. Half a teaspoonful of mustard and a little salt; work into it two tablespoonfuls of cream until quite smooth, one or two teaspoonfuls of vinegar, and two tablespoonfuls of grated horseradish. If too thick or hot, add a little more cream. The mustard can be omitted if not liked very hot.

COLD SAUCE PIQUANTE.

352. Boil two eggs very hard, rub the yolks through a sieve, add one tablespoonful of salad-oil, tarragon vinegar, chilli vinegar, and common vinegar, a little minced parsley and shallot, pepper, salt, a teacupful of cream; stir all well and smooth together. It is better to put the vinegar in last.

LEMON SAUCE.

353. Cut the rind of a lemon very thin; boil it for three minutes in a teacup of water; stir in the juice of the lemon, strained, and add a little saccharin and a few drops of brandy.

SAUCE PIQUANTE.

354. Half a teacup of gravy, one tablespoonful of French mustard, two of Worcester sauce, two of port-wine, a little saccharin, one teaspoonful of shallot and chilli vinegar. Warm gently over a slow fire, and serve over warmed game; or pieces of meat or game can be warmed in it.

BROWN ONION SAUCE.

355. Slice some onions, about five; brown in a stewpan with butter; add half a pint of good stock, and stew till tender.

TOMATO SAUCE.

356. Melt in a stewpan a dozen or two ripe tomatoes (which, before putting into the stewpan, cut in two, and squeeze the juice and the seeds out). Then put two shallots, one onion, a clove, a little thyme, a bay-leaf, a few leaves of mace, and when melted rub them through a tammy. Mix a few spoonfuls of good espagnole and a little salt and pepper with the purée. Boil it for twenty minutes, and serve.*

MINT SAUCE.

357. Wash and free from grit three tablespoonfuls of young green mint, chop exceedingly fine and put it into a sauce-tureen with a teacupful of vinegar, and sweeten according to taste with saccharin, which should be dissolved in a *little* hot water before being added to the vinegar. Mint sauce should be allowed to stand an hour or two before being used.

ITALIAN SAUCE.

358. Put the following ingredients into a stewpan: Two spoonfuls of chopped mushrooms, one of parsley, half a shallot, the same of bay-leaf; add pepper and salt to taste. Stew them gently with just enough espagnole sauce to moisten them, and thin to a proper consistency with good strong broth.

SPINACH SAUCE FOR BOILED FOWLS, ETC.

359. Wash the spinach in two or three waters, pick the leaves from the stalks, drain it, and stew it with as much water only as will keep it from burning. Squeeze the moisture from it, and beat it with a wooden spoon till smooth. Dissolve a slice of fresh butter in a saucepan, put in the spinach, and stir it till it is quite hot and dry. Add pepper and salt, and as much boiling milk as will make the same of the consistency of thick cream.

* From *Hearth and Home*, a most useful and entertaining weekly journal.

MUSHROOM SAUCE.

360. Button or flap mushrooms may be used for this sauce. They should be rinsed in cold water, drained, and dried in a soft cloth, and if flap ones cut into pieces. Simmer the mushrooms, without stalks, in half a pint of beef gravy; add a little mushroom ketchup and an ounce of butter. If liked, flavour with lemon-peel, and squeeze in some of the juice before serving.

APPLE SAUCE.

361. Pare, core, and slice four or five apples; place them in a saucepan with only just enough water to keep them from burning. Let them simmer gently, stirring frequently, over a slow fire, until they are reduced to a pulp; turn them into a bowl and beat them well; sweeten with saccharin according to taste, and add the squeeze of a lemon and a small piece of butter.

GOOSEBERRY SAUCE.

362. Cut the tops and stalks from half a pint of green gooseberries; boil them until tender, press them through a sieve, and mix them with a little butter. Various seasonings may be used for this sauce, such as grated ginger or grated lemon-rind, grated nutmeg, a little saccharin, or cayenne pepper; a wineglassful of sorrel or spinach-juice is a decided improvement.

SAUCE FOR MUTTON CHOPS.

363. Take three tablespoonfuls of gravy, two of Worcester sauce or ketchup, salt, pepper, and a teaspoonful of shallot vinegar; stir till hot; pour over the chops.

BISCUITS.

364. In the treatment of obesity it is necessary that any biscuits containing starch or sugar should be rigidly excluded

from the dietary during the time reduction of fat is taking place on the system advocated in this work. For this reason it is advisable that the gluten or bran biscuits made by Mr. Blatchley, of 167, Oxford Street, London, be used.

365. The manufacture of dietetic articles for the use of the corpulent, the diabetic, and the dyspeptic at the above-named address has attained world-wide celebrity, and Mr. Blatchley, at my suggestion, has now added to his stock a biscuit made entirely of the finest bran and Liebig's extract of meat. This biscuit is highly digestive, nutritious, and strengthening, and being free from starch and sugar, will be most useful to corpulent and gouty people. The bran, by its mechanical irritation during its passage through the alimentary canal, tends to act as a slight aperient; therefore these biscuits will be very serviceable to those in whom constipation is a troublesome affection. One or two taken before going to bed will, undoubtedly, tend to keep up a proper action of the bowels, and by their stimulating effect, act as a wholesome and powerful tonic to the nervous system. They will keep good for some time.

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