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*AN ANALYTICAL RECORD OF CURRENT LITERATURE RELATING TO
THE THROAT AND NOSE.*

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DIETETICS.

Fortunately the taste of an individual, if it be not perverted, is the very best guide as to the food required. The profoundest student of dietetics must fall back upon his taste for guidance the same as the greatest ignoramus. It is not possible for us to ascertain the accurate composition of food to be eaten daily, for in eating, as in other things, variety is the spice of life. Experiments have shown that if life and health are to be preserved something more is required than simply so much albumen, sugar and oils, salts, etc. The habits of well-preserved people are doubtless the best guide as to what constitutes proper food. Still, dietetics has taught us much.

MEATS.

It is, of course, undisputed that food is eaten for the force it may liberate on being burnt up in the system. For the heat of the human body is well known to be a slow fire, in which the food is being burned, or oxidised by the oxygen inhaled through the lungs. But some of the food has to replace the worn out, used up tissues, and that which contributes mainly to this is the albumen, such as the white of egg, gluten of bread, fibrine of meat, caseine of milk, etc. This albumen is absolutely indispensable to the sustenance of life, and existence can be maintained longer on meat alone than on any other class of food. The animals which depend upon it solely, exhibit traits widely differing from those relying on other aliments. Meat appears to enable an animal to discharge more force in a moment than vegetable products, as instanced in the spring of the tiger compared with the flight of the deer. Hence we find that those nations and people who are meat-eaters exhibit on the whole greater momentum than their differently nourished and less well-fed brethren.

In feeding the sick the benefits following from a cup of well-made beef-tea vary greatly from those conferred by a cup of gruel. The beef-tea seems to enable the system to unlock more force than would otherwise be possible.*

FRUIT.

The vegetable kingdom affords a splendid variety of nutritious and toothsome foods and delicacies, more or less indispensable to man, and capable of sustaining life. But they are best adapted for life in hot countries, and those who live upon them cannot partake so freely of meat as those living in

* The beef-tea ordinarily given patients is an excellent stimulant, but not very nutritious. To retain the nutriment of the meat, peptonise this with Zymine.

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colder climes. Fruits contain subacid and other salts, with much water, all of which exert a goodly influence upon the liver and kidneys; and we have often heard it said by the inhabitants of warm climates that if one would eat fruit freely in the summer there would be consequent freedom from piles throughout the year. Often in convalescence, as the tongue is clearing, a bit of fruit will be more grateful than all other gifts Nature could bestow.

OILS.

Coming to oils, we find them an indispensable requisite to all. The ills that follow their withdrawal are multiform and serious. A large share of the wasting diseases of infants, such as rickets, consumption, and scrofula, are oft associated with too little oil. The system seems to store up oil for future use as it does nothing else. The hibernating animals put on an overcoat of fat before they betake themselves to their long wintery sleep. Whenever there is a demand for a greater and prolonged generating of heat, there is need for fat. Those whose inhabit Arctic regions find in fat their chief sustenance; and we know how the Laplander's youngster expresses delight as a piece of whale's blubber comes within his grasp. The hump of the buffalo, camel, etc., is mainly fat, and disappears with starvation. Fat conserves the body heat, and hence the endurance of fat-eating people, and their less likelihood of having cramps in cold water. Dwellers in cold climes are said to care but little for sweets. They do not suffer from consumption; and it is remarkable that the only remedy known for this disease is the food of the Arctic dwellers.

COD LIVER OIL IN HOT WEATHER.

It is generally supposed that cod-liver oil is not so well adapted for hot as for cold weather, but the fact is, that cod-liver oil, properly taken, will agree in summer as well as at any other season. The body does not withdraw its needs for fat in summer; and those afflicted with consumption will do well to take in hot

weather the Kepler Solution of Cod Liver Oil, which is prepared in malt, etc. *But by no means dispense with oil.*



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