

PITTSBURGH GAZETTE.

Food and Diet for Dyspepsia.

By A. MASON & CO.

The following hints on diet for dyspepsia based upon Baron Liebig's Principles of the Chemistry of Man, and upon the notions of Dr. Graham, or any other merely dietetic reformer. They are the result of nine scientific calculations of the chemical constituents of food, and a selection of articles is made with reference to the climate and habits of life under which the non-laboring classes of the community exist in the United States. Experience has shown that it is most practically useful table that has ever been adopted.

The whole amount of solid food (all food not purely liquid) taken in 24 hours should not exceed one pound, or one and a half pounds. If the person be dyspeptic, the quantity should not exceed three or four ounces at a meal, to be gradually increased, never over half a pound at any one meal. Laboring men do not need over two pounds of food per day.

FOOD WHICH MAY BE EATEN. Lean roasted, boiled or broiled meats, beef, mutton, chicken, or turkey, being cooked in fat, and eaten with butter.

Some kinds of fish, of cod, perch, trout, and oysters; to be eaten, cooked, and not with much butter—never fried.

Meaty potatoes, and the various other vegetables. Cereals, potato, oat day old.

Rice, tapioca, hominy, cracked wheat, and similar articles, made into a variety of palatable dishes.

Baked apples and pears, apple puddings, peaches, and other fruits, cooked in a variety of ways.

Apple, peach, plum, squash and other fruit and vegetable pies, made with plain crust, without much shortening or butter.

Water for drink, or milk and water, or black tea largely diluted with milk. The quantity of drink taken should be small. Salt may be used as a seasoning, moderately.

FOOD WHICH MUST NOT BE EATEN. No greasy, fat or fried food of any kind whatever, or even fried bread.

No rich, buttered, fried, or greasy food, such as meat, eggs, cream, butter, fine bread.

No pork, veal, or wild fowl; no oily soups, stews, cold smoked pickled, salt fish for meat; no oily cereals, such as walnuts, filberts, almonds, or the like.

No new bread, hot buttered toast, spiced pie with oily crust, no rich puddings, pancakes, fried fritters, or anything of the sort.

Little or no pepper, mustard, spices, vinegars, olive oil, pickles, relishes, gravies, or other stimulants, to excite an appetite.

No coffee, chocolate, green tea, wine, beer, spirits, tobacco, or cigars.

WESLEYAN MISSIONS IN THE PEZZER ISLANDS. Some time ago a minister of a South Sea whaler—a person who had never before seen—and had not seen since, was on board of the Pezzers whaler.

I know you are connected in a great deal with the Wesleyan Missionary Society, and although I am an entire stranger to you, I should like to express to you the joy and gratitude I feel that Wesleyan missionaries have been sent out to the Pezzers Islands. Trading in the South Seas, it was my regular course to visit the Pezzers Islands; and no place did I dread so much as Tongatabu. If, at one time, I landed any of my men there, a bloody conflict between them and the natives was the sure, to the result. Now, however, your missionaries are there, and I sail to the place with all the confidence which I come up to the Tongatabu. The way in which the Sabbath is observed in Tongatabu would delight the heart of a Christian. Why, the converted Tongatabu was shocked at the sight of London on a Sabbath day? The master concluded by saying: "I could not explain to you one half of the good which resulted from the labors of the Wesleyan missionaries in that part of the world."—Extract from a speech by Rev. J. Mason.

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