

trip? My friend Joscelyn has been telling me a little about it on deck."

"Joscelyn?" said Maud quickly.

"Yes; Rex Joscelyn, *alias* Richard Jenkins, who has had the honour of accompanying you on your voyage, Miss Cheveley," said Trevor, laughing.

"Is this true?" she asked, turning to Rex, with a look he dared not meet.

"It is," he replied humbly, still not looking at her.

The others saw her flush and pale suddenly, but she turned away from him without a word.

"If you have no objection, sir, I should be glad to leave the ship at once," said Rex, in a strained voice. It was all over now, and he wished only for escape and solitude.

"As you please, captain," said Mr. Cheveley kindly.

"I am very sorry to part from you in this way, but if you think it best——"

"Oh, altogether best, quite the best!" muttered Rex incoherently, like a man suffering from a blow. "Good-bye, sir."

"Put your things together and come back," said Mr. Cheveley. "I have not settled accounts with you yet."

"No, I forgot," he said, still in the same strained tone, and turned to go out.

Passing Maud, he gave one pleading look at her. She turned angrily and faced him, with a stamp of her foot.

"You have deceived me!" she said fiercely. "I never want to see you again—never!"

"I am sorry for that poor fellow," said Mr. Cheveley to Trevor, when the door had closed behind Rex. "He is a thorough gentleman, and one of the pleasantest men I know. We are under immense obligations to him, too, and I am afraid this seems ungrateful. But under the circumstances, it is best

for him to go. It might be too hard for him to stay with us."

"Don't, papa!" cried Maud, choking back a rush of painful tears, and she sat down on the sofa, and read a book very industriously upside down, until a tear fell and blurred the page, while Trevor and her father discoursed upon business matters and the latest news, including the good fortune of the Joscelyns, of which she heard nothing. Now that he was really going, it seemed too dreadful to lose him. Could she forgive him? Was her indignation less in the sacred cause of truth than because she had been tricked and her boasted penetration deceived?

In an incredibly short space of time Rex came back prepared for departure, and took up mechanically the money which Mr. Cheveley had placed upon the table.

"Good-bye, sir," he said again.

"Good-bye, captain," responded Mr. Cheveley, with a cheerfulness which Maud could hardly endure. "I hope we may meet again under happier circumstances."

"I'm afraid not, sir," he said brokenly, and waited a moment to see whether Maud would vouchsafe him a word or a look. But she was still sitting with her face turned away, her eyes fixed on her book. He could not see that she was quivering all over with the effort of restraining her sobs.

"Good-bye, Miss Cheveley," he said.

His hand was on the handle of the door, when the book fell to the ground with a crash, and Maud started up.

"Don't go!" she cried. "I can't bear it!"

"Shall we adjourn to the deck-house?" said Mr. Cheveley resignedly to Trevor. "It strikes me that we are two too many here."

THE END.

DINNER AND DIGESTION.

BY A FAMILY DOCTOR.

SOME live to eat, others eat to live. Both are wrong in their way. We all know the end of the glutton. To all of us he is repulsive. On the other hand, we all are familiar with the man who boasts, "Oh, I can eat anything!" He is usually an energetic person, who thinks it a crime to have a palate. His day generally comes sooner or later, and he learns, when his digestion has failed, that cookery is a fine art—even a moral agent.

The palate has been degraded for the purposes of the mere epicure, and so has acquired an evil reputation. Still, we must not forget that it is the guardian of our digestions, and so of our health. Many poisons are detected by our taste, and thereby avoided. Again, other things being equal, the more palatable the food

the more good it does us. Bad cookery has driven many a man to the public-house. Taste is one of our senses, like sight and hearing; as such, it should be educated. It should neither be stifled nor allowed to enslave us.

In these days the same name, "dinner," is given to a meal taken by one class of persons from noon to about two o'clock, by others from six to eight, or later. By this name is understood the principal meal of the day—the meal that would survive were all others abolished, the one in which animal food predominates. The time does not matter.

In the last four centuries, every hour of the day, from ten in the morning to ten at night, has at some date been the royal dinner-hour. In general the hour has steadily become later. Henry VII. dined at 11 a.m., Cromwell at 1 p.m., Addison and Pope at 2 p.m.,

Cowper at 4 p.m. After Waterloo, 6 p.m. became the hour. Of course, there were protests. Pope complained of Lady Suffolk's dissipated innovation of four o'clock dinner. In deference to the wishes of his young English bride, Louis XII. of France changed his hour from 9.30 a.m. to 11 a.m. These late hours killed him.

There are many reasons for this onward movement of the dinner hour. In old times lighting was expensive; the day was regulated by sunrise and sunset. Sunlight was necessary for cooking and eating the meal. There was not much business to do, and dinner made an agreeable break in the day for persons destitute of candles and books. As business increased and lighting became cheaper, men would like to get their business over before they sat down to dinner, and so it became later. Then gaiety and fashion stepped in, and pushed the hand of the clock on still further.

Now, the time at which the principal meal is taken is not, within limits, of such great importance if certain essential conditions are complied with. The selected hour should be adhered to; for the stomach acquires the habit of getting ready at the usual time—if it is disappointed, either the appetite fails or indigestion follows. The food last taken should not have been too recent, nor should there have been too long a fast. The diner should not be over-tired, otherwise the stomach will share in the general exhaustion. If the stomach has been fatigued by efforts to digest too recent a meal, or by too long abstinence, or partake of the general exhaustion of its proprietor, it will be unable to form the juices necessary for digestion. To his principal meal a man should bring his body fresh and vigorous, and a stomach refreshed by rest after having done work within a reasonably short period. Dinner should never be bolted and hurried over. The food should be well masticated. The materials should be the best obtainable, the meat good, and the vegetables fresh. The cooking should be carefully and properly done. Indigestible things, or those which disagree with the individual, should be eschewed. After the meal the diner should rest or have some light occupation for an hour, or, still better, two. He should neither undertake active physical exercise—not even moderately-rapid walking—nor should he study, think over business, or occupy his mind seriously in any way. It is well to remember that a piece of beef remains in and engages the stomach for about three hours, a piece of salt beef or pork four and three-quarter hours. Nor is it right to sleep for some time after a meal. During sleep digestion is suspended; the food remains in the stomach and undergoes improper changes; digestion is deferred till the sleeper awakens, and then takes place imperfectly. Indigestion and nightmare are the consequences. Finally, do not eat too much. It is better to eat too little. The rule to get up with an appetite, though hardly an inviting one, is not without reason. Habitual repletion is much to be deprecated. If people would or could always attend to these simple directions, the benefit to health would be enormous. The gain in economy, too, would be greater than many of us think. It is astonishing how little food a man

requires to do hard work and remain in health, if that food is proper in quality and properly taken. Improper food, improperly taken, is not only to a great extent wasted, but will, in the end, lead to serious disaster.

The man who, in the midst of business, rushes into an eating-house, bolts a badly-cooked dinner, thinking all the time about his affairs, and then rushes back to his business, will soon break down, though, from the early hour, he brings a comparatively unfatigued body to his meal.

A similar fate awaits the man who, fatigued by a hard day's work, having had an insufficient lunch, comes home late to dinner, eats a heavy meal, and then goes to sleep.

Notwithstanding the enormous diversity of materials used as food by man, modern science has reduced them all to five headings. These are: albuminous foods, farinaceous foods, fats, salts, and water. The albumens include white of egg—which is typical albumen—lean meat, fish, fowl, game, the casein of milk and cheese, the vegetable casein, most abundant in beans, lentils, peas, and in the cereals, whereas potatoes and rice are poor in them. Unfortunately the cook, in his desire to please the eye by white bread, uses flour which has been deprived of the part in which the albumen mainly resides. It would thus be an immense advantage to the poor to use whole-meal bread, as it is a substitute for meat. The Scotchman preserves the albuminous part in his oatmeal, and the German in his black bread; the English poor must have white bread. Thus, if they cannot get meat, fish, milk, or eggs in sufficient quantity, and are prejudiced, as they usually are, against lentils and cheap foreign beans, it is appalling to think what they are really doing. They are depriving their children of albuminous food—the food, of all others, which repairs waste and supplies growth. They are starving them.

The farinaceous foods include all starchy food, such as bread, potato, rice. They are fattening, and supply the body with force. The fats and oils contribute to keep up the body heat, and are obtained from the vegetable as well as animal kingdom—olives, the cereals, and beans containing them.

The problem of a dietary for mere subsistence, or economy, is to combine certain food-stuffs so that they may contain all these alimentary principles at one meal, or in a day's meals. Such combination is obtained by a meal of black bread, a little oil or a few olives, some salt and water; or by eating some fat meat, with some bread, salt, and water; or, again, in oatmeal porridge, milk, and salt. On the other hand, the Irishman, who tries to get all his albumen out of potatoes, has to eat enormous quantities of them to get the requisite amount of albumen. This entails his taking much more starch than he needs. He is much better off when he adds milk or buttermilk and salt to his potatoes. The same applies to the rice diet of the Hindu: he has to add fish to maintain health.

Thus, by proper selection, a small quantity of cheap food will preserve life, and even health. What, then,

are we to say of the luxurious dinner of soup, fish, *entrée*, joint, game, sweets, cheese, dessert? Obviously, there is too much, especially of albuminous food. Fish, *entrée*, joint and game, and cheese are all albuminous, and most puddings are mainly farinaceous, or consist of prepared fruits. The soup is an animal extract, made by heat; it consists mainly of salts and water. It has no food value, unless, indeed, it has farinaceous thickenings or cream added to it, or unless the meat from which it has been made is eaten with it; for all the nutritious albuminous matter is retained in this meat, which is too often rejected as having had "all the strength taken out of it." It is impossible to make a nutritious broth or beef-tea by heat, for the simple reason that the more you heat it the more solid the nutritious albumen becomes, as is well seen in the white of a hard-boiled egg. It is important that this should be clearly understood; for so many people trust to beef-tea, in preference to milk or anything else, to nourish their invalids. Anyone fed on beef-tea or broth alone must die of starvation. It is a valuable stimulant, but is not a food in any other sense than salt and water is a food. These animal extracts and dextrin (a kind of gum) are most powerful agents in stimulating the stomach.

Now, when a piece of bread is chewed for a short time, the starch becomes converted into dextrin. Further, the act of sipping fluids has a remarkable effect in stimulating the pulse, and thus both the stomach and nerve-centres on which it is dependent are stimulated by an increased flow of blood. These effects are also produced by the act of mastication, and are greatly aided by savoury food. From all this it appears that if the stomach is in an exhausted condition, there is nothing so efficacious as a preparation for a proper meal as to sip some soup and chew some bread. It is far more efficacious than

fluid of bitters with sherry and other stimulants, and free from the objections attached to these. A man worn-out by worry can by such a preparation make a hearty meal and digest it often when, without bread and soup, he would hardly touch his dinner, or it would be followed by indigestion.

We now come to the albuminous bodies—fish, flesh, and fowl. Starchy material, such as bread, is partly dissolved in the mouth, as we have seen. Albumen begins to be digested in the stomach, and remains there three or four hours if well chewed—if unchewed, as long as seven hours and a half. Now, the object of all digestion is to dissolve the solid food; till the solids are thoroughly dissolved they are of no value as nourishment whatever, and may cause much pain and mischief. If we want to dissolve anything quickly we break it up small; so, if we want our meat dissolved in the stomach, we must chew it fine. A piece of meat well masticated has more nutritive value than a piece many times larger half-chewed, to say nothing of the stimulating action of mastication.

Fish, forming the next course, is much more easily masticated than flesh, and therefore more easily digested; but if served with sauce containing fatty matter, like melted butter, it is much less digestible; for fats are not digested in the stomach, and are apt to coat the albuminoids with an oily film, which prevents the stomach juice from getting at them. For this reason fried fish is less digestible than boiled, and oily fish like salmon and eel than white fish.

With meat come vegetables. The green vegetables have not a high value, but are important in furnishing salts. After the meats come the sweets, further stimulating the stomach through the palate, as also do the cheese and dessert. Finally, the whole meal is subjected to the action of the liver and sweetbread, which is efficacious in digesting all alimentary principles.

IN PARLIAMENT ASSEMBLED.

BY ALFRED F. ROBBINS.

II.—HOW MEMBERS ARE REPORTED.



THE constituent who, after a fitting display of bated breath and whispering humbleness, obtains from his local member for the first time an order of admission to the Strangers' Gallery of the House of Commons soon exhausts his sense of awe at the bewigged and begowned occupant of the chair. His previously existing admiration for some one or another party leader similarly loses a shade of its enthusiasm when he sees the rival statesmen lolling opposite to each other in careless attitudes, and many with hat on head. But, as he raises his eyes and looks towards the opposite gallery, his attention is closely

arrested by a body of men sitting side by side in a series of small pews right above the Speaker's chair, who seem on business bent. He is certain that they cannot be members, if only because they are at work; and the certainty is justified, for the ever-changing body which fills what is technically known as boxes—strangely resembling the pews of an old-fashioned prison chapel—form that journalistic corporation called "The Gallery"; its members are never backward in claiming their position in "The Fourth Estate"; it is through them, in fact, that the debates of the Imperial Parliament are conveyed to an always listening and occasionally admiring world.

"The Gallery" was not always so important as it is to-day; and, although it is not necessary at this