vines. It was leaved with lilywork. Overshadowing it were the everlasting azure wings, and none were afraid as they entered "the upper court" through its lovely portal. So we need to take away all horror at the thought of Death from our young people. It can never be "premature" then. "There is a time given to finish the work, and when the limit of that time shall come, not one stone more can be laid by the builder, not one touch more given to the edifice in any of its parts." How eager and anxious we should be, in consequence, to work whilst it is to-day, and in polishing the jewels which are to shine in the walls of the golden city.

"God will take His children to Himself at their full growth." He knows when that is—we do not. We only feel that the fairest, the tenderest, the loveliest of our flock are taken. So it must be—always. The glow from over the river is in their eyes. They are nearing home.

In that solemn hour—when with the King's daughters we stand on the borders of the Kingdom, waiting for the last message from the King, we shall not think of the cleverness, or talents, or beauty of the one going from us. We shall only remember with joy that they are ready. "Death must be good to those that do good—because it crowns man's evolution on the planet earth." Lord, we can trust Thee for our Holy Dead.

"With joy and gladness shall they be brought and shall enter into the King's Palace." It is not so here. Jesus Himself wept at the grave of Lazarus. They leave such a blank in the home, those King's daughters early called to Him. Such empty arms, such an aching heart. Our children have walked out into the great mystery. Fearless because they trusted in Him who was their guide even through death. We are left to face bereavement and sorrow. We can only face it by entering into the fact that the King's daughters are with the King in the Palace of the King. They are gone a step further on the same road they have walked here; they are on one side of the door, we on the other. Jesus, who first set this little child in our midst, now calls her to go a step further to Him. Abiding places are prepared in the many mansions of the King's Palace.

Shall not you and I try to take up the closing verse of the psalm—

"Therefore shall the people give thanks unto Thee, world without end."

The King has loved our Esther, the little girl reared and cultured and cared by us for Him—above all the women—she has obtained grace and favour in His sight more than all the virgins. So that He has set the Royal crown upon her head and given her a long life—even for ever and ever.

WHAT TO EAT AND HOW TO EAT IT.

HERBACEOUS MEATS AND FRUIT DIETS.

"O green and glorious! O herbaceous treat!
'Twould tempt the dying anchorite to eat."
Sydney Smith.

It is not often in our own immediate times that we find so eminent a person as the Pope of Rome taking the somewhat humble subject of food and diet into serious consideration; his poem, lately published, "In Praise of Frugality," presents to us so fine a picture of true epicureanism and catholic taste, that I crave permission to quote some of its lines here.

"What Diet lends the strength to Life, and frees
The flower of health from each malign disease?
The good Ofellus, pupil from of old
And follower of Hippocrates, has told,
Rating base gluttony with anxious air,
He thus laid down the law of Frugal Fare:—

Neatness comes first. Be thy spare table bright
With shining dishes and with napkins white,
Be thy Chianti unadulterate,
To cheer the heart, and raise the spirit's weight.
Yet trust not much the rosy god—in fine
Be sure that you put water to your wine.
Picked be thy grain, and pure thy home-made bread,
Thy meats be delicate, and dairy-fed;
Tender, nor highly spiced thy food; nor tease
Thy taste with sauces from Ægean seas.
Fresh be thine eggs, hard-boiled, or nearly raw,
Or deftly poached, or simply served *au plat*,
'There's wit in poaching eggs,' the proverb says,
And you may do them in a hundred ways.

Nor shun the bowl of foaming milk that feeds
The infant, and may serve the senior's needs.
Next on the board be Heaven's gift—honey—placed
And, sparing, of Hyblean nectar taste;
Pulses and salads on thy guests bestow—
Even in suburban gardens salads grow—
And chosen fruits—whate'er the times afford;
Let rose-red apples crown the rustic board.
Last comes the beverage of the Orient shore,
Mocca, far-off, the fragrant berries bore.
Taste the dark fluid with a dainty lip,
Digestion waits on pleasure as you sip."

It is to Mr. Andrew Lang that we owe the translation of the Latin words.

A meal so rare as this puts our tables to shame, but, if we cannot follow this regimen literally, we can bear in mind that "even in suburban gardens salads grow;" we can have "pure home-made bread," "tender" meats, and the bowl of "foaming milk." Above all, we can bear in mind that "neatness comes first," and look to it that our table is faultlessly set, shining, sparkling, and cheering. Rare fruits and wines may be beyond our power or desire; fragrant coffee is accessible to all.

The more substantial articles of a herbaceous dietary we considered in our last study of vegetables, but as the term herbaceous includes also the foliaceous parts, shoots, stems, etc., of plants, we take these separately. On account of their succulent nature they yield but a small proportion of nutritive matter, but they are exceedingly valuable on account of their anti-scorbutic properties, for their salts, and for the sake of the variety they give to our bills of fare.

Gardeners are continually adding to our list of edible plants by various methods of cultivation; things that in a wild and uncultivated state would have been coarse and unpalatable are rendered, by rapid growth and partial exclusion from light, delicate, fine-flavoured, and digestible.

One of the most patent instances of what cultivation can effect is illustrated by contrasting the blanched and succulent *dandelion* that is grown for salad, and the rank, dark-green leaves and bitter root of the dandelion of the hedgerow.

To the large and constant sale of *watercress* and small cress with mustard, Londoners owe much of their comparatively good health.

Celery is yet another instance of a like kind. The common or wild celery is a native of Britain, and in its original form it grows in marshy places and by the side of ditches. In this form it has a coarse, rank, bitter taste, and rather objectionable smell. The knowledge of how to cultivate for table use came to us from India about a hundred and seventy years ago. By excluding the light, allowing only the leaves to remain above ground, the stalks grow white, become mild and sweet in flavour, and tender enough for eating in their raw state.

Under the name of *laver* we have various kinds of seaweed which are all good for food, indeed so good (according to Dr. Letheby) are they, that he urges the advisability of extending the use of a so valuable and abundant stock of food. As they contain about sixty per cent. of starchy matter and sugar they are amongst the most nutritious of vegetable substances. By the peasants of the coasts of Ireland and Scotland they are much used, as after soaking them in cold water for several hours, they are stewed in milk until tender, or they are pickled. The Chinese eat them freely and make a pleasant jelly from them.

Of *lettuce* and *endive* and cress—commonly called "small salad"—we have a goodly variety; in this class we should keep in mind what the French call *coquille*, and which we know as "corn salad." As this last is very hardy it stands out all winter, and in very early spring, before lettuce of any kind is available, it is at its best for table use. Lettuces are chiefly valuable for their cooling properties; they are excellent for the skin, easy of digestion, and have a slightly soporific effect on the system generally.

After a meat course, or anything that is rich and highly seasoned, a salad comes most acceptably to the palate, and not only acceptably but necessary from a hygienic point of view. With eggs again, as eggs in a minor degree have much the same constituents as meat, salad is the most appropriate accompaniment we can have.

It is a mistake to let the dressing of a salad overpower the flavour of the herb or extinguish its character. The celebrated recipe of Sydney Smith, from which we quote in our headline, is altogether too elaborate for all but the *gourmet*. The simple mixture of oil and vinegar, pepper, mustard and salt, with or without the hard-boiled yolk of egg, is quite sufficient for every-day needs. It would be well if *salads* replaced pickles on the working man's table much oftener than they do. The preparing and dressing of a salad is not beyond the skill and the capabilities of the most illiterate housewife, but, alas! the trouble that must be taken is a great deterrent.

Besides herbaceous plants we have certain fruity products which are consumed as vegetables and ordinarily rank as such, viz., the tomato, cucumber, vegetable marrow, pumpkin, aubergine (or egg-apple) and the squash or melon-pumpkin.

All are of a fleshy nature, capable of being eaten in a raw state, but better for digestion if cooked.

The actual nutritive value of all of these is very low—they cannot be said to form *food;* but their value in other ways is great; they are cooling, laxative, and contain mild medicinal properties.

Fruit as an article of diet has a most favourable effect on the system, but if we took it alone as a staple food the direct contrary would be the result. "Its proportion of nitrogenous matter is too low, and its proportion of water too high, to allow it to possess much nutritive value;" (Dr. Pavy) "it is chiefly of service . . . for the carbo-hydrates, vegetable acids, and salts it contains . . . Of a highly succulent nature, and containing free acids and principles prone to undergo change, it is apt, when ingested out of proportion to other food, to act as a disturbing element, and excite derangement of the alimentary canal."

Fruit is of particular value as a set-off to dried or salted foods, to bread, and to meat. Where a vegetarian, for instance, may make a perfect meal from seeds, as pulse, beans, etc., with the addition of bread, fruit, and milk, having thus all the constituents required for repair and rebuilding, the non-vegetarian will fall short if to meat and bread he add neither succulent greens nor fresh fruit.

The practice of eating a little bread with fruit—cooked or uncooked—is a good one.

The *apple* heads the list of fruits in order of popularity, and even we might say in order of good, for its virtues are many and its uses innumerable. The smallest apples grow in Siberia (Siberian crabs), and America has by processes of cultivation contrived to produce the largest and finest, though not the best-flavoured, apples ever seen. The British Islands take the palm when flavour is in question; it is well that fruit-growing is at last becoming a better-known industry amongst us, as, owing to the peculiarity of our much-abused climate, we may take the first rank wherever we choose.

As fruit ripens the starch it contains undergoes transformation into sugar, and the insoluble pectose into pectin, gum, and gelatinous substance. The agreeable taste of ripe fruit owes its existence in part to the due relation of acid, sugar, gum, pectin, etc., and the amount of water it contains. Over-ripe fruit loses its flavour because, on account of oxidation, the sugar and acid both become destroyed, and consequently deterioration has begun.

The sour taste of certain fruits, like the gooseberry and currant, is caused by the amount of free acid they contain being greater in proportion than the residue of gum and pectin is capable of disguising. Cultivation increases the proportion of sugar, as we notice when we compare the cultivated with the wild strawberry, raspberry, blackberry, etc.

Oranges, with lemons, citrons, limes, shaddocks, pomegranates, and quinces, all of the *pomaceous* tribe, have strongly similar features and properties. Of them all the two first-named are the most useful, as they are also the best known. The orange is with us now all the year round, more or less, as when the consignments fail us from one source—when Lisbon is orangeless, Sevilles all consumed, and Malta cleared—Jaffa and far China take up the tale, thus perpetuating the supply that pours into English ports. The rind of an orange is slightly tonic; it contains a quantity of volatile oil, and is largely used, apart from the juice, as a flavouring agent.

The true *Seville orange,* of which there is but a limited importation, is obtainable only for a certain period in the early part of the year. It is immediately replaced by the *bitter* orange—*par complaisance* Seville also—and few people know the difference, one being almost as good as the other for preserving purposes.

Lemons and *limes* are strongly anti-scorbutic; hence in all affections of the blood, the skin, etc., and for gout, they are invaluable.

Shaddocks are more common in America than with us. They are a refreshing fruit, and make an excellent preserve.

The rind of the *pomegranate* is strongly astringent, and is sometimes used in medicine on this account. The pulp is refreshing and mildly astringent.

The many varieties of *plums, cherries,* with peaches, nectarines, apricots, olives, and dates, all called *drupaceous,* present a quite different kind of fruit to the foregoing. They all have a hard stone or kernel, surrounded with a fleshy substance, more or less acid. In either the unripe or over-ripe stage all these fruits are unwholesome, and because of their excess of acid they should only be eaten in moderation even at the most perfect stage.

Large quantities of plums are imported from abroad in a dried state, and known as *prunes.* These, when well-cooked, are more digestible and more nutritive than any kind of fresh plum.

In plums pectous substances preponderate over all other substances except water. The amount of sugar varies according to the kind of plum, some kinds possessing so little as to make them absolutely uneatable whilst raw.

Cherries, like plums, should be eaten in moderation. *Kirchwasser* and *Maraschino,* two highly esteemed liqueurs, are both prepared from cherries. Cherries contain a greater proportion of sugar and water, and a less amount of pectous substances than do plums.

Peaches, on the other hand, are remarkable for the small amount of sugar they contain; but as the amount of free acid is also small, and that of the pectous and albuminous substances is large, the fruit becomes one of our most valuable, refreshing, and luscious articles of diet.

Dates, both fresh and dried, count as a staple food with the Arabs. Cakes of dates, pounded and beaten together, form the "bread of the desert." The fleshy part of this fruit contains fifty-eight per cent. of sugar, with a large amount of gum, pectin, etc. The tree bears its fruit in clusters, which weigh heavily—from twenty to twenty-five pounds.

Olives are chiefly valuable for the oil that is obtained from them; they contain this in a large quantity. When ripe the fruit is black, but in its green state it is imported into France and England for table use, either as an appetiser or as a dessert, preserved in a solution of salt. Spanish olives are larger, richer, and oilier than those grown either in Italy or the South of France.

To the *baccate* tribe belong most of the fruits of the berry kind which have stones or pips, like the grape, gooseberry, and currant. The pulp of the grape possesses wholesome, refrigerant, and nutritious properties, and besides its uses as a fresh fruit it is dried and imported under the form of raisins and currants, the dried currant being the fruit of a vine which grows in the Ionian Islands. The process of drying both grapes and currants by the sun and air causes them to lose their acid properties, and leaves the sugar more abundant; consequently they are less refreshing than the fresh fruit, but more nutritious. If eaten too freely they are apt to set up derangement of the digestive organs.

Cultivation has made our *gooseberry* the fruit that it is now. Originally it was a wild, prickly shrub, common enough in Asia. It is a most wholesome and useful fruit. Both *currants* and gooseberries have similar dietetic properties, and both are natives of Asia and North America. Cultivation has produced the white currant from the red, and in Russia a yellow currant has been produced from the black variety.

Cranberries, bilberries, barberries, and elderberries are all hedgerow fruits, more or less common and indigenous to our islands and to America. They are all far too acid to be eaten in their natural state, but when cooked they are both useful and delicious.

The cultivation of the strawberry, raspberry and (more recently) of the blackberry is a testimonial to what skill may effect. The common wild strawberry of the field and thicket would hardly dare to proclaim itself as the parent stock of a British Queen, yet, if we go back to find origins, it certainly is so.

The *strawberry* contains a large percentage of sugar, and, in proportion to other fruits, a large percentage of albuminous substances; but, as usual, we have over eighty per cent. of water here as well.

The *mulberry* has almost gone out of cultivation as a fruit; it used to be highly esteemed for dessert, and was both wholesome and refrigerant, while a very agreeable wine was made from it.

Figs are allied to dates with regard to the nourishment that they contain; either in a ripe state or dried and pressed they are nutritious enough to form an important part of the food of the inhabitants of warm countries. The figs grown in England are inferior in flavour to those grown in sunny climates; the best of all are known as Smyrna figs. A very large proportion of sugar is found in figs, especially when they are dried and compressed.

We have still another group of fruits which may be called the *gourd* tribe: these are the melon, pineapple, plantain or banana, guava, and the mango; also the bread-fruit, common to the Polynesian Islands, almost unknown in our own.

Melons and pineapples are most familiar and popular with us, although bananas—the smaller plantain—run the two first-named very close. The pineapple is one of the very finest and most luscious fruits that we possess. Plantains and bananas, when dried, furnish a fine meal that is much used for infants and delicate persons: it is said to be easy of digestion. It consists principally of starch, but, having a certain percentage of nitrogenous matter, it is more valuable than other purely starch foods, like arrowroot, etc.

The mango, a fruit we rarely see, is highly prized in parts of India, Ceylon, and Jamaica. It is large, luscious, and refrigerant.

The bread-fruit holds the same position in its native clime that corn holds in our own.

The fruit of the carob tree—almost the only tree that grows in Malta—is commonly called *St. John's bread,* as it is supposed to have formed the chief food of St. John the Baptist. In times of scarcity it has served as a most useful article of diet.

Hence we see that in certain climates a reliance placed upon fruit as a staple article of diet is not only practicable but also is almost necessary. The question of its being so suitable in our own climate and to our more complex needs is quite another matter, although there are many people who try to prove that a fruit diet is the only perfect one.

Here again, however, as we look upon the abundance and variety that is ours to avail ourselves of, we may say we have them "richly to enjoy," and be glad and grateful that it is so; using as many as it is possible for us to do, using them wisely and temperately, and so add another pleasure to living.

L. H. YATES.