larger proportion of scrofulous disease is found among children who have been brought up by hand than among those who are suckled by a mother, or even a foster-mother; and that therefore the system of bringing up children by hand deranges nutrition, and adapts the constitution for the deposit of scrofulous matter in the child.

Having then ascertained, that during the earliest periods of life, food is thus influential in determining the general mortality, and failing that, in the development of Scrofula, we will now inquire how far that influence is continued in after life. And difficult as is the inquiry even in infancy, that difficulty will increase rather than diminish as we proceed; because in after years the action of many other causes than those which apply in infancy is associated with the influence of food. We have shown that in poor districts the proportion of scrofulous cases is unusually large, and that in such districts, (of which Melksham is a good example), want of proper food is the great privation to which the people are subjected. But it may be said, granted that the district is poor, and that Scrofula is prevalent, why select food as the cause when so many other agents are equally in action? It is true that deficient or improper diet is seldom unaccompanied by deficient clothing, and insufficient or ill-ventilated dwellings and localities, as well as by other causes of disease, and it is not easy to assign to each its special influence. Yet it will be shown hereafter, that where the health of numbers has been degraded, where Scorbutus and Scrofula have become rife, a change in the single element of food, all else remaining the same, has been sufficient to arrest the further progress of the disease. The experience of many persons with regard to Scorbutus and Scrofula, the records of certain Asylums in our own and other countries, and the Reports of the Inspectors of Prisons,* with respect to Scrofula, conclusively establish the power of food alone to check the progress, and even in some instances wholly to eradicate either of those affections.

But let us consider the question of the influence of food more in detail. Although man be an omnivorous animal, yet it will not be denied but that certain kinds and combinations of food are better adapted than others to maintain his body in health and vigour. It

* See various Reports of Inspectors of Prisons.

is true, that climate, and, perhaps, other influences may render alteration in diet necessary. What may maintain vigorous health in the Esquimaux, would induce disease in an inhabitant of the torid zone. There is no universal standard by which we can measure the quantity or quality of food best adapted under every circumstance to man's wants. What is best under one train of circumstances may be worst under another. For example, the Esquimaux requires a supply of from seven to fourteen pounds of blubber to support a vigorous existence; whilst a moderate supply of rice will enable the Hindoo to endure much fatigue; yet because the blubber is best suited to one, and the rice to the other, we are not justified in concluding that either is the most appropriate food for the natives of central Europe. Again, the population of the Rural Districts of England live longer than that of towns. According to the experience of Friendly Societies, the expectation of life in Rural Districts, at 30, is 38.4 years, and in Cities 32.8 years. Of the total population living at the age of 10, one half will have disappeared in Cities before the age of 62. And in Towns before 65, whilst in Rural Districts half the population will attain nearly 69 years.

Now the rural population of this country subsists on a much less highly animalized food than the population of our towns, yet that fact would not justify us in saying, that the inhabitants of towns might safely lessen the quantity of animal food they consume, and that their health would be improved by the change, or that the rustic would not be stronger and better, could he obtain a larger supply of animal food. All that we are justified in saying is, that the value of life among the peasantry is greater than among the inhabitants of crowded towns; not that it might not be made better, by better food; nor even that amongst the dwellers of the country less Scrofula is found than amongst the inhabitants of our towns.

Whatever may be best within the tropics, or in the arctic circle, I believe that in temperate countries, and especially in our own, an admixture of animal and vegetable food is essential to the perfect nutrition of the body. Bread alone is sufficient to sustain life, but it is evident that it is not enough to develop fully the bodily energies; of this many proofs might be given.

Although it be true that the consumption of animal food in a fac-

tory Town is much greater than in the adjacent Rural District, that circumstance must not be taken as an evidence that the townsman is properly fed. The consumption of a large quantity of animal food does not necessarily imply proper feeding. On this subject I will here adduce the opinion of a man whose opportunities of observing the habits of factory operatives were very favourable —Dr. Baron Howard. In his pamphlet on the morbid effects of deficiency of food, he says: "the following observations on the morbid effects of deficiency of food have been made, almost exclusively, among the manufacturing population, and as these effects are very considerably influenced and modified by the habits and mode of life of this class, a few preliminary remarks on the subject may not be irrelevant, inasmuch as those who are not familiar with the usually delicate state of health and enfeebled constitutions of these people, would be surprised at the serious evils which result from what might be considered no intolerable deterioration in the equality, or diminution in the quantity of their diet.

"With the exception perhaps of a few particular branches, I think it will be generally allowed, that the earnings of those employed in manufactures, are adequate, with prudence and economy, to provide a sufficiency of wholesome food and clothing, and to procure all the necessaries of life. But these classes are notoriously improvident; even in times of the greatest prosperity, they rarely show any disposition to practise economy in the management of their household, or have the prudence to make any provision for periods of sickness, or other accidental causes, which may occur to put a stop to their earnings. A large proportion of those who regularly receive high wages, are constantly in a state of the greatest poverty, and often bordering on actual starvation; their houses are almost destitute of furniture, comfortless and uncleanly; too often damp, cold and ill-ventilated. Their families are ill-fed, scantily clothed, and badly lodged. They live much on innutricious and indigestible food, and often use articles of bad quality, or such as are rendered unwholesome by adulteration, or by being kept too long. They are extremely intemperate in their habits, and instead of purchasing wholesome food and proper clothing, the greater part of their wages is often expended, by anticipation, at the public house. The effect of the intoxicating liquids they consume, is of course to produce a temporary excitement of the whole

system, which is succeeded by a corresponding depression; they lose all relish for plain nutritious food, and their appetites can be stimulated only by something savoury and piquant. This kind of diet does not afford sufficient nourishment to repair the losses the body is continually sustaining; great languor and debility are the consequence; for the removal of which stimulants are again had recourse to, and thus an alternately excited and depressed state of the system is kept up. By this mode of life too, the digestive organs become impaired, and the function of digestion is so feebly and imperfectly performed, that even much less nutritive matter is extracted from the indigestible and impoverished diet they use, than would be the case if the stomach and its appendages were in a healthy and vigorous condition. Those circumstances, together with the want of an abundant supply of good air and a proper amount of exercise, are sufficient to show, that even in times of the greatest prosperity, a large proportion of the manufacturing classes is far from being in a state of vigorous health, and that many of them are on the verge of actual disease. And it must be acknowledged, that even when the utmost precautions are taken to avoid the accession of disease, and the most judicious means are adopted to preserve their health, they will necessarily be less robust and more delicate in constitution than those inhabiting the country. When to their often deleterious occupation is added their bad lodging, their habits of dissipation, and alternation of suffering and excess, their consequent poverty and destitution, their inattention to cleanliness and domestic comfort, and the neglect of important hygienic measures, we cannot wonder at their imperfect health and enfeebled constitutions." And again, "Scrofula in all its varied forms may be mentioned as one of the commonest diseases prevalent among the destitute poor, and which frequently originate in deficiency of food." Still, irregular as may be the mode of life of our factory operatives, it produces less Scrofula than is found in Rural Districts; their habits, therefore, tend rather to destroy life than to produce Scrofula.

My own researches have shown me poor districts in this country, where the marks of Scrofula prevail to the extent of 72 per cent.; and others, less poor, where similar marks are not found in more than 11 per cent. of the population. So in the tables of the

Registrar-General, there are districts where the mortality from Scrofula does not exceed 1 in a given number, and others where it amounts to 19 in the same number.

Carmichael* adduced important evidence as to the tendency of bad feeding to produce Scrofula, he says: "Some years ago, I had a very melancholy but convincing proof of the effects of improper food in producing Scrofula upon five or six hundred children in the House of Industry, of all ages, from a year old to puberty. The diet of the children consisted of coarse brown bread, stirabout, and butter-milk, in general, sour, for breakfast and supper; of a mixture of potatoes and esculent vegetables, (either cabbage or greens), for dinner; and sour butter-milk again for their drink. They were confined to their dormitories and school-room, of insufficient extent for their number, there being no play-ground for the children, consequently they were deprived of that exercise, so natural and necessary for the development of the frames of young animals, and which might have enabled them to digest, in some degree, their wretched and unwholesome diet. Under this cruel mismanagement, they lost all spirit for exercise or play; and on visiting the rooms in which they were incarcerated, the air of which was impure, to a degree only to be compared to jails of former times; these wretched little beings were seen squatted along the walls of their foul and noisome prison, resembling in their listless inactivity an account, I have somewhere read, of savages met with in Australia; their faces pale and bloated, and their stomachs, as they sat, nearly touching their chins. On a closer examination of these children, it was found that in general the upper lip was swelled, the tongue foul, or sometimes of a bright red, (indicative of acidity of stomach), the breath offensive, the nostrils nearly closed by the swelling of the mucous membrane, the abdomen tumid and tense, and the skin dry and harsh; but that which most appertains to my present subject, the cervical glands were more or less swelled and tender; and I am within bounds when I assert that nearly one half of those unhappy children, had thus the characteristic signs of Scrofula in their necks."

In order to test the influence in early life of food in inducing or arresting Scrofula, I have collected extensive materials for a comparison between children in Union Houses, and in certain charitable Institutions in our own country, and a similar class, less well fed at their own homes; and for comparing, in other countries, the condition of children in establishments where the food is good and sufficient with those where it is not so, and for showing the influence of improved diet upon the failing health and strength of persons under confinement.

* Lectures on Scrofula.

The first establishments to which I shall call attention, are Union Houses, and the observations which I am about to make, refer to children found in them.

The food on which the inmate of the Union House subsists is, I conclude, represented by one of the following Dietaries. Of the six Dietaries contained in the Poor Law Circular, I extract the highest and the lowest; in the former, every able-bodied pauper gets weekly, 116 ounces of bread, 6 pints of soup, 18 ounces of meat, besides 10½ pints of gruel, 24 ounces of suet pudding, and 14 ounces of cheese; in the latter, 102 ounces of bread, 8 ounces of meat, 2 pints of broth, 13 ounces of cheese, 38 ounces of yeast dumpling and suet pudding, and 24 ounces of potatoes. And for children under nine years old, the common direction is, that they are to be dieted at discretion.

The dietary for children above nine is, as nearly as may be, the following. Highest, 70 ounces of bread, 10½ pints of gruel, 15 ounces of meat, 4½ pints of soup, 4½ pints of broth, 12 ounces of suet pudding, 1½ lbs. of potatoes, 8 ounces of cheese. Lowest, 98 ounces of bread, 14 ounces of cheese, 10 ounces of meat pudding, 20 ounces of suet pudding.

The condition of the independent labourer in Norfolk and Suffolk will be fairly represented by the following statement furnished me by a clergyman, who has taken much pains to inform himself of the condition of the peasantry in those districts.

"The common estimate among the peasantry is for bread, 1 stone of flour for each grown person, ½ a stone for each child, a week. It is, however, clear that this must be subject to great variations; I am inclined to think it the minimum, where there are sufficient means. Butchers' meat may be said not to enter at all into consumption as an article of food. A part of a pig, when they can afford to keep it, is a luxury; 2 or 3 stone reserved after harvest is, I think, all that the most prosperous in this parish have

done. Butter is here constantly bought, a pint when it can be afforded, ½ a pint always if possible; 1 lb. of cheese may also be set down as a regular weekly supply. I enclose you a couple of papers, containing a very exact account of the gains and expenditure, during the past year, of two large families in the parish; and the mode of existence among the peasantry is so similar, that they may be taken as a general view of the subject.

Family: man and wife; 4 girls, from six to twelve; 1 boy, three.

£. s. d.		£. s. d.
Total income 31 4 0	Rent	2 10 0
	Rent of ground	0 11 0
	Shoe bill	3 3 6
	Club	0 12 3
	Children's clothes	1 1 0
	Weekly expences, as below	21 13 3
		£29 11 0

WEEKLY.

3½ stone flour, 1s. 8d.	0 5 10
Yeast and milk for baking	0 0 3
½ lb. candles	0 0 3¼
¼ lb. soap	0 0 3
Tea 2d., sugar 3½d.	0 0 5½
Butter 6d., cheese, 3d.	0 0 9
Sundries	0 0 6
	0 8 3¾

Man and wife and 6 children.

£. s. d.		£. s. d.
Total gains 34 2 8	Rent of house	2 10 0
	Rent of ground	0 11 0
	Shoe bill	3 5 0
	Tools	0 17 6
	Weekly expenses	24 18 3
		£32 1 9

WEEKLY.

3¾ stone of flour, 1s. 8d.	0 6 3
Tea 4d., soda 1d., soap 3d.	0 0 8
1 pint butter 1s., 1 lb. cheese 7d.	0 1 7
Sugar 3½d., candles 3¼d.	0 0 6¾
Sundries	0 0 6
	0 9 6¾

Nothing for milk, coals, bacon, meat, clothes, (except shoes).

It appears by the Reports of the Agricultural Employment Commission, "That in Wiltshire, the food of the labourer and his family, is wheaten bread, potatoes, a small quantity of beer, but only as a luxury, and a little butter and tea. To this may sometimes be added, cheese and bacon; but I am inclined to think that the use of bacon only occurs where the earnings of the family are not limited to those of the husband. In Devonshire and Dorsetshire, when the labourer is in constant employment, more bacon is used." In Somersetshire, the food is similar to what is obtained in Wiltshire. In Lincolnshire, it would seem to be somewhat better; but even there, what was said by Mr. Howman, is no doubt strictly true, "that no independent labourer can obtain the diet which is given in the Union Workhouse." In Yorkshire and Northumberland, Sir F. Doyle says "the food consists chiefly of oatmeal porridge, bread made of barley and pea-meal mixed, potatoes, and occasionally bacon."

To ascertain how far Scrofula prevails in Union Houses, 9342 children, the inmates of 63 Houses, in different districts, were examined; and of these, 2139, or nearly 23 per cent. presented marks of Scrofula.

In a large town, I examined 784 children in endowed, and other schools, who for the most part had been well cared for before admission, and judiciously managed afterwards; and the "marks of Scrofula" could be detected in 127 instances, or 16 per cent.;—500 children in National Schools, brought up at home, of whom the most part were not well fed and lodged; and of these 164 or 32 per cent. bore similar marks of Scrofula. And 500 children examined in Workhouses yielded 126, or 25 per cent. bearing marks of Scrofula.

If we compare the children in the St. Marylebone Workhouse with the children of the National School in High Street, St. Marylebone, there will be no question of the physical superiority of the former, for while the children in the Workhouse are affected with scrofulous swellings to the extent of 26½ per cent. only, those of the National School are affected in the proportion of 32 per cent.

In the same districts with those of the sixty-three Union Houses, 22,704 children living at their own homes, or in Institutions other than Poor Houses, have been examined; of those, 8,353, or 37½ per cent. had marks of Scrofula.

The dietaries of Union Workhouses, as contained in the Poor Law Circular, having been compared with the food of the agricultural labourer, and the prevalence of Scrofula in each condition having been shown, we arrive at this result namely, that the Workhouse child is better fed, and less subject to Scrofula than the child reared in the cottage of the peasant: and when it is considered that many pauper children are received into the Workhouse when suffering and destitution have probably developed disease, and have almost certainly produced debility, the comparison is even less favourable for the child of the independent labourer, than the result which is shown by the numbers actually examined. Now with the exception of food and clothing, the Workhouse child enjoys no advantages, of which the child reared in the cottage is deprived. The rooms he inhabits may be larger and better ventilated, but a greater number of persons is collected in those rooms, and the breathing space for each person may even be less than in the narrow limits of the cottage.

In making known the results of an extensive inquiry into the condition of our pauper children, I have no desire to influence opinion on a subject so prolific of controversy as the present or past administration of the Poor Laws. It must be remembered, that I have no concern with the supposed tendencies of the Workhouse System, to deteriorate the condition of the independent labourer, and that my investigations have been directed to the influence of paupers' dietary upon the health of children; and believing, as I do, that the health of the child, and the vigour of the man, depend upon the sufficiency and nutritious character of their food, a still more liberal diet for pauper children than is at present afforded would, in my judgment, at one and the same time, better the health of our population, and be consistent with a sound national economy.

This view of the subject receives additional force from the strong evidence to be found in the Reports of the Inspectors of Prisons; and the cases are very many, where prisoners have manifested glandular tumors under the discipline to which they have been subjected, and have quickly rallied under an improved diet.

Still more important is the confirmation of this view given by

Dr. Baly, as the results of his experience at Millbank Penitentiary: he says, "A marked difference in respect of their general health and the number of them affected with scrofulous disease, is presented by the convicts sent to the central prison at Millbank, from different parts of Great Britain, preparatory to their transportation. By far the thinnest convicts, *and those having the largest proportion of unhealthy and scrofulous individuals* amongst their number, come from the Scotch prisons, in which the diet consists of a sparing allowance of vegetable and farinaceous food."

Similar in its nature is the evidence obtained from the Deaf and Dumb Asylum of London and that of Paris.

The information which was kindly afforded to me by Mr. Watson, the able Superintendent of the Deaf and Dumb Asylum of London, in so far as concerned the inmates of that establishment, is most important. A considerable proportion of the children thus afflicted are scrofulous, and it is found that a very generous diet is necessary to maintain them in health. M. Menière, the directing Physician of the *Sourds-Muets*, at Paris, informed me that at the time of reception, more than four fifths of those children bear evident marks of Scrofula, and that he had obtained information to the same effect from the principal Deaf and Dumb Asylums in Europe. Mr. Watson, without being able to state the proportion, is satisfied that it is very large. To enable the children to bear up against this taint, it has everywhere been admitted that a very generous system of diet is necessary. At the Institution in London, the diet is at present, bread and milk for breakfast; roast and boiled mutton and beef, "a couple of helpings if they like," for dinner; and bread and milk for tea or supper; and under that diet the quantity of scrofulous swellings is lessened until it has become stationary at 30 per cent.

The number of children I examined in that Institution was 262, of whom 77, or 30 per cent., had marks of Scrofula.

Another proof furnished me by Mr. Watson of the influence of food is this, that when children leave the Deaf and Dumb Asylum, to be apprenticed, or to return to their friends, a large proportion get into ill health and die, in consequence, as he con-

ceives, of their being worse fed and clad than they were when resident in the Institution.

At Paris, in the Asylum of *Sourds-Muets*, the diet would seem to be still more liberal; and with the exception of Friday and Saturday, the fast days of the Gallican Church, the children have animal food, commonly twice a-day but it is less substantial than that of the London Institution. Very admirable means are taken to keep their rooms at an agreeable temperature; they are judiciously clad, and sufficient time is allowed for relaxation. Under the system practised at this establishment, the number of scrofulous swellings is much reduced, and the present average is very small; but the inmates are less robust looking than the children in the London Asylum. I was assured by M. Menière, that although accidents, such as sprains, are very frequent, from the senseless violence with which they enter upon their games, yet he very rarely sees scrofulous inflammation result from such accidents.

The Registrar-General's Tables of Deaths for four years ending 1842, show that although the deaths from Scrofula throughout England and Wales bear the proportion of 7.6 only to 100,000 of the total deaths, yet that the deaths from Scrofula amount to 18 in 100,000 of the total deaths, in the following districts, namely, Great Yarmouth, Caernarvon, Rye and Battle, Witney and Chipping Norton, Plomesgate, Melksham and Bradford.

Imperfect ventilation, or insufficient drainage, do not explain so increased a mortality from Scrofula as is evident in those districts. Poverty was at work, and cold and hunger were unquestionably the agents by which Scrofula was developed, and became thus unusually fatal.

I think, then, it has now been shown that in Great Britain, Scrofula is least prevalent where children and others are best fed, and although I by no means assume that the immunity is entirely owing to better feeding—because where much attention is bestowed upon the food, it is hardly likely that other means of maintaining health will be neglected; yet I would submit as a fair deduction from the foregoing evidence that food exercises a more important influence than any other agent in the production of Scrofula.

I have already shown, as far as this is practicable, that Scrofula

is less prevalent in this country than it was formerly, and I believe there has been a corresponding improvement in the food of the people.

Although every one would desire that the food of the labouring population were better than it now is, yet I have satisfied myself that during the last half century it has been better than it was for centuries before.* Animal food, the peasant seems never to have enjoyed largely, and his bread was of the coarsest kind, such as is at present the food of the peasant in most European countries. Within my own recollection, barley bread was the food of a large part of the labouring people in certain districts, even in England; but in the peasant's cottage good wheaten bread is now everywhere found.

The daily wages of the peasant, seem usually to have represented, about a twentieth part of the value of a sack of the corn he consumed; formerly this was rye or barley, now it is wheat. Twenty days' labour of the agricultural labourer may be estimated at thirty shillings; and for some years, the average cost of a sack of wheat may be taken at twenty-five shillings.

For the last twenty years, the rate of wages has implied a greater ability to procure the principal articles of prime necessity, than probably at any former period in the history of this country. And it would seem that a corresponding diminution has taken place in scrofulous diseases.

If those views, with respect to the influence of food, be correct, this truth should be conspicuously apparent in Ireland. In that country, it is unquestionable, that the food of the people is inferior to that of the population of England and Wales, for whilst among our own agricultural population bread is a staple food; in Ireland bread is rarely used by the peasant, with whom potatoes are the main support of life. It is stated in Mr. Hall's Report, that "It is matter of notoriety that meat is rarely, if ever, tasted by the peasant."

Mr. Hawley says: "That the potato is the staple food of the peasantry. It is eaten at every meal and throughout all seasons of the year. A failure of the crop sometimes obliges them to use, though sparingly, other species of food, such as oatmeal, eggs, but-

* See Appendix.

ter, lard, dripping and herrings." Where dairy farms abound, milk, after being skimmed, is also much used; "When the supply of milk fails, water becomes the only beverage of the working classes." It appears that the average quantity of potatoes consumed by an able-bodied man, at each meal, is about 4¾ pounds, or 9½ pounds at the two meals of breakfast and dinner; milk, 1⅓ pints at each meal, making 2⅔ pints a day. By an able bodied woman 7½ pounds, and 2⅔ pints.

The above calculation is made on the raw vegetable, and the waste in cooking is about two ounces in sixteen.

Let us compare the children of the Union Houses in some districts in Ireland and those of the out-door poor of the County of Waterford, with those in the Workhouses of London, as well as those of other districts in England.

Although the mortality from Scrofula and its prevalence, in the Dublin Union Houses has not been clearly ascertained, it is certain that in 1840 the disease was very rife, and was, as stated by Dr. Kirkpatrick, largely engendered in the establishment. Dr. Duncan says, "I remember no case in which, upon examination after death, scrofulous tubercles were not found in some part of the system; and to better the condition of the children, the principal suggestion of Drs. Kennedy and Corrigan, who were directed to investigate and report upon the subject, was to improve the diet, both of mothers and children.

Among the children examined by Dr. D. Griffin at the Limerick Union House, the marks of Scrofula were present in 55 per cent., and in a better class in the town, to the amount of 52 per cent. Now in point of crowding and bad ventilation, the juvenile population of Limerick is not worse off than many districts of this metropolis; and yet, the marks of Scrofula are present in 55 per cent. of the former, and in only 23 per cent. of the latter.

The examination of the people of the Portlaw District, in the County of Waterford, was kindly made for me by Dr. Martin, and it strengthens the opinion I have expressed.

"In 100 children, under thirteen years of age, of people of the poorest class, not employed in factory labour, 17 had fair hair and blue eyes; enlarged glands were to be felt in the necks of 83, and 2 had suffered from necrosis of the tibia. In 50 children, under 13, in the class of small farmers and petty shopkeepers, 28 were

of fair complexion and grey eyes; enlarged glands were detected in 18 of the 50; 1 suffered from morbus coxæ. In 60 children, under 13, belonging to parents of the poorest class of factory operatives, 8 had decidedly fair complexion and blue eyes, the majority had light brown hair and grey eyes; enlarged glands were to be detected in the necks of 37; 1 had a scrofulous cicatrix, and 1 was suffering from white swelling. In 60 children, under thirteen years, of the more comfortable class of factory operatives, 8 had decidedly fair complexion and blue eyes; enlarged glands were to be detected in the necks of 26. In 100 girls, between fourteen and eighteen, employed for more than a year at factory labour, 9 were decidedly fair complexion and blue eyes; enlarged glands were to be detected in the necks of 79, scrofulous cicatrices in the necks of 2; marks of necrosis in 4, namely, in 2 instances affecting the femur, in 1 the tibia, and 1 the metacarpal bone. In 100 boys of the same ages, 14 were of decidedly fair complexion and blue eyes; enlarged glands were to be detected in the necks of 71; none had cicatrices in the neck; 3 had necrosis of the tibia, 1 of the humerus." Altogether 470 children, under eighteen years of age; of whom 315, or 67 per cent., had marks of Scrofula—14 having scars.

This evidence, including as it does the examination of the children both out of and in, Union Houses, the evidence derived from the Registers of Dispensaries, (Limerick excepted, where there is a large general mortality, and a consequent smaller prevalence of Scrofula), and the condition of Recruits; confirmed too as it is, by all the information I have obtained from that country, and compared with that of England and Wales, can leave no doubt of the influence of food to induce Scrofula.

In further corroboration of that influence, I shall now introduce very important evidence derived from Institutions for children in other countries.

At *Amsterdam*, in the *Orphan Asylum*, the diet is as follows: for breakfast a slice ("une beurrée") of black bread; those under seven having white bread; for dinner, meat once a-week, rice three times, leguminous vegetables three times; for supper, a slice ("une beurrée") of bread, or some milk.

At *Lisbon*, at the *Casa Pia*, the food is principally salt-fish and beans stewed, or made into soup.