

"The tests prove that the Flesh-eaters work nearer to their limit than the Flesh-abstainers, and it is certain that a larger proportion of flesh-eaters actually reached their limit than of the abstainers. Of the 15 flesh-eaters who took the arm test, three reached their limit; of the 32 abstainers who took the same test only four reached their limit. Again of the nine flesh-eaters who took the deep-knee-bending tests, three reached their limit, and of the 21 abstainers who took the deep-knee-bending tests none reached their limit."

In summing up after numerous other tests in which the flesh-abstainers showed superior endurance in every way, Dr. Fisher states that "It seems reasonable, therefore, to attribute the difference in endurance between the flesh-eaters and abstainers, entirely to the difference in their diet."

Prof. Elmer Berry, of Springfield College, under whom I had the pleasure of studying several years, undertook to experiment in order to determine if Dr. Fisher was justified in his conclusions. His experiments covered a period of several months, the subjects being men who were studying for the Physical Education profession.

The first test was one of endurance, being two-mile run, with results as follows:—

GROUP I.	No. of Men.	Avg. Time.	Time Diff.
Normal Diet,			} 58 sec.
1st Test	6	14 min. 5-3 4 sec.	
Low Protein—			} 10-4 5 sec.
2nd Test	6	13 min. 7-3 5 sec.	
High Protein—			} 10-4 5 sec.
3rd Test	6	13 min. 18-2 5 sec.	

Results favoured the Low Protein diet.

GROUP II.

In this Group the Low Protein eaters covered the distance of two miles in 12 min. 27-1 5 sec.—The High Protein eaters in 12 min. 55-3 5 sec. The time being 28-2 5 seconds ahead of the flesh or high-protein eaters. Results again favouring the low protein group.