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## THE ENORMOUS ECONOMY, AND THE SUFFICIENCY, OF ABSTINENCE FROM FLESH FOOD.

IF the millions of hard working people who labor ten or more hours a day, year after year for decades, and can only earn enough to keep their family from month to month and are never able to save enough to get a home of their own would give up the use of animal food, life for them would be vastly easier, pleasanter and more "worth living." In point of economy in living, abstinence from animal food is enormous. It has been estimated that a given acreage of wheat will feed at least ten times as many men as the same acreage devoted to the growth of beef and mutton.

There are two points in relation to flesh meat diet upon which there are erroneous views, and to which we desire to draw attention: one, that abstinence from it is too much of a deprivation to the palate or taste—that it is a luxury that one cannot be expected to deny one's self; the other, that a diet excluding flesh meat is not sufficiently nourishing and sustaining, especially for laborious occupations.

As to the first, we may as well quote the words of a clever writer in the last number of the *New York Medical Times*, in an article relating to an animal diet and insanity: He says, "There is an aversion against the very idea of quitting eating meat, because of the deprivation imagined to be involved in the measure. But such deprivation is a very unnecessary fear. Nature is more accommodating than man believes her to be. Meat-diet, and still more the frequent concomitant condiments, dull the gustatory nerve. A palate which is all day excited not only by meat-juice, but pepper, pimento, thein, nicotin and alcohol, must call rice insipid, and will consider a dish of spinach with potatoes a poor dinner. But a palate which

is never stimulated, but restored to its natural susceptibility, enjoys a piece of brown bread and a cup of milk as hugely as any gourmet his *paté de foie gras* and *sillery*. And then there is the comfort of an easy digestion. The vegetarian, not excited by over-stimulation of the palate to over-repletion, manages easily to always have appetite to spare, and to enjoy his very digestion after meals." Very savory and delicious dishes are now made from the cereal foods—wheat, corn, oats, &c., and with the improvements which of late years have been made in the preparation and cooking of these foods, they may be now so served as to be not only as easily digested, in most stomachs, as even a simple steak, but to many people as palatable as flesh food. It is, in fact, nearly all in use—habit.

As to the second point, the nutriment and sustaining value of a vegetable diet: everybody knows that the cereals contain much more nourishment, pound for pound, than does flesh meat, that whole nations, and vigorous, subsist almost entirely upon them, without flesh food, and that the strongest men in the world eat no flesh meat. Furthermore, some very eminent men have been long abstainers from flesh and found their brain the clearer and more vigorous by such abstinence.

It seems not to be questioned that flesh meat tends to create a desire for alcoholic stimulants and that a vegetable diet will lessen or even cure such desire, while tendency to the universal practice of over-eating is much increased by the use of flesh.

Finally, some of the most eminent physicians of the day—Sir Henry Thompson, Prof. Dujardin-Beaumont and, others—recommended abstinence from flesh in ad-