

volume. Dr. Tanner has, in his preface, attempted an apology for this in the following words—"I trust it may not be thought that too dogmatic a tone has been adopted. But twenty years of daily observation have given me great confidence in the strength of the general principles which I have tried to inculcate in the following pages; and being thus zealously impressed, it is difficult (even were it advisable) to do otherwise than speak positively." We can fully appreciate the difficulty to which Dr. Tanner alludes, yet believe that it might have been overcome, and upon the advisability of his having overcome it we do not entertain a doubt. With this exception we believe Dr. Tanner's work to be a most admirable compendium upon the treatment of disease—one from which much useful information may be derived. Upon the subject of obesity our author gives a good deal of credit to Mr. Banting, for his system. Speaking of the power which physicians have to cure obesity, he says—"Now I believe that we possess this power, and that we are indebted for it to the light which has been shed by physiological chemistry on the production of fat in the body, and the influence of respiration of removing carbon from the blood * * *. But it is only fair to allow, that some credit is due to Mr. Banting, whose pamphlet appears to me a very sensible production. In August 1862, this gentleman was 66 years of age 5 feet 5 inches in stature, and 202 lbs. in weight. He could not stoop to tie his shoe, was compelled to go down stairs backward to avoid the jar of increased weight on the knee and ankle joint, and was made to puff and blow, with every slight exertion. After trying many remedies, including fifty Turkish baths with gallons of physic, without the slightest benefit, he consulted Mr. William Harvey, who cut off the supply of bread, butter, milk, sugar, beer, soup, potatoes and beans, and ordered the following diet.—(We give this table, as it may be of interest to many of our readers who may have been unable to obtain Mr. Banting's pamphlet.—ED. JOURNAL.)

Breakfast.—Four or five ounces of beef, mutton, kidney, broiled fish, bacon or cold meat (except pork), a large cup of tea, without milk and sugar; a little biscuit or one ounce of dry toast.

Dinner.—Five or six ounces of any fish except salmon, (it would have been as well to have forbidden herrings and eels,) any meat except pork, any vegetable except potatoe, one ounce of dry toast, fruit out of a pudding, any kind of poultry or game, and two or three glasses of good claret, sherry or madeira; champagne and beer forbidden.

Tea.—Two or three ounces of fruit, a rusk or two, and a cup of tea without milk or sugar—(coffee might have been allowed).

Supper.—Three or four ounces of meat or fish or a glass or two of