

few attacked by rheumatism. Bread, pork, and strong tea constitute their chief articles of diet, and the general experience is, that the tea enables them to digest the pork with remarkable comfort; and certainly, after a hard winter's work, they return home well nourished and healthy in every particular.

These facts point to simplicity as to diet. Our predecessors frequently attained the age of "three score and ten," nourished by grain ground between two stones. As a rule, the people of the present generation live too fast, resulting in mental strain and the absence of simplicity. With greater attention to diet, which should be simple in its character, in conformity with the normal functions of the alimentary canal, and the avoidance of alcoholic beverages as a whole, I feel confident perityphlitic and appendix troubles, even unconnected with gout and rheumatism, would become less troublesome factors in the line of disease. To avert various irregularities in the alimentary canal, which, if neglected, will undoubtedly lead to trouble in time, is as important as subsequent treatment, when the stage is passed in which the efforts of nature are powerful to afford relief. What active agent in the system is more frequently tampered with than gastric juice, which requires a normal temperature to perform its part in the economy? Ice-water at the commencement, and ice-cream at the end, of a meal, may be fashionable, but certainly not life preserving. Unassimilated food makes its way to parts not designed by nature to transform and absorb. As the result, how frequently, on percussion, we find extensive portions of bowel ballooned by abnormal efforts to accomplish the digestive process. Such conditions result from irregularities in living. No portion of the alimentary canal is more liable to diseased manifestations than in and about the appendix, which is a species of loop line to the digestive tract.

Insurance associations cannot note too carefully the probabilities of life in this connection. There is still much to be