

the food as well as albuminates, the former, as regards a dividend of oxygen, are in the position of preference shareholders, and until their claims for oxygen are satisfied, the non-nitrogenous products of the decomposition of the albuminates get a scant supply, and must be content to remain in a condition of penultimate metamorphosis.

From this it will be manifest that, apart from diet, a deficiency in the supply of oxygen favors obesity. This is evident, whether the deficiency be due to sedentary occupation or to a want of red blood-corpuscles to carry the oxygen to the tissues. On the other hand, a good supply of oxygen, which is favored by rich blood and healthy exercise in the open air, favors the complete combustion of the food and diminishes the tendency to obesity.

It is generally admitted that animal fats are capable of forming fat within the body, but according to recent views, it is extremely doubtful whether hydrocarbons are capable of a similar transformation. We cannot in this place give the various physiological arguments which seem to support this revolutionary view, but must be content with stating that it is commonly accepted that the hydrocarbons of the diet lead indirectly, and not directly, to obesity.

Although these statements, which come to us with such high authority, change completely the chemical view of corpulence, yet, as a practical disease requiring to be combated by therapeutic measures, it stands precisely where it did. Whether the albuminates or the hydrocarbons be the immediate source of the fat, it is evident that by cutting off the latter from the diet we stand the best chance of attaining a diminution of the superabundant adipose tissue. By permitting the patient to consume a fair proportion of albuminates, we keep his tissues well nourished, prevent anæmia, and encourage that activity of function which is the greatest enemy of undue corpulence; while by cutting off the hydrocarbons we necessitate a thorough combustion of the albuminates, which thus form water and carbonic acid in the place of adipose matter.

The observations of Brillat Savarin on obesity, made more than fifty years ago, are marked by all his well-known acuteness, and his hints to the obese leave nothing to be desired. He insists on three things—(1) Discretion in eating; (2) moderation in sleeping; and (3) exercise on foot or on horseback; but at the same time he remarks that his knowledge of human nature tells him that the self-indulgent mortals to whom he preaches will turn a deaf ear to all his good advice. Brillat Savarin's 'antiobesique' diet consisted in ex-