

The vegetable feeder goes for his food directly to the vegetable kingdom; the animal feeder obtains his from a more highly organized source—the flesh of animals which, chiefly, have themselves subsisted upon vegetable products.

Vegetarians, so called, are it appears increasing their number, but it seems very improbable that the human race will ever become entirely vegetarians in regard to food. Vegetarians will doubtless do good by preventing a too rapid or complete change to a more exclusively animal diet, or over indulgence in animal food—prevent perhaps many attacks of gout and ill temper, doctors' bills and wounded feelings, but they never will convert the whole human race to vegetarianism; it would involve a waste of human force for purposes of digestion that human progress will never tolerate.

We are told that man originally subsisted solely on vegetable foods; and also that we ought to live *naturally*. On another page are some remarks bearing on the question of man *following* nature. Has man any *natural* food, especially in this civilized, perhaps too highly "artificial" life? It was decreed that man should "earn his bread by the sweat of his brow," which indeed even to this distant generation seems, as Pope has it, a

"Fixed decree which not all heaven can move."

Man by his wisdom and industry must discover substances upon which he is to subsist. If he cannot find such quite suitable and ready formed he must cultivate and alter them *from* their *natural* state to suit his purpose. There is hardly a vegetable which is at present employed by man as food that can be found growing naturally. The cereal grains in their present condition are really factitious productions, so are nearly all, if not all, the fruits and so called "vegetables" used as articles of diet. They have been developed by man's skill and industry from plants not now resembling them even to a degree that would enable us to recognize their relations. Likewise it is, or to almost the same degree, with the animals used as food.

We do not however, it must be observed, recommend the too free use of animal food. Individuals are much more liable to indulge to excess with animal than with vegetable foods, and the fluids of the body are more likely then to become overcharged with superfluous or excrete matters. A proportion of about one-third animal to two-thirds vegetable substances is the most that the best authorities recommend.