

according to the animal species, these ptomaines are more or less active; thus, putrefied fish furnish a great number. As man consumes a great quantity of animal substances whose time of killing often goes back to eight or ten days, it is easy to understand what a fruitful source of poisoning may be here found; this danger is avoided by those who adopt the vegetarian regimen.

"If vegetable substances may undergo putrescent alterations, these are much less likely to take place with respect to vegetable than to animal food. Hence, this diet becomes obligatory whenever, by the bad functioning of the kidneys or digestive tube, the toxines may accumulate in the economy.

"In the first rank we will place all those cases where there exists renal (kidney) insufficiency. . . In the dilation of the stomach by gastric neurasthenics, this same regimen also gives good results. Lastly, in the putrid diarrhoeas, the vegetarian regimen is also indicated.

"But there is another point of view in connection with which this regimen gives good results. I refer to the irritation of the gastric mucous membrane. Next in dyspeptic troubles, properly so called, which result mostly from modifications in the gastric juice. Whether it be an exaggeration or an increase in the acidity of this fluid, this dietetic system enables us to cure these affections without imposing any work on the pepsin glands. Lastly, in the general diseases characterized by hyperacidity, such as the uric diathesis, we can still derive benefit from the vegetarian regimen.

"To sum up then, and as the conclusion of this lecture, I would say, if from an anthropological and physiological point of view, man is omnivorous, and may, according to climates and according to his necessities, live on a flesh diet, or on a mixed diet, or on a vegetable diet, from a therapeutic point of view the latter regimen, as applied to our climates, constitutes a very important method of treatment, which is demanded in a great many gastric and renal (kidney), as well as general affections."

One sound objection to animal food is undoubtedly the retention in the fluids and tissues of the carcass at death, after being

slaughtered, of a large amount of excretory matters, and which, it is probable, give rise to the toxic ptomaines so soon formed after death. These excretory matters would soon have been eliminated by the excretory organs of the animal—the kidneys, skin, liver, etc.—had it not been slaughtered.

Animal food is more digestible than vegetable food, and has undoubtedly saved a great amount of digestive force in past ages, but with the advances made in the preparation (cooking, etc.) of vegetable foods, especially of the cereals, this disadvantage in the use of a vegetarian diet may soon be wholly overcome.

As regards the nutritive value of vegetable, as compared with animal foods, we think it is now almost universally conceded by medical authorities that full nutrition for muscle, or nerve, or brain, may be obtained from the cereals, or, if not, it certainly may be from eggs and milk, which seem destined to long hold a place in the vegetarian diet.

The diet of the not very distant future, it would seem from present indications, will consist of cereals and fruits, with probably eggs and milk. The lower forms of vegetables—the more commonly termed "vegetables"—potatoes, beets and other roots, will probably be less and less used. Even now, much less attention is given to their production than to that of cereals and fruits.

A POOR PLACE FOR DOCTORS.—An old book tells the following story of a French doctor seeking a place to begin practice, which points out a valuable hygienic lesson: "A French doctor went to Damascus to seek his fortune. When he saw the luxurious vegetation, he said, 'This is the place for me: plenty of fever'. And then on seeing the abundance of water, he said, 'More fever, no place like Damascus!' When he entered the town, he asked the people, 'What is this building?'—'A bath!' 'And what is this building?'—'A bath!'—'And that other building?'—'A bath!' 'Curse on so many baths! they take the bread out of my mouth,' said the doctor; 'I will get no practice here.' So he turned his back, and went out of the gate again, and hid himself elsewhere. It would be well if every city were, in respect to baths, like Damascus, and all the people bathers."