

Seeing that a quarter of a pound of lean meat represents the nitrogenous equivalent of one pint of milk, why should we be allowed the one and refused the other?"

Let us consider some of the evils arising from injudicious eating. Purdy gave us many valuable lessons in this connection. He told us the greatest dietetic sin of the average American (and Canadian, I may add) is his meat-eating propensity. He eats meat generally twice, frequently three times a day, thus laying up on his secretory organs a tax in the disposal of waste products that is physiologically prodigious. The following are certain conditions which may result from excessive meat eating:

Premature hardening of the arteries, entailing those dangers from arterial hemorrhage of which apoplexy is the type; impaired nutrition with premature old age; enlargement of the heart with degeneration of its muscle, leading to the so-called heart failure; Bright's disease; rheumatism; gout.

The next most serious dietetic error is the excessive use of sweet and starchy foods, that is, the carbohydrates. Such excesses cause stomach indigestion with, especially, flatulent dyspepsia, habitual overtaxation of the liver leading to impairment of that organ with bilious attacks, the development of gall stones and the induction of diabetes.

The third great dietetic error is the consumption of excessive quantities of food. The dietary may be perfect as to quality, but, if the quantity exceeds the physiological requirements harm will result. Although the remarks of Pritchard and Purdy may refer especially to men they are equally applicable to women. No one can lay down absolute rules as to dietary which are suitable to all women. Women during pregnancy often appear to eat larger quantities of food and assimilate it quite as well as, if not better than, before pregnancy. On the other hand, they may suffer much from vomiting, especially during the first half. Under such circumstances, some women think that they retain almost nothing, or certainly only a small proportion of the food ingested, and yet thrive and gain in weight apart from the increased size of the uterus and its contents. My desire is to impress upon you the importance of studying this subject carefully. There is something sublimely simple about certain of the foods recommended, particularly the absolute milk diet. I desire to warn you against accepting extreme views in any direction. Learn what you can respecting the virtues, or otherwise, of any or all of the so-called cures, but do not get so narrow as to be carried too far in your enthusiasm in connection with any one plan. Aim at correct ideas both as to quality and quantity, remembering, in connection with the former, that a mixed diet within certain