

Of all children born, one quarter die before the sixth year ; one half of those that survive the sixth year die before the eighteenth year ; of those that survive the eighteenth year one half die before the age of thirty-five years. Of those that survive the thirty-fifth year, sixty per cent. of the males and eighty per cent of the females are suffering from chronic disease in some form. Not one in a million reach the allotted age of flesh, a hundred and twenty years Gen. vi., 3, and but six hundred out of a million die a natural death.

Long before disease and death made such havoc among the Israelites, as it is doing among the Gentiles, the Divine command had come, "eat no abominable thing."

Centuries of eating of every moving thing that liveth, by the Gentile, has so obstructed the manifestation of the spirit that, with but few exceptions, he no longer sees his teachers, or hears the voice behind his ear, saying, "This is the way, walk ye in it, when ye turn to the right hand, and when ye turn to the left." Isaiah xxx, 20-21.

Other methods are being adopted by those Spirit Guides whose duty it is to watch over the physical well being of man. Through their influence centres of food reform are springing up among the people on all sides, and from these centres little rills of truth will flow, which coalescing, will form rivers, omnipotent in their energy.

The success of the food reform is all the more certain from the fact of its coming through the people. In this case, *vox populi, vox dei*.

But little is to be expected from the professions of *Medicine* or *Theology* until the people have made a certain degree of progress.

One would naturally expect the *medical* profession to take an active part in any reform bearing upon the food of the people, but they are the reflex of the ideas of the people. Of themselves they have no knowledge of First Principles in the nutrition of the animal body. Beyond the fact that they know the body loses certain quantities of the elements of which it is composed, in consequence of which, it is necessary to supply these elements, in order that there should not be loss in weight, they know nothing regarding the nature of the nutritive processes. And, in a sense, it is not their fault. Their knowledge of dietetics is acquired in the wards of the hospitals, where the food is selected, upon economical principles, by a committee of management, the majority of which are *laymen*, and who consider that a *broth* diet is the proper food for those who are too ill to keep body and soul together upon a *full* diet.

This is an explanation of the inconsistencies between medical and surgical practice of the present day. In surgery the Aseptic method has now about reached perfection. The operating surgeon is most careful that no form of decomposing animal matter shall come in contact with, or in the immediate vicinity of a wound of the body, either internal or external, and thousands of valuable lives are annually saved through this practice.