

ovariotomy, age for hernia, one resection of elbow, one excision of the breast, one for cataract, one iridectomy, and one laryngotomy. Sixteen in all. Does want of confidence need further proof? We think not.

In conclusion we would remark, that were these governors, each and every one of them, compelled for a year after every election, to employ exclusively the man they have nominated as the best physician for the poor—the men receiving appointments to the Montreal General Hospital would be of quite a different stamp from those hitherto selected. Will the governors gainsay this—let them prove it by adopting the one they have recently chosen for this institution as their own family physician for the ensuing year, and we will believe them. If he is sufficiently experienced and talented to occupy the high position they have given him, he must be worthy of this confidence; and we should like to see him get it, for as a medical man and a brother we esteem him highly, and are glad to see him prosper; but he is not; and we think the profession almost universally will agree with us in saying that the appointment is a very poor one indeed, compared to that which might have been made.

BANTINGISM.

LETTER ON CORPULENCE. *Addressed to the Public. By Wm. Banting, 1864. A Pamphlet.*—We have here the individual experience of an upholsterer, residing in the city of London, who has succeeded in reducing his weight forty-six pounds in the space of a year, by strict attention to diet alone. From its entire want of originality, we should not have noticed this pamphlet had it not been at present exciting a great deal of attention in the medical, as well as the general world; almost every fat person indeed seems now to be trying Mr. Banting's method, not excepting the Emperor of the French himself, who, we are credibly informed, has not only adopted it, but has greatly profited thereby.

Mr. Banting, in 1862, was 66 years of age, and weighed 202 lbs., his height being 5 ft. 5 in. He attributes his becoming corpulent entirely to his food, which consisted mainly of bread, butter, milk, beer, sugar, and potatoes. After giving a fair trial to all the usual modes suggested, for reducing his bulk, such as frequent and thorough exercise; Turkish, and vapour baths; sea-air and bathing; the waters and climate of Leamington, Cheltenham, and Harrogate; liquor potassæ, and other remedies, without effect; he tells us that he was advised by a physician to put himself upon the same amount and kind of food as that prescribed in training for the ring, or for a boat race. This he did in all but the quantity, which he rather exceeded, as may be observed from his diet table, which he gives as follows:

For Breakfast.—Four or six ounces of solid, with eight ounces of liquid, viz.: four or five ounces of some cold meat, entirely deprived of fat, as of beef mutton, kidneys, or bacon, or an equal quantity of boiled fish, if preferred; with a cup of tea, without milk or sugar; and a little biscuit, or an ounce of dry toast.

For Dinner.—About eight ounces of solid, with eight ounces of liquid, viz.: five or six ounces of any kind of fish, except herrings, eels, or salmon; or of any lean meat except veal; or of any kind of poultry or game; any vegetable except potatoes, turnips, beets, turnips, or carrots; with an ounce

of dry toast; and if desired, two or three glasses, either of claret, sherry, or madeira—champagne, port, and beer being strictly forbidden.

For Tea.—About three ounces of solid, with eight ounces of liquid, viz.: two or three ounces of fruit, a rusk or two, and a cup of tea, without milk or sugar.

For Supper.—About four ounces of solid, with six of liquid, viz.: three or four ounces of meat, or fish, similar to dinner; with a glass or two of claret, when inclination dictates.

Mr. Banting does not limit himself to the quantities mentioned, for he never weighs his food; but the varieties stated, he says, are strictly adhered to. He considers milk, sugar, beer, butter and fat of all kinds, and potatoes, as so many poisons to the corpulent.

Our readers are all probably aware that this mode of living cannot be continued many months, without the body's getting "out of condition," and losing strength and spirits. And Mr. Banting, as well as the prize fighter, yields to the necessity of an occasional indulgence in his old mode of living, until his fast increasing weight admonishes its abandonment for a more rigorous diet.

As we have given this pamphlet our notice, we cannot pass in silence the great injustice done by him to the medical profession, namely, that during the whole period he was under treatment, no physician ever suggested a change of diet in conjunction with the other means recommended. It is much more likely that he has not wanted for advice in this particular; but, like fat people generally, has failed to pay attention to it, until want of success has compelled his obedience. And that even then, had the dieting been conjoined with any of the modes previously employed, it would not have required an entire year to bring down his weight to a normal standard; for jockeys are well known to possess the power of reducing themselves over twenty pounds in a week or a fortnight, by proper training; and that this sudden reduction never seems to be injurious to their general health.

Among the many authors who treat on the reduction of corpulence, we notice Dr. Fleming, who, over a hundred years since, met with great success by the employment of common Castile soap, which he prescribed for a lengthened period in doses of a quarter of an ounce, taken every night on going to bed.

Dr. Good, besides severe, regular, and habitual exercise, and dry and scanty food, recommends a hard bed, and but few hours' devotion to sleep.

Dr. Thomas thinks highly of liquor potassæ, which he directs in half drachm doses, to be given in milk and water, and be gradually increased to a drachm and a half, three times a day.

Dr. Copeland affirms that the prolonged use of either soap or alkalies is liable to engender chronic disease of the kidneys and bladder.

Dr. Chambers remarks that the tendency to obesity is decidedly hereditary, and that of all the exciting causes in those predisposed to it, none appears so common as the occurrence of an acute attack of illness.

The taking of large amounts of liquids, of any description, frequently produces corpulence, and if these liquids be fatty, as in the case of milk, a still more striking effect may be observed. The mixture of alcohol and sugar, as in beer and sweet wines, makes an equally deleterious drink.

In his remarks on the treatment, he says, the