

difference between proper nutrition and malnutrition, lie with the individual wills of millions of men and women. Here lies the crux of the nutrition problem, said Dr. Toynbee. "The diet of the great majority of mankind is still determined by ancient habits, and these habits are fortified by prejudice. In so far as the actual diet differs from the right one, it is not enough for the governments to make the right diet accessible to their subjects. The subjects have to be persuaded individually to adopt it; this requires a campaign of mass-education; and this, in turn, requires work, money, and time."

It was at this point that Dr. Toynbee's remarks took on a Malthusian character, when he said:

"But diet is not the only field in which mass-education and mass-conversions are needed if mankind is to free itself from the menace of famine. Food of the right kinds in the right proportions has to be produced in sufficient quantities to feed the world's population, at whatever figure this may stand. The movement of population is decided by movements in the ratio between the death-rate and the birth-rate. Preventive medicine, applied by public authorities, has lately been reducing the death-rate, sensationally, in most parts of the world, including many of the most populous of the so-called "backward" countries. If this progress in preventive medicine were to be paralleled by a progress in the improvement of nutrition, the death-rate would fall still lower — especially the rate of infant mortality . . . But if mankind is now going to save itself from the casualties formerly inflicted on it by pestilence and by war, it is going to bring on itself the new problem of an inordinate increase in population. Our efforts to reduce the death-rate must be paralleled by conscious efforts to keep the birth-rate under control; for the resources of this planet, even if scientifically administered and husbanded for the benefit of the whole human family, will not suffice for ever to feed a population that is increasing *ad infinitum*. We may select the most desirable crops and livestock and raise them on the soils best suited to them; we may cultivate the sea, as the Japanese have begun to do. But, sooner or later, food production will reach its limit; and then, if population is still increasing, famine will do the execution that was done in the past by famine, pestilence and war combined".

Entering the controversial field of birth-control, Dr. Toynbee expressed the view that to let Nature take her extravagant course in the reproduction of the human race may have made sense in an age in which we were also letting her take her course in decimating mankind by the casualties of war, pestilence, and famine. Now, he said, we cannot, with impunity, cut down the death-rate and at the same time allow the birth-rate to go on taking Nature's course. Having asked what is the true end of Man, he replied as follows:

"Is it to populate the Earth with the maximum number of human beings that can be kept alive simultaneously by the world's maximum food supply? Or is it to enable human beings to lead the best kind of life that the spiritual limitations of human nature allow? The first of these two possible objectives