

THE
SANITARY JOURNAL.

VOL. V.]

JULY 15TH. 1883.

[No. 10.

DIET--IT MAKES THE MAN AND THE NATION.

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“What shall we eat and drink, and wherewithal shall we be clothed? In each succeeding generation these questions appear to have received added importance, and to have kept pace with man’s progress towards a higher and still higher civilization.” So commences an article on “Modern Modes of Living,” in the June number of the *Canada Lancet*; which closes with the following sentence: “What to eat, and how to eat, we claim, are questions of the most vital interest to each individual and to society at large, and more worthy the attention of the hygienist and philanthropist than most people imagine.”

Successes and failures in life depend more upon the food that is eaten than most people suppose. Not only does the maintenance of health and life depend in the highest degree upon the supply of a proper quantity and quality of food, but the very nature or character of the life depends vastly on this supply. “The records of this and other nations,” writes Dr. Favy, probably the greatest of modern writers on diet, “have from time to time afforded bitter evidence of how intimately disease and mortality are associated with the supply of food. *Plague, pestilence and famine* stand associated together in the public mind, and, through an imperfect knowledge of the principles of dietetics, the most calamitous results have sometimes occurred from improper dieting amongst large bodies of men.” The records of nations do not perhaps afford the same manifest and manifold evidence that the personal qualities, the moral faculties, the disposition and humors of the people, are also intimately associated with the nature and quality of the food habitually consumed; neverthe-