

want to terminate my lecture without pointing out a common error committed in our alimentation in general, an error just as prejudicial as possible to the health of those who render themselves guilty of it, and they are the greatest number.

You undoubtedly know Count Tolstoi, that remarkable Russian writer, who within the last few years, has astonished the literary world by the originality of his characters and the boldness of his theories in social economy. He seems to have imposed upon himself the task of regenerating society, morally as well as physically, and lately he wrote peculiar articles which everywhere provoked a certain emotion. In fact this celebrated philosopher, falling upon the idols that man worships the most, emitted with his usual daring spirit the three following propositions :

1.—Luxury is bad. 2 —Our alimentation is too abundant. 3.—We must replace our animal alimentation by a vegetable one.

Naturally we have nothing to do with the first part of his thesis, but with regard to the second proposition, I subscribe to it with both hands. Yes, *we eat too much*. Almost everybody eats more than his hunger commands, and how many in presence of a good dinner leave the table only when it is impossible for them to eat any more? The old maxim should never be forgotten that "we must eat to live but not live to eat." And do you know how little one need eat not merely to live but even to live comfortably, and to secure for the body the necessary materials for daily work? If we compared the quantity of food which suffices a poor peasant and the food necessary to the wealthy citizen, we would feel tempted to say that they were beings of different species. The fisherman is satisfied with a piece of bread and cheese and the tourist who accompanies him takes with him a whole kitchen paraphernalia.

The Arabian who guides the excursionist through the desert requires for food but a little bread and a few dates and it is not without a certain expression of contempt, that he considers the baskets of provisions, the cans of preserved meats and other innumerable ingredients that the sportsman thinks necessary to take along with him under fear of starvation.

Sheriff Sweetland, one night at a meeting of the Medico-chirurgical Society, caused no little amazement, in stating that the cost required for feeding a prisoner did not exceed 8 cents a day, that is 3 cents per meal.