

II.

A FISH DIET

The eminent physician, Sir Henry Thompson, in lecturing before the International Fisheries Exhibition, London, said:—

“For a large and increasing class of the community who are emphatically brain workers, fish furnishes an appropriate food. When we reflect that the tendency of civilization here and elsewhere is slowly but surely to develop mental activity, and to dispense with laborious handicraft requiring a strong meat diet, this fish food, which has hitherto for the most part been an agreeable appendage to the daily table of a few, ought, I think, to be more generally recognized as peculiarly adapted to the wants of a very large influential, and increasing part of our population.”

FISH FOR WOMEN.

“For the sedentary man, whatever his calling in life may be, whose engagements permit him only to take just what moderate amount of muscular exercise, which in all circumstances is essential to health; for the great proportion of women, whose habits mostly are not, and often cannot be active, the nutritive elements afforded by fish admirably supply an important part of the wants of the body. The moderate amount of flesh-forming material present in fish, and in a form which entails little labor on the digestive organs—for most persons certainly less than meat—and the facility with which fish may be assimilated with other elements, place it in the front rank of foods.”

LAKE ONTARIO'S WHITEFISH.

This, from so high an authority, will be some justification for what follows on the subject of the depletion of the Ontario fisheries.

About thirteen years ago evidence was taken under oath by commissioners appointed under the direction of Sir Charles Hibbert Tupper, then Minister of Fisheries at Ottawa.