

Time has but served to emphasize what has now been shown by research the value of thorough mastication and the avoidance of mental states which would divert nervous energy, and interfere with digestion by cutting off the "appetite" juices, as shown by Pawlow's studies.

A notable work embodying the basis of a change of faith and a new practice is that by Chittenden, of Yale, on "Physiological Economy in Nutrition," giving the results of the most exact and elaborate studies. Too much food not only means loss of vitality in the disposal of it, but entails a positive risk from the resulting poisons (toxins) ere these products of metabolism are finally got rid of. Chittenden has shown that one-half or one-third of the nitrogenous (protein) food ordinarily taken suffices, and, of course, with the minimal tax upon liver, kidneys and digestive tract. This economy is, therefore, a real and not a fictitious thing, at once wise and provident. Much of the joy of living depends upon a good digestion, and in these days of wear and tear and carking care the less of useless work to be done because of faulty diet the more of energy to spare for life's duties. Chittenden urges the importance of a fuller knowledge of dietary standards which, as he points out, are "altogether too high." It has been shown by Lauder Brunton, Minkowski, Vaughan, Novy, and others that various nitrogenous waste products, the results of proteid katabolism, as creatin, creatinin, xanthin, adenin, etc., in fact, the various leucomaines, ptomaines, etc., are toxic in their effects. And then as to uric acid, of which we hear so much, whatever its genesis—endogenous, exogenous, or synthetic—or its actual role in the economy, it is safe to say there will be the less formed and requiring excretion the less proteid or nitrogenous food is taken. And though we cannot deny that rheumatism, at least the acute, is due to the agency of a special microbe with its specific toxin, doubtless the congenial soil for its operation may be greatly reduced as just indicated. In this day there should be some boon for the legions of rheumatic subjects, which they are denied. Not so deadly as the white plague, rheumatism causes much more pain and misery in the world than tuberculosis. The question of nutrition concerns all mankind. The right food for infants and adolescents is of more moment than for adults, and the wise physician will not forget that the young are apt to err in ignorance or be sinned against, while older folk are wont to transgress, in spite of light. It will be well when the teachings of the laboratory and college