

vegetarians on sanitary grounds, not only by personal demonstration of their value, but also by the testimony and example of the most noted men of ancient and modern times. Asclepiades, the great physician, whose fame still echoes through the ages, invariably cured his patients by prescribing for them herb and vegetable diet, and he himself wavered never to be sick so long as he abstained from flesh.

In his work on the "Art of Prolonging Human Life," Hufeland says: "The men attaining the greatest age on record have not been flesh-eaters, but, on the contrary, strict vegetarians. Even Liebig asserts that grains, particularly wheat, contain quite as many, perhaps more, nourishing qualities than meat; and of the so-called flesh-diet, he says: "To the really weak, meat broth imparts no vigor."

Perhaps it is not generally known that the trained athlete of old was compelled to abstain from flesh to acquire greater strength; and the porters, or carriers, of Constantinople and Rio Janeiro, who carry on their shoulders for a long distance, weights often reaching five or six hundred pounds, the sturdy Scots, Swiss, and Tyrolese, and the indefatigable field laborers of Italy, all live on fruits, oatmeal, maize, and *polenta*. . . . The gatherers of rubber-gum in South America, travel all day among the mountains, penetrating dense forests, climbing among the most precipitous peaks, carrying all the time upon their shoulders, a load increasing in weight until it reaches one hundred and fifty to two hundred pounds; yet they subsist upon a purely vegetable dietary, the chief articles of food being plantains and bananas. The Roman soldiers, who built such wonderful roads and carried a weight of armour and luggage that would crush the average farm-hand, lived on coarse brown bread. They were temperate in diet, and regular and constant in exercise. The Spanish peasant works every day and dances half the night, yet eats only his black bread, onions, and water-melon. The Smyrna porter eats only a little fruit, such as olives, yet he walks off with a load of a hundred pounds. The coolie, fed on rice, is more active and can endure more than the negro, fed on fat meat. The heavy work of the world is not done by men who eat the greatest quantity. Moderation in diet seems to be the prerequisite of endurance.

In fact, it may be said if a vegetarian has committed no early dietetic sins for

which he must atone, or has inherited no physical infirmities from diseased parents, then it is simply a shame for him ever to plead sickness, he will be a living exemplar to himself and others of the truth of the old proverb: "*Modicus cibi, medicus sibi*"—"He who eats temperately and naturally may be his own physician."

It is also generally known that the word "vegetarian" is not derived from "vegetable," but from the Latin, *homo vegetus*, meaning, among the Romans, a strong robust, thoroughly healthy man.

It is further held by the vegetarians that the great misery, the innumerable evils arising from the curse of drunkenness, can only be effectually checked by a universal return to this mild, healthful diet of fruit and vegetables, firmly believing that it is the rich, highly flavoured, and unnatural food that creates the craving for stimulating and unnatural drink; and by each in turn aggravating and exciting the demand for the other, the evil is strengthened hopelessly.

The vegetarians on humane and esthetic principles have compiled many books from various authors and poets, all protesting against the cruelty and barbarity of animal slaughter, and man's unwarrantable abuse of power in thus subjecting helpless creatures to his own selfish appetite. From Pythagoras, the great promoter of vegetarian views, from Plato, Virgil, Ovid, down to Goethe, Schiller, Jean Paul, and Schopenhauer are these earnest appeals and sentiments gathered; and it is believed that the most thoughtless epicure would become a convert to their convictions if more familiar with the piteous details inevitable to this wholesale destruction of animal life. A notable thing in connection with this subject is the fact that in England butchers cannot serve as sworn functionaries in cases relating to murder. It may be justly claimed that vegetarians are the only genuine friends and protectors of animals.

On the score of relative cost of living the subject is a very interesting one. A book entitled, "How One may live on Sixpence a Day," written by an English vegetarian, has passed through several languages. It may surprise many to learn that there are millionaires among this class of people who never spend more. A wealthy and fortunate vegetarian, firmly impressed with the wisdom and value of this course, freely declares it is his conviction that through a universal adoption of vegetarian principles