

*per se*—without discussing the danger of Trichinosis from eating certain pork invaded with the *trichina spiralis*—is sufficient to throw the choice in favour of beef, or other such more easily digestible food.

It will further be remarked that almost all those animals, which are prohibited to be used for food, are carnivorous. The latter fact explains the preventive medicine entailed in this prohibition. The explanation is supplied by a knowledge of the starting-point of our modern study of Bacteriology—I mean putrefaction. It is too well-known, to reiterate the process, that all animal matter has a tendency to putrefy, and putrefaction of proteid food always takes place in the intestines of carnivorous animals. The products of this putrefactive decomposition are ingested, very often, with the meat; in fact, it is these very products of putrefaction that supply the flesh of carrion-birds with this distasteful odor (which thus unsuits them for food). And, I may say, there is “death in the pot” (as Dr. Osler has mentioned) for those who choose to slight this rule. Nor can any skeptic deny the merit of the command that all reptiles, such as the snake, the frog, and the toad, are to be abstained from. There have been cases reported of Cantharides poisoning as being (indirectly) caused by the ingestion of frogs. The interpretation of this lies in the fact, as now established, that frogs can consume, with impunity, insects, including the so-called Spanish Fly.

Let us now observe how the Hebrews prepare their meat, from the animals that are permitted them. It will be noticed that never will they eat the meat of an animal that has not been slaughtered by one of their rabbis. Still more, the animal absolutely must be killed in one certain and only way, viz., by cutting its throat. The detailing of the method is too diffuse to permit of being treated here. Suffice it to mention that the incision is planned so that the average ox or cow loses almost all its blood within three minutes or less, as I have timed it. But this is not all. For, before the rabbi may send the meat to the housewife, he is compelled to excise all the macroscopic veins that the meat is supplied with. It will be further seen that the housewife receives certain directions (which directions will still further remove the blood from the meat.) This consists of first soaking the meat in water for, at least, half an hour. After this, the meat is salted, and allowed to remain thus for another half hour. Then the meat is washed in water. Then, and then only, is the meat ready to be thrown into the pot, and cooked.

To the bacteriologist this elimination of all the blood is quite significant. He knows that blood (or blood-serum) is the best medium, so