

Leading medical and scientific persons in all countries are recognizing the dangers of introducing putrefactive animal flesh into the human organism, and are raising a warning voice against it, as a few quotations will show:—

"It is a vulgar error to regard meat in any form as necessary to life. All that is necessary to the human body can be supplied by the vegetable kingdom."

SIR H. THOMPSON, M.D., F.R.C.S.

"Every element, whether mineral or organic, which is required for nutrition is found in the vegetable kingdom."

EDWARD SMITH, M.B., F.R.S., LL.B.

"Animal diet is not essential to man."

LORD PLAYFAIR, M.D., C.B.

"One-fifth of the total amount of meat consumed is derived from animals killed in a state of malignant or chronic disease."—PROFESSOR GAMZIE, *Fifth Report to the Privy Council*.

"Tubercular phthisis, so prevalent in England, appears to be due to the excessive use of animal food, and when there is a tendency to consumption in the young, it should be counteracted by strictly adhering to a diet of the farinacea and ripe fruits."

DR. BUCHAN.

"All the bloodshed caused by the warlike disposition of Napoleon is as nothing compared to the *myriads of persons who have sunk into their graves through a misplaced confidence in the value of beef tea.*"

DR. MILNER FOTHERGILL.