

scrofulous affections, or a general disease of the glands, is caused by want of nutritious food. Scrofula is common among the poor, and those supported on weak broths and coarse bread. It is often produced among the children of charitable establishments, when but little or no animal food is allowed. This and other diseases have been caused by diminishing the nourishment, and withdrawing animal food, in prisons and penitentiaries, and has ceased on returning to better diet. It may be said that the Irish, some of whom live mostly on potatoes, are healthy.—This is incorrect. Probably in no other country is there as much sickness as in Ireland. A late medical writer estimates the amount of cases of fever alone in Ireland, at one hundred and eight thousand, or one in seventy-two of the population. The fever that rages there is of a low typhus kind, and has been attributed to the enfeebled state of the inhabitants, caused by want of nourishment. Contrast with this, a statement made by Dr. Tweedie, physician to the Fever Hospital in London, that, though almost every description of mechanics had been at some period admitted there, yet he adds, "I do not recollect a single instance of a butcher being sent to the establishment." Similar observations have been made at other hospitals.

In hot climates, animal food is not so necessary—the appetite does not naturally crave it. In such climates vegetable food appears to be sufficiently stimulating. So some individuals in cold climates do not require animal food, and some may have better health by abstaining from it. But such instances, I suspect, are extremely rare, especially among

children in good health, who require when growing much invigorating nutriment. Let me therefore entreat those who have the care of children, to be careful of denying their requests for food; but, on the contrary, be mindful to supply them with an abundance that is nutritious. I beseech them to be guided by the same common sense and experience which guides farmers in their endeavors to raise large and handsome animals.—To make children grow well and become vigorous and healthy—to make fine animals of them—is the first duty of their parents and guardians.

As regards the influence of diet in producing the disease we are considering, it should be known that most European writers on this disease have stated, as a singular fact, that butchers and their families very rarely have consumption. Thackeray, in his excellent work on the '*Effects of Trades and Professions, on Health and Longevity*,' says:—'Butchers and the slaughter-men, their wives and errand-boys, almost all eat fresh cooked meat at least twice a day; they are plump and rosy, cheerful and good-natured. Consumption is remarkably rare among them. If we see a consumptive-looking youth among them, we generally find that his parents, aware of an hereditary disposition to consumption, brought him up to the business, with the hope of averting the formidable malady.' Many others have alluded to the fact that butchers are generally exempt from scrofula and consumption.

Let no one understand, from these remarks on diet, that I am an advocate for gluttony, or gormandizing, or that I deny evils do not result from over-eating. All I wish to have understood is, that I believe these evils