

nesses and so many premature deaths. Three meals a day of hearty food is exhausting to all the vital processes, and even the strongest succumb finally to this "wasteful and ridiculous excess."

Abundant material prosperity is in more ways than one the herald of disaster. Physical degeneracy always accompanies the increase of wealth and luxury in any nation, because human beings are so shortsighted that they give loose reins to the physical appetites, which swiftly lead downward.

Americans are a nation of brain-workers and so cannot safely indulge in high living. High thinking, or the constant use of the brain in any direction, calls for a plain but nourishing diet. Brain-workers, especially, ought to live sparingly. Lux-

urious feeders require much exercise in the open air and freedom from pressure on the brain.

For the aged, or even for those above fifty, luxurious living and over-eating are specially dangerous. As functional activity lessens with increasing years, the supply of food should be decreased accordingly. An over amount that might be borne without disturbance in earlier years often proves fatal in old age.

The hardest races live on the simplest fare. Frugality in diet, a minimum amount of the right quality serves far more certainly to prolong life, insure health and well-being, than a rich abundance and variety which are accountable in a large measure for the ill-health and dissatisfaction of the present time.

LEFT-SIDED AND RIGHT-SIDED DISEASE—INTERESTING AND PRACTICAL.

THERE is a distinct difference between the right and the left side of the body, unless this inequality has been in a measure overcome by training, as the New York Medical Journal says, "as in the case of pugilists and violin players." Anatomically, the human body presents asymmetry in its bony framework and in muscular development, while there is also a functional difference. The right is the side of most energetic activity. The left holds back, as it were, and is distinctly weaker.

The inequality of the lateral halves of the body has been carefully considered in its different aspects by Rollet, Malgaigne, Galippe, Giles de la Tourette, and others. Pathological conditions due to excessive development, such as exostoses, &c., or supernumerary organs, are commonly on the right side; rarely on the left. The left side is the chosen site of malignant disease, of abnormalities due to delayed union or arrested development, and of degenerative tissue change. Man goes to pieces on the left side with such surprising facility that the prognosis in left-sided disease is much less favorable than in disorders of the right side. In the *Gazette des hôpitaux*

for September 6, 1890, Dr. Broussolle, of Dijon, records numerous facts and personal observations to prove that the work of physicians and surgeons is chiefly to the left of the median line. Of organs in pairs when one alone is attacked by disease, it is usually the left. In the case of single organs, those on the left side are the preferred victims. Unilateral pulmonary phthisis, for instance, beginning on the left side, runs a more rapid course than when the disease manifests itself first in the right lung, when the pathological process is comparatively slow and the outlook much more hopeful. Cancerous degeneration of the subclavicular lymphatic glands following abdominal carcinoma was recorded in twenty-one on the left side, out of a total of twenty-seven. In the course of left-sided carcinoma of the abdominal parietes that afterward attacked the thoracic wall, there was carcinomatous degeneration of the cervical and inguinal glands of the left side only. At no time did the disease cross the median line, and the autopsy revealed the total absence of all visceral lesion on the right side. Cerebral hæmorrhage is generally into the left hemisphere; hence the frequency of right-