

Prof. Berry sums up his experiments in part as follows:—

“I.—Bodily strength is not affected by high or low protein diets.

“II.—Endurance seems to be increased by a low protein diet.

“III.—Weight is not altered by a high or low protein diet, unless the individual is already over-weight, in which case a low-protein diet tends to reduce the weight.

“IV.—Clinical evidence indicates a greatly improved condition of general health in middle-aged men in sedentary occupations, on a low-protein diet.

“V.—The diet giving the greatest bodily efficiency for the average man would be one moderately low in protein.”

These results are no doubt disturbing to many who still cling to the flesh eating regime, and love “the flesh-pots of Egypt,” but as they were the work of two able dieticians, they must carry considerable weight, and force a change of mind as to the full value of flesh as a food, when a high state of physical endurance is sought for.

#### THE BUILD OR PHYSIQUE OF THE MAN.

While it is not yet possible to prescribe a diet which will suit absolutely every need of one particular person, any more than it is possible to make a last from which a boot can be turned off which would fit to perfection the foot of every man in an army, we are, however, able to measure to some extent the requirements of some types of individuals. We know that the tall, thin, wiry, active man requires more food than the short, fat, individual. The former having much greater surface for radiation and possessing more tissue of a particular kind requiring a greater quantity of fuel.

Hence more foods as carbohydrates and fats are necessary in order to furnish the needed energy and supply the bodily heat.

The short, fat individual, on the other hand, will not exert the same amount of energy and so will not call for the same amount of energy-producing foods. Should our short, stout type be called upon to go through severe exertion, his larger quantity of stored-up energy in the form of fatty tissue