

vanced life for lessening the effects of age, in certain cases of insanity, and in many derangements of the nutrient and excretory organs. Animals at death—after being slaughtered, retain in the fluids and tissues of the carcase a large amount of excretory matters which, it is probable, give rise to the poisonous ptomines so soon formed after death; and which would soon have been eliminated by the excretory organs of the animal—the kidneys, skin, liver, etc.—had it not been slaughtered. Dujardin-Beaumetz, in a recent lecture in Paris, said: “As soon as death smites the living being, and at the very instant when death appears, the ptomines manifest their presence. At first non-toxic (non-poisonous), they become toxic from the fourth or fifth day which follows death. . . . As man consumes a great quantity of animal substances whose time of killing often goes back to eight or ten days, it is easy to understand what a fruitful source of poisoning may be here found; this danger is avoided by those who adopt the vegetarian regimen.” By toxins the Dr. does not

mean active poisons, but such as produce a gradual deleterious effect upon the human organisms. He continues: “Hence, a vegetable diet becomes obligatory whenever, by the bad functioning of the kidneys or digestive tube, the toxins may accumulate in the economy.” This diet “reduces to a minimum the toxins which enter the economy by the food. The affections of the digestive tube or of the stomach, to which it is applicable, are numerous.”

“To sum up, and as the conclusion of this lecture, I would say, if from an anthropological and physiological point of view, man is omnivorous, and may, according to climates and according to his necessities, live on a flesh diet, or on a mixed diet, or a vegetable diet, from a therapeutic point of view the latter regimen, as applied to our climates, constitutes a very important method of treatment, which is demanded in a great many gastric and kidney, as well as general diseases.

HOW ABOUT YOUR NEIGHBOUR?

“MIND your own business” are words conveying most excellent advice in nearly all circumstances, but what one’s own business really is, has never been, it appears, very clearly defined, and there is one condition or relation in which one is not only justified in prying a little into one’s neighbour’s affairs but in which this becomes an indispensable duty. No matter how healthy and vigorous you may habitually be, “dear reader,” or how judicious, sensible and careful you may be in relation to your own individual health, and that too of your family, a careless, selfish or ignorant neighbour, if not closely looked after, may inflict you with a most malignant or fatal disease. You may even suspect such a neighbour, and avoid him and strive to keep your children away from him and from his, but unknowingly you may seat yourself on the cushioned car or cab seat which he has just infected by sitting on it

for a time or you may stand beside him in a shop or market-place long enough for him to infect you; he may, all unintentionally, infect your well, or you may buy from some such one infected food. Your children, in spite of your utmost care, may chance to play or be long enough in contact with his to become infected with a fatal type of scarlet fever or diphtheria. You must, therefore, to a certain extent or in certain circumstances, mind your neighbour’s business, or you may suffer terribly for neglecting to do so. In other words, what should be your neighbour’s business becomes in these circumstances your own business.

In well organized communities special health officers, called inspectors, are employed to look after the neighbours. The position or function of an inspector is an exceedingly important one, therefore, and a man of special fitness, special ability with tact and good common sense, must