

MACROBIOTICS AND EUBANICS.

The *Evening Post* (says the *Scientific American*) makes a translation from a portion of an interesting little book in the German language published at Bonn, from the pen of Dr. Wilhelm Schmœle, well known in this country as a physician of eminent acquirements, which is likely to attract a good deal of attention. The work is entitled 'Macrobiotics and Eubanics'—Macrobiotics being the art of prolonging life, and Eubanics being the art of walking well.

Dr. Schmœle explains, in that part of the book which relates to Microbiotics, the germinal and progressive phenomena of human life from birth to death, and the organic and chemical nature of vital processes, seeking to discover inductively what physicians call the 'indications' for treatment with a view to the checking of decay after middle life, when, as we all know, there is a constantly increasing excess of demand over supply in the matter of vitality. Dr. Schmœle is convinced that in addition to the influence of hygienic living, specific means may be profitably employed in checking this decline of vitality, postponing death from vital exhaustion, and especially adding vigor and efficiency to body and mind in advanced age. In common with physicians generally he holds that the infirmities of age come earlier and are greater than need be, and his effort has been to find in observed facts the reason and the remedy for this. He regards the free use of citric acid, in the form of lemon juice, and of lactic acid in the form of sour milk of every kind, as the remedies most plainly called for by the facts scientifically considered.

In considering the effect of certain abnormal influences in increasing the rapidity of decay, the author suggests some of the principles of a broader theory of diagnosis and treatment which it is his purpose to expound more fully to the profession in a future work, if life is spared to him.

In that part of the present treatise which relates to Eubanics a strong plea is made for systematic walking as a means of maintaining health. The abundance and the convenience of our means of transportation, the author believes, bring to modern life a serious danger in this respect. Unless we walk upon principle and in consequence of a conviction of the necessity of walking, we are liable to abandon the practice almost wholly in our haste and our self-indulgence. The author is convinced that there is danger here of