

but his hair was already nearly white. He had a bristling moustache, and was very fat and heavy bodied, as strong, active people tend to become when forced into inactivity. He mopped his forehead, and, breathing hard, inquired if I should be incommoded by his smoking."

You have here an artistic picture of the aspect of the kind of man I have in mind. He would naturally, from the state of his nutrition, have seborrhea, and consequently his hair would become by fifty not only gray, but white. Being naturally robust, he had stout hair, especially in the moustache. As a cripple he had become fat from inaction, which made him puff and perspire when in motion. There was also a catarrh of the upper respiratory passages, and the discomfort of short breathing was relieved by smoking. We have all of us often seen such people hurriedly fumble for their tobacco.

Anatole France also gives a good description of this class of man: "Notwithstanding his gray hair, he seemed to be in the full strength of his years. He had a smiling mouth and lively eyes, and the folds of his chin descended majestically down over his stock, that, through sympathy, had become as greasy as the neck spread over it."

Such men are not ascetics. They enjoy eating, and are apt to be devoted to highly spiced foods. They suffer from all sorts of ailments incident to their mode of life, such as rheumatism, gout, stone in the bladder, biliary calculi, and many irritating eruptions of the skin. At the same time they often are men of immense physical force, and are among the best positive workers in the world. They have a shorter life than nature intended, and may be said to literally dig their grave with their teeth. These vigorous individuals eat until they get that sense of fullness and repletion that comes from taking in a large bulk of food. They sometimes say that the long-drawn-out dinner of many courses is the only one that gives them entire satisfaction. Their vigorous digestive system enables them to turn this mass of food into nutritious juices that have to be disposed of either as units of work, or as excreta, or as fat. As these men grow fatter their capacity for work is lowered, but their voraciousness in eating continues. It is not infrequent for them to have spells of depression and melancholy, which they try to escape by drinking. While drunk they do not eat, and after such an enforced fast they crawl out as limp as a rag, but feeling infinitely better mentally. Beside going on a spree, they have another natural remedy, an attack of gout, in which their physician puts them on a low diet and a course of purgatives and alkalies. Such