

food for long periods suffer no digestive discomforts after two days, a proof, if one were needed, that it is our food which causes abnormal fermentation.

It is admitted generally that most people in health eat considerably more than their bodies require to maintain their weight and energy. It follows, then, that to reduce the amount of food must automatically reduce the amount of toxæmia. An extremely common experience is for a patient returning from a course of aperient waters at one of the Spas to find that regular action of the bowels rather than constipation is the result. This is no doubt because the chronic distention with gas interfered with regular peristaltic action, and also because the toxins had an inhibitory effect on Keith's motors. Therefore, to lessen fermentation is to lessen the need for aperients. It is a principle, then, that when a person suffers from abnormal digestive fermentation, the quantity of food must, for a time, at any rate, be reduced.

As to quality, it may be stated that "the more simple the meal, the more digestible." A meal of one course is more easily digested than the pig-trough meal of many courses formerly served in the hotel table d'hôtes. It follows that three meals in a day of one course each will be digested with less abnormal fermentation than three meals of several courses.

Though these simple meals are followed by less fermentation, how is it possible to get rid of the necessity for aperients? The answer would be, start with the bowels cleared by an aperient, and then to treat by diet. A diet which works very well is as follows: Breakfast, meat, ham, egg or fish, and bread and butter; luncheon, uncooked fruit only, any quantity; dinner, meat, fish and bread and butter. The luncheon of fruit is relied on to effect the necessary bowel action. Suppose no action results. Then one must go back a step further. A treatment similar to the "grape cure" will certainly be effective. In the "grape cure", as formerly carried on abroad, the patient eats nothing but grapes until mild aperient action is induced. Then gradually simple food in addition is given, and the grapes reduced. Sufficient grapes are, however, taken to keep up bowel action. A diet is soon reached where there are two simple meals, and a fruit meal. This is a diet which can be maintained, if necessary, for a long period, and allows, without harm, such occasional deviation as the claims of society or the craving of the individual demand.

There are advantages in an uncooked fruit meal other than nutritive and aperient ones. The fruit salts assist renal elimination. Adults, just as babies, thrive on live food. So much is this the fact that a raw fruit diet is being extensively used in certain circles at the present time.