

taneously. It is noteworthy that a man will allow his horses two hours for food and rest, but takes himself not much more than two minutes to bolt his food and bolt out again to work. What a waste of internal force there will be in getting rid of the food-lumps! Is not a man of more value than a horse?

Briefly, now, let us touch on the relation of dietetics to the three large classes of disease covered by such terms as Goitre, the Uric Acid diathesis, and Gastro-intestinal disease. Is it too much to claim that auto-intoxication is really at the bottom of *all three*? Incontestably it is as regards the last two; but I believe that chronic auto-intoxication is essential to the production of goitre, and that without it goitre is impossible, or at least improbable. Whatever influence water of a tainted sort may have in these cases, are they not all the subjects of chronic auto-intoxication, whether they arise in Switzerland, Derbyshire, or Manitoba? I may say this, that goitre is common amongst young and old women, but only occasional amongst men in Manitoba, and that some dozens of cases occur in my own district. My observation is that all cases of goitre suffer from auto-intoxication, and that the early cases improve permanently when the intestinal canal is swept and garnished and dietary precautions are taken.

Finally, as bearing more particularly on the uric acid diathesis, so common in the West, and on gastro-intestinal disorders, let me urge that our patients should be warned *in detail* against certain articles of diet. For instance, after the growing age, porridge, even of the best Scotch or Canadian oatmeal, may be positively poisonous, and often is, especially in hot weather. In like manner, the use of sugars, especially maple syrup, is far too frequent amongst adults, who imagine that they can do what they used to do in the good old "sugar-time" down in old Ontario. Eczema and "muscular rheumatism" are common results of over-doses of maple sugar. Uncooked apples, too, produce more auto-intoxication in the winter than any other article of diet among patients of all ages, because of the hereditary notion which holds that apples are "healthy" so long as you like to eat them. Are these fruits which are picked on the unripe side of the same value as fruits eaten when ripe on the tree? I think not. Likewise, while orange juice is excellent for human beings, we ought to advise our patients against swallowing the pulp. In many digestive canals the seeds, skins, or stones of currants, raisins, raspberries, saskatoons, blue-berries and cranberries will block the way by forming dense fermenting masses of a most dangerous character.

I am aware that some people think that these dietary doctrines