

the other hand, he is better fitted for sudden arduous exertion than are exclusive vegetable feeders." Hence a mixed diet is the rational one for man.

Bauer says: "The material effects of albumen and of fat in the system are in a certain sense opposed, for the former increases the tissue waste, and secondarily, the oxidation, while fat induces the opposite effect." Hence the beef (lean) and bread treatment for obesity.

Some authorities claim that an exclusive vegetable diet has a tendency to increase the deposition of salts in the tissues leading to arterio-sclerosis; but the evidence in this is not at all conclusive. On the other hand a very large per cent. of centurians were very sparse meat eaters.

In considering the effects of the residue, or waste, on the system, I shall define the waste as that part of ingested food which passes off undigested, or is undigestible. The amount of undigested food which is thrown off varies according to the amount of food ingested at a time, and the condition of the food. In many poorly prepared vegetable dishes rather a large percentage of digestible material, is thrown off owing to its being protected by indigestible cellulose. If cellulose is added to animal food, digestion is interfered with. The carbo-hydrates in wheaten flour, rice, macaroni, etc., are utilized to within 0.8 to 1.6 per cent., whereas as much as 8 to 18 per cent. of undigested residue passes out of the body from such food as black bread, potatoes, and the like. Moreover, hard, lignous substances, such as the bran of black and brown bread, provoke, by mechanical irritation, active intestinal peristalsis, which soon removes these substances from the action of the intestinal juices. For this reason, oat or wheat porridge is a good laxative when cooked only for a short time, while barley porridge is good in cases of diarrhoea. When large quantities of food are taken at once a larger percentage of digestible material is passed undigested. In the case of fats, however, large quantities may be taken without any increased percentage in loss. In considering the nutritive value, vegetable foods are as a rule more bulky than animal foods, hence tend to evacuate a greater amount of undigested residue. This is important in considering the food in cases of intestinal lesions.

In order to facilitate and abbreviate the consideration of the dietetic treatment of each disease, I shall group them into two main classes—acute and chronic; and after consider-