

vious to 1881 (I have not examined the records since), there had been a notable increase in the proportion of deaths from cancer. While in 1870 there was recorded one death from cancer in every 90 deaths from all causes, ten years later the proportion was one from cancer to every 61 from all causes. The increase was gradual and almost constant from year to year.

It is believed that the contagiums of disease only take root in those individuals in whose blood and other bodily fluids is to be found an excess of used up or waste matters owing to an over-taxing of the excretory organs from an over-abundant diet. Such excess of waste in the fluids is believed to form the soil or food for the germs of the disease.

Though not quite proven, as Pavy writes, "it is, nevertheless, highly probable, that gout is the offspring of an undue accumulation of imperfectly metamorphosed nitrogenous products within the body," from over-eating and drinking. It is believed that rheumatism and some forms of neuralgia are due to a like cause.

From an excessive consumption of albuminates, it is well known that congestions of the liver and other organs arise, and a general state of plethora is thereby produced. In this condition of the system inflammations of various sorts are easily set up, from a simple exciting cause, such as a slight cold or chill. In this connection I may refer to Dr. Paige's writings in the *Popular Science Monthly*.

He found that while subsisting on a diet consisting chiefly of fruit, vegetables, and bread he never took cold, though he tried to do so by skipping about in the rain and slush, sitting naked in the cold, and wearing wet clothes without under garments. I would not advise any one to try such experiments nor expose themselves unnecessarily in any way, but his experiments cor-

respond with my own experience. Moderation in diet lessens the susceptibility to "colds," while abstinence promotes their removal.

As bearing upon the effects of diet upon health, I may mention that an investigator on the Continent of Europe has recently stated a fact which I noticed, I think in the London *Medical Times*, that he found communities or nations that use cider freely as a drink, in a marked degree free from calculi (stony formations in the bladder and other organs).

In conclusion, I will but just allude to the many parasitic diseases in man caused by eating flesh containing the germs of the parasites. Trichinosis is not common in Canada, but Professor Osler, of Montreal, from investigations made by him in that city, as reported in the *Canada Medical and Surgical Journal*, and in the last July number of this JOURNAL, came to the conclusion that there were nearly two hundred cases of tapeworm in Montreal, due to eating measly pork and beef.

Some observations in reference to old age will be referred to on another occasion.

In the discussion which followed the reading of the paper, Drs. Oldright and Bryce asked questions in reference to the increase of cancer in Ontario. Mr. W.H. Lynch, of Danville, Que., mentioned the name of a gentleman who had not known what it was to have a cold for thirty years, and who attributed his exemption to a well regulated diet. Mr. Lynch also stated that he had known of a case of cancer cured by a most abstemious diet [now recommended by some physicians for the cure of acute rheumatism—Ed. S.J.] The Chairman, Dr. Sweetland, thought abstinence favored the removal of the effects of a cold, and suggested cool bathing as a good preventive. A number of other questions were asked and answered.