

mutton chop. He would be glad to see a sirloin of beef regularly on the Sunday dinner-table of every family in the land. Sir J. Crichton-Browne's good wishes for a plenteous supply of meat on the tables of poor men are creditable to his kindliness of heart; but sirloins of beef do not materialize from good wishes. The people to whom his remarks on overeating are addressed—the well-to-do classes of England, as sane as any similar classes in the world, see physicians to give them dietetic advice, which they sometimes follow. However, a great many of them have learned, by sad experience, that gormandizing ruins health and they use their intelligence to regulate the quantity and quality of their daily food. Dives need not become bilious or gouty because he is rich—simple, even vegetarian fare, may suit his system better than mutton chops or sirloins of beef. The banquets given the delegates of the International Peace Congress at the Hague last summer, though doubtless intended as the expression of kindly feeling, were disastrous to the health of some of the guests. These results of hospitality may have been due in part to the peculiar toothsome-ness of Dutch cookery; but the guests themselves were responsible for gormandizing, in a way which recalls what Roman history tells of the banquets of Nero. Should men of high intellectual attainments injure their chief capital—their wits—with gluttonous feeding? Better, by long odds, be an underfed workman, glad to get meat once a week, than be an overfed diplomat, who is forced to take emetics and purgatives to rid his body of the perilous stuff he has eaten, in order that Herr Van This or Frau Van That might be able to boast that he or she had entertained some members of the International Peace Congress.

Should Tea be Drunk at a Meal When Meat is Eaten?—

“When there is mechanical embarrassment of the heart by a distended and dilated stomach, there is danger of an attack of heart failure in elderly people in whom the heart has undergone degenerative changes.” A case illustrative of Broadbent's view, which we quote above, was reported in the press of London, Eng., last October. W. M. A., aged 62, a window-cleaner, who had been a teetotaller for thirty years, and an inveterate tea-drinker, ate a supper of boiled beef and afterwards had some tea (October 18, 1907). Early next morning he was taken ill and died before a doctor could be procured. An autopsy showed some thickening