

ence in the practical affairs of life, and it would be well if it were clearly understood by those who as guardians and teachers have to prepare the young for a career. We recently had our attention called to the case of a female teacher in a Board school whose health had broken down at her work, so that she was admitted to the hospital in a semicatatleptic condition, from which she recovered completely after a few weeks' rest. There were no signs of disease, but the girl had undertaken duties in school for which she had neither natural aptness nor special training. The same thing is often seen with the young man in business; he leaves school where he has worked indifferently at his lessons, and on entering the office he is obliged to work hard at duties that are strange to him, so that in a few weeks he becomes fatigued and then exhausted by an amount of work which those accustomed to the office

routine are trained to bear without difficulty. For such reasons it is a true line of policy to train, during their educational career, those who are delicate in structure or balance of brain, or suffer from neuroses, in order that in after life their strength may be adequate to bear the labours and the strains which would break down the system of an untrained man. It is a great aid to a training for special work when the man is able to acquire a command of some source of recreation such as music, some branch of literature, carpentry, or athletics, something that will give the brain a different set of impressions from those received in the routine life. Training properly conducted so as to develop all the faculties, and specially those that will be most called upon in the business of life, is the best means of guarding against failure of mental and physical power.—British Medical Journal.

VEGETARIANISM.

IT seems clear that our best Medical authorities are becoming more and more favorable to the use of less animal food in the dietary and a larger proportion of vegetable food. A German paper through "Good Health," gives the following articles on vegetarianism: It is a fact perhaps not generally understood, that the mode of life known as vegetarianism is steadily gaining ground, year by year attracting fresh adherents, forming new societies, issuing new periodicals, and in short, employing well-organized means of every kind to promulgate by example and exhortation its peculiar principles. Through its zealous and enthusiastic votaries it is therefore becoming familiar to the world as a distinctive system recognized by principles that certainly appeal most plausibly to what appear to be the plain indications of nature regarding man's physical life.

It is especially among the happy children reared under this system,—children whose stomachs are never made the sepulchres of animal matter,—that its advantages are most apparent. Rosy, intelligent, and light-hearted, enjoying full immunity from scrofula and "nerves," these children invariably present a very marked superiority over those raised on different principles.

In fact, Prof. Niemeyer, M. D., though no vegetarian himself, goes so far as to assert that "none but vegetarian mothers can produce really sound and healthy children."

Furthermore, it may be safely claimed that a man who from infancy has followed this mode of life, may count with certainty upon old age and a painless death. "Euthanasia" is the name applied to this natural and gradual falling asleep which sometimes accompanies, and was doubtless intended to crown, old age; and, in truth, all things teach us that gentle nature would have man drop from the great life-tree as peacefully and painlessly as the mature and beautiful leaf flutters from its stem on the late autumnal day.

"The being who lives unnaturally must meet early destruction," says Goethe; and in his work on longevity, the French philosopher, Flourens, declares that "in the luxurious and perverted mode of life common to this present age, man does not die, but kills himself." Alas! it must be admitted with Schopenhauer, "Man no longer comprehends the language of nature; it has become too simple for him."

And last, but not least, should vegetarianism strongly commend itself to the race of to-day, in consideration of the claim