

## INTRODUCTION.

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The population of the earth is estimated at 1,500,000,000, of which eighty-five per cent. are vegetarians, and fifteen per cent. eat flesh food. Of the latter, eighty-five per cent. of the females and sixty per cent. of the males are suffering from disease in some form. This is probably too low an estimate. With the improved methods of determining the presence of disease at our command, it is doubtful if, among civilized nations, there could be found even ten healthy persons to the hundred, of either sex.

These pamphlets are not sent out with the expectation that the principles embodied therein will meet with *immediate* universal acceptance. The patient is not prepared to give up "the flesh-pots of Egypt" without a struggle; and the physician has not the courage to face the consequences following from the acceptance of the fact that drug medication and drug poisoning are synonymous.