

daily, at the end of 140 days there was marked arterio-sclerosis of the vessels of the upper part of the body. Toxins, the third factor, were divided into endogenous and exogenous, and of these the former were the most important. These were the waste products, the clinkers or ashes, which irritated the endothelium and kept up a high tension. Too much food was eaten, as if we were stoking our engines to draw the Edinburgh express, and then put them in the station yard or to draw trucks. Quakers, temperate in drink, were not so in food, and were specially liable to arterio-sclerosis. The theories of intestinal intoxication, as promulgated by Metchnikoff, and earlier by Glisson, had led to the lactic acid and sour-milk treatment. Of the exogenous toxins, those of the specific fevers were the most important and could cause degeneration even in children. Alcohol, tea, coffee, and tobacco were other types of exogenous toxins. For those with tendencies towards arterio-sclerosis, the guiding motto was: "Nothing too much"—the life of the tortoise, not that of the hare.—*Med. Review of Reviews.*

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*Collier's* for February 12th devotes considerable space to a consideration of the way in which the consumer is robbed by the practice of putting food of all kinds into cold storage, to be sold when winter comes on. The subject of whether food deteriorates to such an extent as to make it unfit for human consumption has not, to our knowledge, been thoroughly worked out. The carnivora, in a wild state, do not eat some food till it has begun to decay; in fact, were it not for the odor then disengaged they would be unable to find it. Savages have a liking for putrefying meat, and, among civilized people, many connoisseurs do not care for game till it has become indeed gamey. There is a story to the effect that Chinese epicures have a fancy for eggs fifty or a hundred years old; if this is true, the liking for such eggs must be a cultivated fad of the rich, for after the first year or so the rest of a century can have little effect.

What poisonous effect, if any, long keeping in a low temperature may have upon the carcasses of domestic animals, butter, cheese, eggs, etc., is at least as important a problem as the price of food so kept, and *pace* the antivivisectionists, some interesting dietary experiments might be inaugurated in the physiological laboratories—on lapdogs, for instance, who are more accustomed to high-priced food than most young children upon whom otherwise the results of such experiments are most likely to fall.

It is not unlikely that cold storage affects different articles of diet differently. While, for example, prolonged chilling has superb