

**THE EUGENIC
PROSPECT: NATIONAL
AND RACIAL**

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The eugenic prospect: national and racial by C. W. Saleeby

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C. W. SALEEBY

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PROSPECT: NATIONAL
AND RACIAL**

WHY DO WE DIE?

By T. BODLEY SCOTT, Author of "The Road to a Healthy Old Age." Crown 8vo., cloth. 6s. net.

We talk of the value and need of rest, but how few of us give our digestive organs the rest that is their need and their right. Most of us spend our time seeking life and enjoyment, but all the time committing physiological suicide. There seems to be an approximate law for the mammals, that the duration of life should be about five times the number of years they take to come to maturity. A horse takes five years to come to maturity and lives to twenty-five, and man takes about eighteen or nineteen years and should live to ninety or ninety-five. Dr. Scott's new book is a kind of recipe for a long life. He treats of the heart, the digestion, the relative value of food stuffs, what foods to avoid in certain conditions of health, the effects of alcohol and of nicotine, of neurasthenia and the important subject of thyroid medication, and many other matters interesting to all. A glossary is appended for the use of the non-medical reader.

T. FISHER UNWIN LTD. LONDON

THE EUGENIC PROSPECT: NATIONAL AND RACIAL . . . *By* C. W. SALEEBY, M.D., F.R.S. EDIN., F.Z.S.

FELLOW OF THE OBSTETRICAL SOCIETY OF EDINBURGH; A VICE-PRESIDENT AND VICE
CHAIRMAN OF THE NATIONAL COUNCIL OF PUBLIC MORALS; MEMBER OF THE NATIONAL
BIRTH-RATE COMMISSION, 1913-16, AND CHAIRMAN, 1918-20; MEMBER OF THE MEDICAL
COUNCIL OF THE PEOPLE'S LEAGUE OF HEALTH, LONDON; CHAIRMAN OF THE EXECUTIVE
OF THE WORLD LEAGUE AGAINST ALCOHOLISM, WASHINGTON.

*"Make no more giants, God,
But elevate the race at once."*

BROWNING.

H35915
28.5.45

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THIS BOOK
IS HUMBL Y DEDICATED
TO THE CAUSE OF ANGLO-AMERICAN FRIENDSHIP
FOR THE WEAL OF ALL MANKIND.

Years of the modern! years of the unperform'd!

What whispers are these, O lands, running ahead of you, passing
under the seas?

Are all nations communing? is there going to be but one heart
to the globe?

The perform'd America and Europe grow dim, retiring in shadow
behind me,

The unperform'd, more gigantic than ever, advance, advance
upon me.

WALT WHITMAN.

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