

**A SCIENTIFIC  
INVESTIGATION INTO  
VEGETARIANISM**

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A scientific investigation into vegetarianism by Jules Lef?vre

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**JULES LEFÈVRE**

**A SCIENTIFIC  
INVESTIGATION INTO  
VEGETARIANISM**



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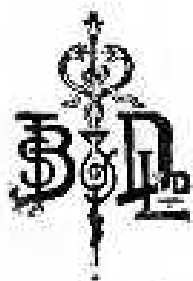
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# A Scientific Investigation into Vegetarianism

BY  
JULES LEFÈVRE

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AUTHORIZED TRANSLATION BY FRED ROTHWELL.



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## TRANSLATOR'S NOTE.

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DR. JULES LEFÈVRE has been compelled to coin a new word "végétalien"—which I feel I too must render by a new word "vegetalian"—in order to make a very necessary distinction between the three principal varieties of a non-flesh dietary: the fruitarian, which is self-explanatory and quite unambiguous; the ordinary accepted vegetarian, which includes the use of the animal products—butter, cheese, milk and eggs; and that diet which includes vegetables and fruit but rejects all animal products whatsoever.

It is this latter diet for which it is now necessary to use the word "vegetalian," the lack of some such term having increasingly been felt for many years by food reformers. I here express the hope that it may be accorded a place, seeing that it is the only expression which has hitherto been suggested as applying exclusively to this special category midway between the fruitarian and the vegetarian regime.

Would that some linguistic genius would speedily supply us with a new word for the much abused and widely misunderstood term "vegetarian" itself!

FRED ROTHWELL.



## PREFACE.

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UNDER pressure of the brute realities of the recent war, the minds of men have been compelled to adopt a wider outlook as regards diet. For the first time, many have had to break away from the shackles of flesh-eating prejudices and to consider the various substitutes for meat. In 1918, both at the *École de Médecine* and in the press, many encomiums were lavished on our quasi-official crusade in favour of a rational and a meatless diet. How many were converted by the demonstrations of the possibility of eating less flesh, and of the advantage of a vegetarian bill-of-fare?

As a matter of fact, vegetarianism constitutes a regime of health and strength which enables man throughout his life to utilize all his faculties to the full.

This light-bringing truth is also becoming increasingly manifest in official instruction. In his treatise on Diet, Armand Gautier stated in 1908 that vegetarianism should be practised "by all who pursue the ideal of building up and educating races intelligent and artistic, and at the same time prolific, vigorous and active."

May the reader become convinced of this truth as he reflects on the following pages, alike scientific and simple to understand. The advantage he will thereby gain will be a better recompense to us than any other could be.

J. L.

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# A SCIENTIFIC INVESTIGATION INTO VEGETARIANISM.

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## CHAPTER I. VEGETARIANISM AND STATISTICS.

### I.

#### *Historical Bases—Present Trend and Development.*

You may at one time or another have been present at a discussion on vegetarianism. Vegetarians, it is explained, are eccentric or mad, unpleasant and even dangerous to have dealings with. Born with a mania for contradiction, animated by a spirit that is half reform and half revolutionary, they claim to dictate that man shall feed on herbs and roots like a savage. Knowing little of the benefits of our progressive modern civilization, forgetful or ignorant of the data of science, they are determined to force upon us a painful asceticism by means of a diet that is repulsive, scarcely good enough for beasts of burden! Luckily the mad creatures are brought up against the good sense of the people and encounter only ironical smiles instead of a rich harvest of converts to a diet fit for cows and horses . . . . Hay and oats, what madness!

When your turn came, you insisted on the im-