

**THE PERFECT WAY IN DIET: A
TREATISE ADVOCATING A
RETURN TO THE NATURAL AND
ANCIENT FOOD OF OUR RACE**

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649026340

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Edited by Trieste Publishing Pty Ltd.
Cover @ 2017

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A TREATISE ADVOCATING A RETURN TO
THE NATURAL AND ANCIENT
FOOD OF OUR RACE

BY

ANNA KINGSFORD

DOCTOR OF MEDICINE OF THE FACULTY OF PARIS

FIFTH EDITION

LONDON

KEGAN PAUL, TRENCH, TRÜBNER, & CO. LTD.
PATERNOSTER HOUSE, CHARING CROSS ROAD

1892

INSCRIBED
TO THE MEMBERS OF
THE VEGETARIAN SOCIETY
BY
THEIR VICE-PRESIDENT
THE AUTHOR

PREFACE.

THE following treatise is a translation, revised and enlarged, of my 'Thèse pour le Doctorat,' which, under the title 'De l'Alimentation Végétale chez l'Homme,' I presented in the month of July, 1880, at the Faculté de Médecine of Paris on completing my medical studies and taking my degree.

The original thesis was published in Paris in the French language, and subsequently translated into German and issued with illustrative notes and other additions by Dr. A. Aderholdt. Encouraged by the success obtained by these two editions, and by the favourable notices they elicited from various foreign scientific and popular critics, I offer the present work to English readers, confident of a kindly welcome from the friends of the reform I advocate, and hopeful of a serious and intelligent

hearing from those who as yet are strangers to the merits of that reform.

The French and German editions of this treatise include an Appendix, containing short notices and citations from the works of the chief exponents and exemplars of the Pythagorean system of diet. In the present volume this Appendix is suppressed in favour of a forthcoming 'Catena of Authorities Denunciatory or Depreciatory of the Practice of Flesh-Eating,' by a 'Graduate of Cambridge'; an excellent and ample compendium to which the reader is referred.

That I have dwelt chiefly on the aspects, physical and social, of my subject, and touched but lightly on those moral and philosophical, is not, assuredly, because I regard these last as of lesser importance, but because their abstruse and recondite nature renders them unsuitable to a work intended for general reading.

Finally, if any into whose hands this book may fall, should be inclined to think me over-enthusiastic, or to stigmatise my views as 'Utopian,' I would ask him seriously to consider whether 'Utopia' be not indeed within the realisation of all who can imagine and love it, and whether, without

enthusiasm, any great cause was ever yet won for our race. Man is the master of the world, and may make it what he will. Into his hands it is delivered with all its mighty possibilities for good or evil, for happiness or misery. Following the monitions and devices of the sub-human, he may make of it—what indeed for some gentle and tender souls it has already become—a very hell; working with God and Nature, he may reconvert it into Paradise.

ANNA KINGSFORD, M.D.

11 CHAPEL STREET, PARK LANE,
Michasmas, 1851.

PROEM.

THE king stood in his hall of offering,
On either hand the white-robed Brahmans ranged
Muttered their mantras, feeding still the fire
Which roared upon the midmost altar. There
From scented woods flickered bright tongues of flame,
Hissing and curling as they licked the gifts
Of ghee and spices and the Soma juice,
The joy of Indra. Round about the pile
A slow, thick, scarlet streamlet smoked and ran,
Sucked by the sand, but ever rolling down,
The blood of bleating victims. One such lay,
A spotted goat, long-horned, its head bound back
With munja grass ; at its stretched throat the knife
Pressed by a priest, who murmured, ' This, dread gods
Of many yajnas, cometh as the crown
From Bimbasastra ; take ye joy to see
The spirted blood, and pleasure in the scent
Of rich flesh roasting 'mid the fragrant flames ;
Let the king's sins be laid upon this goat,
And let the fire consume them burning it,
For now I strike.'

But Buddha softly said,
' Let him not strike, great king !' and therewith loosed
The victim's bonds, none staying him, so great
His presence was. Then, craving leave, he spake
Of life, which all can take but none can give,
Life, which all creatures love and strive to keep,
Wonderful, dear, and pleasant unto each,
Even to the meanest ; yea, a boon to all