

**DIET IN RELATION
TO AGE
AND ACTIVITY**

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Diet in Relation to Age and Activity by Sir H. Thompson

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AGE AND ACTIVITY

BY

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PREFACE.

THIS paper on Diet appeared originally in the *Nineteenth Century* of May last.

It is now republished by permission of the Editor—with some slight additions—chiefly in response to very numerous demands made both to the publishers and to myself for its re-issue in a separate and easily accessible form. There is another motive for the reprint, and this is my own: viz. a profound conviction of

the importance of the subject, enhanced as it is by increasing experience of the soundness of the doctrine here set forth in relation thereto.

H. T.

WIMPOLE STREET, LONDON.

May, 1886.

D I E T

IN RELATION TO

AGE AND ACTIVITY.

ENOUGH, and more than enough perhaps, has been uttered concerning the prejudicial effects on the body of habitually using alcoholic beverages. It is rare now to find any one, well acquainted with human physiology, and capable of observing and appreciating the ordinary wants and usages of life around him, who does not believe that, with few exceptions, men and women are healthier and stronger, physically, intellectually, and morally, without such drinks than with them.

And confessedly there is little or nothing new to be said respecting a conclusion which has been so thoroughly investigated, discussed, and tested by experience, as this. It is useless, and indeed impolitic, in the well-intentioned effort to arouse public attention to the subject, to make exaggerated statements in relation thereto. But the important truth has still to be preached, repeated, and freshly illustrated, when possible, in every quarter of society, because a very natural bias to self-indulgence is always present to obscure men's views of those things which gratify it. While, in addition to this, an exceedingly clever commercial interest, of enormous influence and proportions, never ceases to vaunt its power to provide us with "the soundest,"

"purest," and—most to be suspected of all—with even "medically certified" forms of spirit, wine, and beer; a suggestion that these alcoholic products are specially adapted to the requirements of some physiological law supposed to demand their employment, and thus insinuating the semblance of a proof that they are generally valuable, or at least harmless, as an accompaniment of food at our daily meals.

It is not, however, with the evils of "drink" that I propose to deal here; they are thus alluded to because, in making a few observations on the kindred subject of food, I desire to commence with a remark on the comparison, so far as that is possible, between the deleterious effects on the body of erroneous views and practice