

FAILURES OF VEGETARIANISM

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Failures of Vegetarianism by Eustace H. Miles

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EUSTACE H. MILES

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BY

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1902

THIS BOOK IS DEDICATED TO
ALL THOSE WHO ARE OPEN
TO CONVICTION, AND ESPECI-
ALLY TO THE "VEGETARIAN"
CYCLISTS.



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PREFACE

"VEGETARIANS" say that "Vegetarianism" is a success, or (to put it more concretely) that they, the "Vegetarians", are successes. The outside public says that the cause is a failure, or that its representatives are failures. There is truth on both sides. The public is right if it says that "Vegetarianism" hitherto has been, comparatively, a failure. On the other hand, the "Vegetarians" are right if they say that the Simpler Foods ought to be, comparatively, a success.

The purpose of this little book is to state why and in what respects "Vegetarianism" has been a failure, and incidentally to state why and in what respects *the Simpler Foods, if properly chosen, are likely* to be a success.

The reader will notice at once that I take care to speak of 'The Simpler Foods'. To the general public—and I am writing for the general public as well as for "Vegetarians" and other highly-educated people—"Vegetarianism" means 'A Diet of Vege-

tables'. Few of us associate with the name those Simpler Foods which I make the *basis* of my own food-supply, e.g. cheese, Plasmon, and milled nuts. The name is misleading. It has misled hundreds, if not thousands, into a haphazard, unscientific, un-nourishing, bulky, indigestible diet of which the physical effects may be simply lamentable. I utterly refuse to be called a "Vegetarian", if only for this reason. I believe that I can live perfectly well without any vegetables at all.

The "Vegetarians" challenge us to invent a better name. I prefer to suggest that the public should itself invent a better name (see Appendix). But, to show that the task was not beyond common human intelligence, I asked them to contrast with their name "Vegetarianism", popularly interpreted as "The Diet of Vegetables", two alternative names, which were the first that occurred to me, and which *were never offered as at all satisfactory names.*

(1). **MAGNVS.**

M for Milk and Milk-products (e.g. Cheese and Plasmon).

A for Apples and other Fruits.

G for Grains and Grain-products (e.g. Hovis and Macaroni).

N for Nuts and Nut-products.

V for Vegetables.

S for Salads ; or, better still, for Stimulants to be avoided as far as shall be feasible.¹

(2). **P.U.R.E.**

(Not PURE, but four separate letters).

P for Proteid-containing (since, unless 'we have Proteid we die'), and, generally, nourishing.

U for Unstimulating.

R for Respecting higher life.

E for Economical.

The reader, after he has read the book, is asked to dismiss the words "Vegetarianism" and "Vegetarians" from his mind, and to consider whether the Simpler Foods, the MAGNVS-foods, the P.U.R.E.-foods, *properly chosen*, are not *likely* to be a success for him or her, individually, if only they be given a fair personal trial in the way which is outlined in Part III. of this book. As yet we know too little to enable us to guarantee success as certain. The very most that we have been able to do is to point to success as possible or probable, and to point to failure as the natural and logical result of a great deal which has passed under the name of "Vegetarianism". It is hoped that the suggestion will appeal not only to the general public but also

¹ See "Muscle, Brain, and Diet," p. 85.