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LETTER
ON CORPULENCE,

Addressed to the Public

BY WILLIAM BANTING.

FOURTH EDITION,

WITH PREFATORY REMARKS BY THE AUTHOR,
COPIOUS INFORMATION FROM CORRESPONDENTS, AND CONFIRMATORY EVIDENCE
OF THE BENEFIT OF THE DIETARY SYSTEM WHICH HE
RECOMMENDED TO PUBLIC NOTICE.

LONDON:
PUBLISHED BY HARRISON, 59, PALL MALL,
Bookseller to the Queen and H.R.H. the Prince of Wales.

1869.

PRICE ONE SHILLING.

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G. J. Whitnell.
J. C. C. 30. May 1871.

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HARRISON AND SONS,
PRINTERS IN ORDINARY TO HER MAJESTY,
ST. MARTIN'S LANE.

Printed for



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P R E F A C E.



IT is with no slight degree of pride and satisfaction that I presume to publish a fourth edition of my Letter on Corpulence, in the hope and belief that it may still further interest and benefit the Public. The preceding editions were composed and issued with all sorts of apparent defects and deformities from my utter inability to afford any *substantial* evidence of the merit and utility of the system beyond my own personal and short experience. Five years have now elapsed since the third edition was published. It has happily attained a world-wide circulation, and afforded me a vast amount of pleasure and gratification, derived from the conviction that I have been the means of bringing under public consideration and discussion one of the little known and much neglected laws of nature. The popularity of my unpretending *brochure* is manifest, not only in the surprising sale of no less than 63,000 copies, in this country alone, but by its translation into foreign languages and its large and rapid circulation in France, Germany, and the United States. In addition to this I have received nearly 2,000 very complimentary and grateful letters from all quarters of the world.

Feeling intense interest in a thorough examination of this important question, I solicited correspondence, in order

that I might obtain the fullest information from the experience of others. This, of course, has consumed a great deal of my time, as well as occasioned considerable expense. Fortunately, however, I had leisure, inclination, and means at my disposal, and considered it a privilege to employ them in the service of my fellow-creatures. The correspondence has been a great source of interest to myself, and I believe will likewise interest and benefit the public at large.

The great principle which Mr. William Harvey (my medical adviser), of Soho Square, inculcated, having been confirmed by my own personal experience, I was enabled to speak with perfect confidence, and I became invulnerable to the ridicule, contempt, or abuse which were not spared in the earlier stages of the discussion. I believe I have subdued my discourteous assailants by silence and patience; and I can now look with pity, not unmixed with sorrow, upon men of eminence who had the rashness and folly to designate the dietary system as "humbug," and to hold up to scorn the man who put it forth, although he never derived nor sought pecuniary or personal recompense, but simply desired, out of gratitude, to make known to other sufferers the remedy which he had found so efficacious to himself. I heartily thank the public press for the general fairness of its criticisms, and feel deeply indebted to the *Morning Advertiser* for its able article on 3rd October, 1865, when I was so sadly and unjustly attacked by certain prominent members of the British Association, whose feelings, now that the subject has been more widely and intelligently examined and discussed, I do not envy.

My sole objects in issuing a fourth edition are—

First.—To offer my further personal experience on the subject since I published the third edition in 1864.

Secondly.—To adduce some remarkable proofs of the benefits afforded to others by the dietary system, in verification of my own testimony.

Thirdly.—To apply any profits which may arise from its sale to various charitable objects, after the plan I followed with the unexpected gains of the third edition.

Fourthly.—To endeavour to found and endow a Convalescent Institution, a scheme of which is printed in full detail at the end of this book.

I have been strongly and frequently advised to publish some of the highly interesting reports I have received from correspondents, in proof of the great value of a proper dietary system in advanced life, and of the soundness of Mr. William Harvey's advice, which proved so beneficial to me; but I have hitherto refrained from doing so, under the belief that if the statement of my own personal experience was not credited, no weight would be attached to any other evidence which I could adduce. At length, however, I have yielded to the suggestion, and can only hope that this accumulated and unimpeachable evidence may prove interesting and convincing, even to the most resolute unbeliever.

It has been reported to me that many medical men have argued that I could not have consulted any eminent members of their fraternity on the subject of obesity. I beg leave emphatically to assure the public that, for the 20 years, previous to consulting Mr. Harvey, I had no occasion to consult a medical man, for any other ailments except those which are the inevitable consequences of corpulence; and that, although my medical advisers were neither few, nor of second-rate reputation, not one of them pointed out the real cause of my sufferings, nor proposed any effectual remedy, until I appealed to my friend, Mr. Harvey, the celebrated aurist, on account *only* of deafness.

I will not affirm that I said to each "pray remove my corpulence," for I had been told that it was, and really thought it to be, incurable; but all my disorders resulted from it, and Mr. Harvey was the first to acquaint me with the fact.

It is possible, and I think probable, that even Mr. Harvey

was somewhat surprised at the extraordinary and speedy result of my rigid adherence to his advice, because he had long before prescribed the proper dietary system to reduce or cure corpulence, but his patients having hitherto imprudently slighted his prescriptions, it was only my very strict compliance that completely proved the accuracy of his judgment. My only merit consists in entire obedience to Mr. Harvey's advice. To him alone belongs all the credit of the remedy. He was the first to lead me on to the true road of health, and I was probably the first of his many patients who kept to it.

I have never assumed the slightest medical knowledge, but, on the contrary, I have assured every correspondent that I was utterly ignorant of the physiological or chemical reasons for the wonderful results produced by the prescribed dietary; nor do I come before the public now with any pretensions whatever to such knowledge, but simply to offer my five past years' experience in confirmation of my original observations upon the great fact, backed by the experience of numerous correspondents in all classes of society, male and female, in the hope that the evidence which I have collected may induce medical and scientific men to promote a still wider knowledge of this important truth, "*that change of diet is frequently necessary in advancing and advanced life to secure good bodily health and comfort, particularly to the corpulent and obese.*"

It was unfortunate, and doubtless detrimental, in the early stages of my crusade against Corpulence, that theoretical writers in *Blackwood's Edinburgh Magazine*, and other influential periodicals, should have dwelt so strongly upon my four meals a day, *presuming they were four heavy meals*. No part of my pamphlet states this. Since attaining manhood I have been rather remarkable for the moderation of my meals, and I very much doubt if any man, in sound health, and actively occupied, has consumed less in the course of the twenty-four hours. I am thoroughly convinced, that it is

QUALITY alone which requires notice, and not *quantity*. This has been emphatically denied by some writers in the public papers, but I can confidently assert, upon the indisputable evidence of many of my correspondents, as well as my own, that they are mistaken.

I apprehend that people of larger frame and build may require a proportionately larger quantity of the prescribed diet, but they must be guided by their own judgment in the application of the principles laid down.

It was probably my misfortune, never to have heard of a celebrated work, *La Physiologie du Goût*, by Brillat Savarin, and other treatises by Bernard and Dancel; but I had full confidence that our own eminent medical men (second to none in Europe) were well informed of every new scientific fact discovered in Paris or elsewhere, and I never dreamed of consulting those foreign authorities, from whom, as the public press has since informed me, I might have obtained a remedy for the cure of Corpulence.

My unpretending letter on Corpulence has at least brought all these facts to the surface for public examination, and they have thereby had already a great share of attention, and will doubtless receive much more until the system is thoroughly understood and properly appreciated by every thinking man and woman in the civilized world.

I have been told, again and again, that the system was as old as the hills. I will not deny it, because I cannot; but I can say for myself and my many correspondents, that it was *quite new to us*; or some of us would doubtless have been recommended to practise it by medical advisers, as I have no doubt they are now, and as they surely will be hereafter more extensively.

Some writers have assumed that I had no great grievance in my corpulent state. Are failing sight and hearing, an umbilical rupture requiring a truss, bandages for weak knees and ankles, not serious grievances? Those only who have suffered from corpulence can adequately understand its

miseries or appreciate the merits of a system so admirably adapted to its relief.

My earnest, and indeed my only desire throughout has been to ventilate this question in the interest of humanity, and to ascertain not only the advantages of the system now called "Banting," but also any possible mischief in its application, and I am bound to say, that I have not met *with any case where harm has ensued from its practice under medical authority and supervision*. Two or three unfavourable results having been reported in the public papers, I instantly set to work to trace them, and proved them to have no better foundation than the frequent reports of my *death*. I may admit that about a month after the issue of the third edition, I received an abusive letter on the subject from an anonymous correspondent, who may flatter himself that he has preserved his incognito, but I venture to assure him that *he has not*, and that his abuse is no argument against the system, but simply a proof of his own want of manners and common sense.

In my desire to get at the whole truth, I sent a copy of my pamphlet to some of the leading professional men of the day, and I have received several kind and practical replies. A few of these will be found among the evidences I offer. One of these testimonies I cannot resist quoting here as well: "The rules of diet you found so beneficial have long been forced upon men who are under training for running, or prize fights; apparently, however, their especial efficacy was overlooked, because other rules relating to exercise, sweating, &c., were mixed up with them."

This plain, simple statement, in my opinion, unlocks the whole mystery, and solves the problem which had long slumbered, until my perseverance under Mr. Harvey's treatment happily brought it under complete examination.

No doubt the system was known, and had been practised, but only to promote muscular vigour in healthy people, for special objects, yet had never been applied to the unhealthy

and corpulent, because it was impossible for such people to take the necessary exercise and sweating. It is now proved that, by *proper diet alone*, the evils of corpulence may be removed without the addition of those active exercises, which are impossible to the sickly or unwieldy patient.

Another eminent medical man, whose letter will appear among the rest, was actually giving my pamphlets in the course of his practice. I was greatly surprised to hear of it, and wrote to ascertain the fact. He invited me to call on him, and showed me that my information was correct by pointing to a pile of them lying upon his table. He complimented me upon the publication, as it contained sound advice in cases like my own; and added, that the discovery was not Mr. Harvey's, but was derived from "Mons. Bernard, of Paris." I replied that Mr. Harvey had told me he had first derived his information from lectures which he had heard in Paris, by Mons. Bernard, in regard to diabetes, and some other complaints, but that he had himself applied it to cases of corpulency. He admitted that the simple record of my own experience of the value of the system had brought it to the clear light of day, and that if it had been written by a medical man, it would scarcely have been noticed by the general public at all.

Probably no one was ever subjected to more ridicule and abuse than I have been, in English as well as in foreign journals. My only object, however, has been the good of my fellow-creatures. To have accomplished this object, in any degree, is a sufficient reward for my expenditure of time and means, and an ample compensation for the insolent contempt of some, and the feeble ribaldry of others.

I certainly was somewhat astonished at one time, and not a little amused, to find that my death was generally reported, even to myself, by some who did not happen to know me personally; and, at another, to hear that I had been seriously ill and afflicted with boils, carbuncles, and other ailments, through my rigid pursuit of the dietary

system. I am, therefore, glad of this opportunity to state publicly (what hundreds of my friends can attest) that I do not know what gout or a headache is, that I have always ate, drank, and slept well, have had no carbuncles, boils, or any real illness whatever, since I began the system recommended by Mr. Harvey; indeed, the only ailment which I have had, was a little additional eruption in my hands in 1867, a discomfort by which I had been more or less troubled for years, but from which I was soon relieved, doubtless, by the continued pursuit of the dietary system. I have, therefore, offered no nostrum or quack remedy, but have simply stated the results of my following professional advice, and have only claimed for it a thorough examination by the public, and our highly intelligent medical professors; indeed, I recommended all *to consult their medical advisers* before adopting what I individually considered a perfectly harmless system. I knew nothing of causes, physiological or chemical, for the wondrous effects produced by a generous, in exchange for a meagre, dietary; but believed, as I still believe, that it is a simple remedy to reduce and destroy superfluous fat; that it may be an alleviation, if not a cure, of gout; that it prevents or eradicates carbuncles, boils, and the elements of dyspepsia; makes advanced life more enjoyable, and promotes longevity. I consider my general health extraordinary; indeed, I meet with few men at 72 years of age who have so little cause to complain. I trust, therefore, that if any future adverse reports of my health and condition should arise, they may be communicated to me through the Post-office, that I may be able at once to contradict, if possible, such silly rumours. I cannot, now, retract anything I have written on the subject, and hence the publication of a fourth edition, *condensed*, with such observations as five years' subsequent experience enables me to offer in verification of its general honesty and truth.

I have no doubt there is already a considerable reduction in the number of my corpulent and otherwise afflicted

brethren, through the rigid or even partial adherence to the dietary called "Banting," but I have seen still far too many in my rambles about England, and to all such I trust the publication of a fourth edition of my pamphlet may be useful. I earnestly recommend any so afflicted, who choose to make trial of the system, to be accurately weighed, after consulting some medical adviser, before beginning it; and, again, at the end of seven days, during which short period the chief and most extraordinary diminution of weight occurs. This will be ample time to convince the most sceptical of its merit and utility, and thereby give increased confidence to its further pursuit, under medical sanction. So short a trial of superior in exchange for inferior, or more simple diet, can surely do no great harm to the human frame, should the grievance arise from other causes than undue corpulence; but I believe medical men will be found in all quarters of the world who have been induced to investigate this important subject of late years, and that in consequence the public generally will now be more properly advised on the subject.

Many hundred appeals have been made to me to furnish correspondents with the prescription for the morning cordial, of which I spoke so highly. I could only prudently reply, that it was of an alkaline character, and refer them to their medical adviser, as what suited me might not suit them.

It may, however, save further trouble if I now print it in detail:—

R	Mag. Carbon	3j
	Sp. Ammon. Arom.	3ij
	Tinct. Card. Comp.	3ij
	Aquæ distill.	3iij
	Mis. cochl. mag. j omni mane ex aqua.				

It is, however, of little public utility, as my medical adviser

does not prescribe it to all alike indiscriminately, but it may probably allay public curiosity.

It is, perhaps, of small consequence to the public, but it is a question of great importance to me, to show that I have kept faith with them, and may be relied upon for the future; I therefore invite their attention to the cost of the publication, and to the manner in which the profits have been expended.

The first edition of 1,000 copies of my pamphlet I presented to clubs, learned and medical societies, and to the public. The second edition, or 1,000 copies, I also gave to the public; and 500 copies of the last I directed to be sold for the benefit of my Printers' Sick Fund, as I found that some preferred to purchase them.

These, and the distribution, cost me about £40, for which I did not expect or receive one penny in return.

I was advised that, to pay for the expense of printing, publishing, and advertising a third edition, of 20,000 copies, I should charge for them one shilling each, but as pecuniary advantage was neither my desire nor aim, I determined to issue them at sixpence each, and rather lose by it than think of profit. The sale, however, increased so wonderfully, that at the end of eight months 50,000 copies were sold, with a result which the press kindly published at the time.

Since that period 13,000 more copies have been sold, and I have increased pleasure and satisfaction in reporting the following total result:—

£ s. d.

Received—

By the sale of 63,000 copies, as 58,154, or	
4,846 dozens, and 2 copies, according to	
the trade custom, at 4s. per dozen	.. 969 4 8

Paid—

£ s. d.

For setting, correcting, casting,	
and printing 63,000 copies,	
bound in wrappers	633 13 0

	£	s.	d.	£	s.	d.
Brought forward ..	603	13	0	969	4	8
For advertising in the London and country papers, and in- cidental expenses	110	1	8			
				<u>743</u>	<u>14</u>	<u>8</u>
Leaving a profit to the Author of				£225	10	0

which I have had the gratification of distributing as follows:—

	£	s.	d.
To The Printers' Pension Society, at the Anniversary Dinner, in March, 1864, per Chas. Dickens, Esq.	50	0	0
„ Ditto, subsequently	2	10	0
„ The Royal Hospital for Incurables ..	50	0	0
„ The British Home for Incurables ..	50	0	0
„ The National Orthopædic Hospital ..	10	10	0
„ The City of London Truss Society ..	10	10	0
„ The West London Hospital	10	10	0
„ The Great Northern Hospital	10	10	0
„ The Epileptic Hospital	10	10	0
„ The Alexandra Institution for the Blind	10	10	0
„ The Sick Fund of the <i>Morning Advertiser</i>	5	0	0
„ The Sick Fund of my Printers' Esta- blishment	5	0	0
	<u>£225</u>	<u>10</u>	<u>0</u>

So much as regards the fortune which it was very generally reported that I had made by the “speculation”!!

It may possibly interest the public to know the result of my own proceedings and personal experience since I published my third edition in 1864. My weight has continued at about 11 stone, from which I have never varied more or less than 3 lbs., principally when I was experimenting to ascertain my own greatest dietetic enemy; and I have proved very satisfactorily that it is and was sugar and saccharine elements.

I have ascertained, by repeated experiments, that five ounces of sugar distributed equally over seven days, which is not an ounce per day, will augment my weight nearly one pound by the end of that short period. The other forbidden elements have not produced so extraordinary a result. In these, therefore, I am not so rigid. Some people (as will be seen by their letters) find other things detrimental. I never eat bread unless it is stale, cut thin, and well toasted. I very seldom take any butter, certainly not a pound in a year. I seldom take milk (though that called so, in London, is probably misnamed), and I am quite sure that I do not drink a gallon of it in the whole year. I occasionally eat a potato with my dinner, possibly to the extent of 1 lb. per week. I spoke of sherry as very admissible, and I am glad of this opportunity to say, that I have since discovered it promoted acidity. Perhaps the best sherry I could procure was not the *very* best, but I found weak light claret, or brandy, gin, and whisky, with water, suited me better; and I have been led to believe that fruit, however ripe, does not suit me so well taken raw as when cooked, without sugar. I find that vegetables of all kinds, grown above ground, ripened to maturity and well boiled, are admirable; but I avoid all roots, as carrot, turnip, parsnip, and beet. I have not taken any kind of medicine for eighteen months, and find that my dietary contains all the needful regimen which my system requires. In the firm belief and conviction that the *quality* in food is the chief desideratum, and that the question of *quantity* is mere moonshine, I take the most agreeable and savoury viands, meat and game pies, that my cook can concoct, with the best possible gravies, jellies, &c., the fat being skimmed off; but I never, or very rarely, take a morsel of pie or pudding crusts.

My bodily organization may be somewhat different from that of others; but the facts which I have related are indisputable, for they are the result of my own personal experience, which I have made known for the benefit of

others who have suffered, as I have done, and whose testimony of the efficacy of the remedy confirms my own.

Being fond of green peas, I take them daily in the season, and I gain 2 or 3 lbs. in weight as well as some little in bulk, but I soon lose both when their season is over. For this trespass I quite forgive myself.

The subjoined correspondence is only a portion of upwards of 1,800 letters which I have received. There is scarcely one out of the whole which does not breathe a spirit of pure thankfulness and gratitude for the benefits derived from the dietary system, and contain the most flattering encomiums on my character and motives. One or two, indeed, of a totally opposite character have reached me, and I would not have refrained from publishing them, had the writers not thought proper to deprive them of any authority by concealing their names. I had originally selected a much larger number for publication, but I fear that even these few may be tiresome to some readers, though I have abridged them as far as possible by omitting personal compliments, and irrelevant matter and enquiries, &c., of little importance to any but the writers. They will, however, I believe, be perused with interest by many others, who can select such facts from them as may apply to their own special cases.

A great many of these correspondents—indeed, some of the most interesting—have granted me full permission to print their names and addresses, in verification, and I have no doubt whatever that I could obtain the consent of nearly all to the free publication of their letters; but I consider it quite unnecessary to give more than the number and date of the respective letters, assuring the reader that these extracts have been faithfully made, and that I am ready to produce the originals to any person who applies to me in good faith and honesty of purpose to examine still further this very important subject.

I could certainly have wished that the crowning proof of the veracity and utility of my statements had emanated

from one of my own countrymen, but it was not to be, although one of them, as I have shown, unlocked the mystery and so far solved the great problem. I am indebted to a foreigner for this efficient service; and I now, in conclusion, request particular attention to the last article in this pamphlet, namely,—a lecture given before the King and Court of Wurtemberg, at Stuttgart, in December 1865, by the celebrated physician and professor, Dr. Niemeyer, which I have had very carefully translated.

I heartily thank that generous and able man for the valuable testimony which he has borne to the truth of the system, for the honour and credit which he has bestowed upon my medical adviser, Mr. William Harvey, and for his gratifying tribute to my own motives and conduct in publishing my experience to the world.

WILLIAM BANTING.

Kensington,
May, 1869.

CORPULENCE.

OF all the parasites that affect humanity I do not know of, nor can I imagine, any more distressing than that of Obesity, and, having emerged from a very long probation in this affliction, I am desirous of circulating my humble knowledge and experience for the benefit of other sufferers, with an earnest hope that it may lead to the same comfort and happiness I now feel under the extraordinary change,—which might almost be termed miraculous had it not been accomplished by the most simple common-sense means.

Obesity seems to me to have been very little understood or properly appreciated by the faculty and the public generally, or the former would long ere this have hit upon the cause for so lamentable a disease, and applied effective remedies, whilst the latter would

have spared their injudicious indulgence in remarks and sneers, frequently painful in society, and which, even on the strongest mind, have an unhappy effect; but I sincerely trust this final humble effort at exposition may lead to a still more perfect ventilation of the subject and a better feeling for the afflicted.

I had only my personal experience to offer as the stepping-stone to public investigation, and to proceed with my narrative of facts, earnestly hoping that the reader would patiently peruse and thoughtfully consider it, with forbearance for any fault of style or diction, and for any seeming presumption in publishing it, which I still entreat for this further edition.

I felt some difficulty in deciding on the proper and best course of action. At one time I thought the Editor of the *Lancet* would kindly publish a letter from me on the subject, but further reflection led me to doubt whether so insignificant an individual would be noticed without some special introduction. In the April number of the *Cornhill Magazine*, 1864, I read with much interest an article on the subject—defining tolerably well the effects, but offering no tangible remedy, or even positive solution of the problem—“What is the Cause of Obesity?” I was pleased with the article as a whole, but objected to some portions of it, and had prepared a letter to the Editor of that Magazine offering my experience on the subject, but again it struck me that an unknown individual like myself would have but little prospect of notice; so I finally resolved to publish and circulate the Pamphlet, with

no other reason, motive, or expectation than an earnest desire to help those who happened to be afflicted as I was, for that corpulence was remediable I was well convinced. The object I had in view impelled me to enter into minute particulars as well as general observations, and to revert to bygone years, in order to show that I had spared no pains nor expense to accomplish the great end of stopping and curing obesity.

Few men have led a more active life—bodily or mentally—from a constitutional anxiety for regularity, precision, and order, during fifty years' business career, from which I had retired, so that my corpulence and subsequent obesity were not through neglect of necessary bodily activity, nor from excessive eating, drinking, or self-indulgence of any kind, except that I partook of the simple aliments of bread, milk, butter, beer, sugar, and potatoes more freely than my age required, and hence, as I believe, the generation of the parasite, detrimental to comfort if not really to health.

I could not presume to descant on the bodily structural tissues, nor how they are supported and renovated, having no mind or power to enter into those questions, which properly belong to the wise heads of the faculty. None of my family on the side of either parent had any tendency to corpulence, and from my earliest years I had an inexpressible dread of such a calamity, so, when I was between thirty and forty years of age, finding a tendency to it creeping upon me, I consulted an eminent surgeon, now long deceased,—a kind per-

sonal friend,—who recommended increased bodily exertion before my ordinary daily labours began, and who thought rowing an excellent plan. I had the command of a good, heavy, safe boat, lived near the river, and adopted it for a couple of hours in the early morning. It is true I gained muscular vigour, but with it a prodigious appetite, which I was compelled to indulge, and consequently increased in weight, until my kind old friend advised me to forsake the exercise.

He soon afterwards died, and, as the tendency to corpulence remained, I consulted other high orthodox authorities (*never any inferior adviser*), but all in vain. I have tried sea air and bathing in various localities, with much walking exercise; taken gallons of physic and liquor potassæ, advisedly and abundantly; adopted riding on horseback; the waters and climate of Leamington many times, as well as those of Cheltenham and Harrogate frequently; have lived upon sixpence a-day, so to speak, and earned it, if bodily labour may be so construed; and have spared no trouble nor expense in consultations with the best authorities in the land, giving each and all a fair time for experiment, without any permanent remedy, as the evil still gradually increased.

I am under obligations to most of those advisers for the pains and interest they took in my case; but only to one for an effectual remedy.

When a corpulent man eats, drinks, and sleeps well, has no pain to complain of, and no particular organic disease, the judgment of able men seems paralyzed,—

for I have been generally informed that corpulence is one of the natural results of increasing years ; indeed, one of the ablest authorities in the land as a physician told me he had gained 1 lb. in weight every year since he attained manhood, and was not surprised at my condition, but advised more bodily exercise—vapour-baths and shampooing, in addition to the medicine given. Yet the evil still increased, and, like the parasite of barnacles on a ship, if it did not destroy the structure, it obstructed its fair, comfortable progress in the path of life.

I have been in dock, perhaps twenty times in as many years, for the reduction of this disease, and with little good effect—none lasting. Any one so afflicted is often subject to public remark, and though in conscience he may care little about it, I am confident no man labouring under obesity can be quite insensible to the sneers and remarks of the cruel and injudicious in public assemblies, public vehicles, or the ordinary street traffic ; nor to the annoyance of finding no adequate space in a public assembly if he should seek amusement or need refreshment, and therefore he naturally keeps away as much as possible from places where he is likely to be made the object of the taunts and remarks of others. I am as regardless of public remark as most men, but I have felt these difficulties and therefore avoided such circumscribed accommodation and notice, and by that means have been deprived of many advantages to health and comfort.

Although no very great size or weight, still I could

not stoop to tie my shoe, so to speak, nor attend to the little offices humanity requires without considerable pain and difficulty, which only the corpulent can understand; I have been compelled to go down stairs slowly backwards, to save the jar of increased weight upon the ankle and knee joints, and been obliged to puff and blow with every slight exertion, particularly that of going up stairs. I have spared no pains to remedy this by low living (*moderation and light food* was generally prescribed, but I had no direct bill of fare to know what was really intended), and that, consequently, brought the system into a low impoverished state, without decreasing corpulence, caused many obnoxious boils to appear, and two rather formidable carbuncles, for which I was ably operated upon *and fed into increased obesity*.

At this juncture (about nine years back) Turkish baths became the fashion, and I was advised to adopt them as a remedy. With the first few I found immense benefit in power and elasticity for walking exercise; so, believing that I had discovered the "philosopher's stone," I pursued them three times a-week till I had taken fifty, then less frequently (as I began to fancy, with some reason, that so many weakened my constitution) till I had taken ninety, but never succeeded in losing more than 6 lbs. weight during the whole course, and I gave up the plan as worthless; though I have full belief in their cleansing properties, and their value in colds, rheumatism, and many other ailments.

I then fancied increasing obesity materially affected

a slight umbilical rupture, if it did not cause it, and that another bodily ailment to which I had been subject was also augmented. This led me to other medical advisers, to whom I am also indebted for much kind consideration, though, unfortunately, they failed in relieving me. At last finding my sight failing and my hearing greatly impaired, in August, 1862, I consulted an eminent aural surgeon, who made light of the case, looked into my ears, sponged them internally, and blistered the outside, without the slightest benefit, neither inquiring into any of my bodily ailments, which he probably thought unnecessary, nor affording me even time to name them.

I was not at all satisfied, but, on the contrary, was in a worse plight than when I went to him ; however, he soon after left town for his annual holiday, which proved the greatest possible blessing to me, because it compelled me to seek other assistance, and, happily, I found the right man, who unhesitatingly said he believed my ailments were caused principally by corpulence, and prescribed a certain diet,—no medicine beyond a morning cordial as a corrective,—with immense effect and advantage both to my hearing and the decrease of my corpulency.

For the sake of argument and illustration I will presume that certain articles of ordinary diet, however beneficial in youth, are prejudicial in advanced life, like beans to a horse, whose common ordinary food is hay and corn. It may be useful food occasionally, under peculiar circumstances, but detrimental as a

X constancy. I will, therefore, adopt the analogy, and call such food human beans. The items from which I was advised to abstain as much as possible were:— Bread, butter, milk, sugar, beer, and potatoes, which had been the main (and, I thought, innocent) elements of my subsistence, or at all events they had for many years been adopted freely.

These, said my excellent adviser, contain starch and saccharine matter, tending to create fat, and should be avoided altogether. At the first blush it seemed to me that I had little left to live upon, but my kind friend soon showed me there was ample. I was only too happy to give the plan a fair trial, and, within a very few days, found immense benefit from it. It may better elucidate the dietary plan if I describe generally what I have sanction to take, and that man must be an extraordinary person who would desire a better table:—

For breakfast, at 9.0 A.M., I take five to six ounces of either beef, mutton, kidneys, broiled fish, bacon, or cold meat of any kind except pork or veal; a large cup of tea or coffee (without milk or sugar), a little biscuit, or one ounce of dry toast; making together six ounces solid, nine liquid.

For dinner, at 2.0 P.M., Five or six ounces of any fish except salmon, herrings, or eels, any meat except pork or veal, any vegetable except potato, parsnip, beetroot, turnip, or carrot, one ounce of dry toast, fruit out of a pudding not sweet-

X

ened, any kind of poultry or game, and two or three glasses of good claret, sherry, or Madeira—Champagne, port, and beer forbidden; making together ten to twelve ounces solid, and ten liquid.

For tea, at 6.0 P.M., Two or three ounces of cooked fruit, a rusk or two, and a cup of tea without milk or sugar; making two to four ounces solid, nine liquid.

For supper, at 9.0 P.M. Three or four ounces of meat or fish, similar to dinner, with a glass or two of claret or sherry and water; making four ounces solid and seven liquid.

For nightcap, if required, A tumbler of grog—(gin, whisky, or brandy, without sugar)—or a glass or two of claret or sherry.

This plan leads to an excellent night's rest, with from six to eight hours' sound sleep.

With the dry toast or rusk at breakfast and tea, I generally take a table spoonful of spirit to soften it, which may prove acceptable to others. Perhaps I do not wholly escape starchy or saccharine matter, but scrupulously avoid those beans, such as milk, sugar, beer, butter, &c., which are known to contain them.

On rising in the morning I did take a table spoonful of a special alkaline corrective cordial, in a wine-glass of water, a grateful draught, as it seemed to carry away all the dregs of acidity left in the stomach after digestion, which, after the first year's practice I left off gradually, and seldom now use.

Experience has taught me to believe that these human beans are the most insidious enemies man, with a tendency to corpulence in advanced life, can possess, though eminently friendly to youth. He may very prudently mount guard against such an enemy if he is not a fool to himself, and I fervently hope this truthful unvarnished tale may lead him to make a trial of the plan, which I sincerely recommend to public notice,—not with any ambitious motive, but in sincere good faith, to help my fellow-creatures to acquire the marvellous blessings I obtained within the short period of a few months.

I do not recommend every corpulent man to rush headlong into such a change of diet (*certainly not*), but to act advisedly and after full consultation with a physician.

My former dietary table was bread and milk for breakfast, or a pint of tea with plenty of milk, sugar, and buttered toast; meat, beer, much bread (of which I was always very fond) and pastry for dinner, the meal of tea similar to that of breakfast, and generally a fruit tart or bread and milk for supper. I had little comfort and far less sound sleep.

It certainly appears to me that my present dietary table is far superior to the former—more luxurious and liberal, independent of its blessed effect—but when it is proved to be more healthful, comparisons are simply ridiculous, and I can hardly imagine that any man, even in sound health, would choose the former, even if it were not an enemy; but, when it is shown to be, as in my

case, inimical both to health and comfort, I can hardly conceive there is any man who would not willingly avoid it. I can conscientiously assert that I never lived so well as under the new plan of dietary, which I should have formerly thought a dangerous extravagant trespass upon health ; I am very much better, bodily and mentally, pleased to believe that I hold the reins of health and comfort in my own hands, and, though at seventy-two years of age, I cannot expect to remain free from some coming natural infirmity that all flesh is heir to, I cannot at the present time complain of any, although six years older than when I wrote my first edition. It is simply miraculous, and I am thankful to Almighty Providence for directing me, through an extraordinary chance, to the care of a man who could work such a change in so short a time.

Oh ! that the faculty would look deeper into, and make themselves better acquainted with, the crying evil of obesity—that dreadful tormenting parasite on health and comfort. Their fellow-men might not then descend into premature graves, as I believe many do, from what is termed apoplexy, and certainly would not, during their sojourn on earth, endure so much bodily and consequently mental infirmity.

Corpulence, though giving no actual pain (as it appears to me), must naturally press with undue violence upon the bodily viscera, driving one part upon another, and stopping the free action of all. I am sure it did in my particular case, and the result of my experience is briefly as follows :—

I have not felt better in health than now for the last twenty-six years.

Have suffered no inconvenience whatever in the probational remedy or since.

Am reduced nearly 13 inches in bulk, and 50 lbs. in weight.

Can perform every necessary office for myself.

The umbilical rupture is cured.

My sight and hearing are suprising at my age.

My other bodily ailments have become mere matters of history.

I placed a thank-offering of £50 in the hands of my kind medical adviser for distribution amongst his favourite hospitals, after gladly paying his usual fees, and still remain under obligations for his care and attention, which I can never hope to repay. I am most thankful to Almighty Providence for mercies received, and determined still to press the case into public notice as a token of gratitude.

I am fully persuaded that thousands of our fellow-men might profit equally by a similar course to mine ; but, constitutions not being all alike, a different course of treatment may be advisable for the removal of so tormenting an affliction.

My kind and valued medical adviser is not a doctor for obesity, but stands on the pinnacle of fame in the treatment of another malady, which, as he well knows, is frequently induced by the disease of which I am speaking, and I most sincerely trust my corpulent friends (and there are thousands of corpulent people

whom I dare not so rank) may be led into my tram-road.

The very gradual reductions in my weight which I am able to show, may be interesting to many, and I have great pleasure in stating them, believing that they serve to demonstrate further the merit of the system pursued.

My weight on August 26, 1862, was 202 lbs. +

		lbs.		lbs.
On September	7,	it was 200,	having lost	2
"	27	"	197	" 3 more.
October	19	"	193	" 4 "
November	9	"	190	" 3 "
December	3	"	187	" 3 "
"	24	"	184	" 3 "
Jan. 14, 1863		"	182	" 2 "
February	4	"	180	" 2 "
"	25	"	178	" 2 "
March	18	"	176	" 2 "
April	8	"	173	" 3 "
"	29	"	170	" 3 "
May	20	"	167	" 3 "
June	10	"	164	" 3 "
July	1	"	161	" 3 "
"	22	"	159	" 2 "
August	12	"	157	" 2 "
"	26	"	156	" 1 "
September	12	"	156	" 0 "

Total loss of weight in 12 months. . 46 lbs.

I have subsequently lost 4 lbs. more.

My diminished girth, in tailor phraseology, was hardly conceivable even by my own friends, or my respected medical adviser, until I put on my former clothing, over what I now wear, which is a thoroughly convincing proof of the remarkable change. These important desiderata have been attained by the most easy and comfortable means, with but little medicine, and almost entirely by a system of diet, which formerly I should have thought dangerously generous. I am told by all who know me that my personal appearance is greatly improved, and that I seem to bear the stamp of good health; this may be a matter of opinion or friendly remark, but I can honestly assert that I feel restored in health, "bodily and mentally," appear to have more muscular power and vigour, eat and drink with a good appetite, and sleep well. All symptoms of acidity, indigestion, and heartburn (with which I was frequently tormented) have vanished. I have left off using boot-hooks, and other such aids, which were indispensable, but being now able to stoop with ease and freedom, are unnecessary. I have lost the feeling of *occasional faintness*, and what I think a remarkable blessing and comfort is, that I have been able safely to leave off knee-bandages, which I had worn *necessarily* for many years, and given up the umbilical truss.

After publishing my Pamphlet, I felt constrained to send a copy of it to my former medical advisers, to ascertain their opinions on the subject. They did not dispute or question the propriety of the system, but

either dared not venture its practice upon a man of my age, or thought it too great a sacrifice of personal comfort to be generally advised or adopted, and none of them appeared to feel the fact of the misery of corpulence. One eminent physician, as I before stated, assured me that increasing weight was a necessary result of advancing years; another equally eminent to whom I had been directed by a very friendly third, who had most kindly but ineffectually failed in a remedy, added to my weight in a few weeks instead of abating the evil. These facts led me to believe the question was not sufficiently observed or even regarded.

The great charm and comfort of the system is, that its effects are palpable within a week of trial, which creates a natural stimulus to persevere for a few weeks more, when the fact becomes established beyond question.

I only entreat all persons suffering from corpulence to make a fair trial for just one clear month, as I am well convinced, they will afterwards pursue a course which yields such extraordinary benefit, till entirely and effectually relieved, and be it remembered, by the sacrifice merely of simple, for the advantage of more generous and comforting food. The simple dietary evidently adds fuel to corpulent fire, whereas the superior and liberal seems to extinguish it.

Many are practising the diet after consultation with their own medical advisers; some few have gone to mine, and others are practising upon their own con-

victions of the advantages detailed in the Pamphlet, though I recommend all to act advisedly, in case their constitutions should differ from mine.

I am now in that happy comfortable state that I do not hesitate to indulge in any fancy in regard to diet, but watch the consequences, and do not continue any course which adds to weight or bulk and consequent discomfort.

Is not the system suggestive to artists and men of sedentary employment who cannot spare time for exercise, consequently become corpulent, and clog the little muscular action with a superabundance of fat, thus easily avoided?

Pure genuine bread may be the staff of life as it is termed. It is so, particularly in youth, but I feel certain it is more wholesome in advanced life if thoroughly toasted, as I take it. My impression is, that any starchy or saccharine matter tends to the disease of corpulence in advanced life, and whether it be swallowed in a direct form or produced in the stomach by combination, that all things tending to these elements should be avoided, of course always under sound medical authority.

A kind friend has furnished me with a tabular statement in regard to weight as proportioned to stature, which may be interesting and useful to corpulent readers :—

STATURE.				WEIGHT.			
5	feet	1	should be	8	stone	8	or 120 lbs.
5	„	2	„	9	„	0	„ 126 „
5	„	3	„	9	„	7	„ 133 „
5	„	4	„	9	„	10	„ 136 „
5	„	5	„	10	„	2	„ 142 „
5	„	6	„	10	„	5	„ 145 „
5	„	7	„	10	„	8	„ 148 „
5	„	8	„	11	„	1	„ 155 „
5	„	9	„	11	„	8	„ 162 „
5	„	10	„	12	„	1	„ 169 „
5	„	11	„	12	„	6	„ 174 „
6	„	0	„	12	„	10	„ 178 „

This tabular statement, taken from a mean average of 2,648 healthy men, was formed and arranged for an Insurance Company by the late Dr. John Hutchinson. It answered as a pretty good standard, and insurances were regulated upon it. His calculations were made upon the volume of air passing in and out of the lungs, and this was his guide as to how far the various organs of the body were in health, and the lungs in particular. It may be viewed as some sort of probable rule, yet only as an average,—some in health weighing more by many pounds than others. It must not be looked upon as infallible, but only as a sort of general, reasonable, guide to Nature's great and mighty work.

On a general view of the question, I think it may be conceded that a frame of low stature was hardly intended to bear very heavy weight. Judging from this tabular statement I ought to be lighter than I am ; I shall not, however, covet or aim at such a result, nor, on the other hand, feel alarmed if I decrease a little more in weight and bulk.

I am certainly more sensitive to cold since I have lost the superabundant fat, but this is remediable by another garment, far more agreeable and satisfactory. Many of my friends said, as I progressed, " Oh ! you have done well so far, but take care you don't go too far." I fancy such a circumstance, with such a dietary, very unlikely, if not impossible, and I now say this after six years' experience ; but feeling that I have nearly attained the right standard of bulk and weight proportional to my stature and age, I should not hesitate to partake of a fattening dietary occasionally, to preserve that happy standard, if necessary ; but I shall always keep a careful watch upon myself to discover the effect, and act accordingly, so that, if I choose to spend a day or two with Dives, so to speak, I must not forget to devote the next to Lazarus.

Little do the faculty imagine the misery and bitterness to life through the parasite of corpulence or obesity.

The approach of corpulence is so gradual that, until it is far advanced, persons rarely become objects of attention. Many may have even congratulated themselves on their comely appearance, and refrained from

seeking advice or a remedy for that which they did not consider an evil, but an evil I can say most truly it is, when in much excess, and, in my opinion, it must arrive at that point, unless obviated by proper means.

Some, I believe, would willingly submit to even a violent remedy, so that an immediate benefit could be produced; this is not the object of the treatment, as it cannot but be dangerous (in my humble opinion) to reduce a disease of this nature suddenly; they are probably then too prone to despair of success, and consider it as unalterably connected with their constitution. *Many under this feeling doubtless return to their former habits, encouraged so to act by the ill-judged advice of friends who, I am persuaded (from the correspondence I have had on this most interesting subject), become unthinking accomplices in the misery of those whom they regard and esteem.*

It has also been remarked that such a dietary as mine was too good and expensive for a poor man, and that I had wholly lost sight of that class; but a very poor corpulent man is not so frequently met with, inasmuch as the poor cannot afford to procure the means for creating fat; but when the tendency does exist in that class, I have no doubt it can be remedied by abstinence from the forbidden articles, and a moderate indulgence in such cheap stimulants as may be recommended by a medical adviser, whom they have ample opportunities of consulting gratuitously.

I have a very strong feeling that gout (another terrible parasite upon humanity) might be greatly

relieved, if not cured, by this proper natural dietary, but not without advice.

The word "*parasite*" has been much commented upon, as inappropriate to any but a living creeping thing (of course I use the word in a figurative sense, as a burden to the flesh), but if fat is not an insidious creeping enemy, I do not know what is. I should have equally applied the word to gout, rheumatism, dropsy, and many other diseases.

One material point I should be glad to impress on my corpulent readers—it is, to get accurately weighed at starting upon the fresh system, and continue to do so weekly or monthly, for the change will be so truly palpable by this course of examination, that it will arm them with perfect confidence in the merit and ultimate success of the plan. I deeply regret not having secured a photographic portrait of my original figure in 1862, to place in juxta-position with one of my present form. It might have amused some, but certainly would have been very convincing to others, and astonishing to all, that such an effect should have been so readily and speedily produced by the simple method of exchanging a meagre for a generous dietary *under proper advice*.

I shall ever esteem it a great favour if persons relieved and cured, as I have been, will kindly let me know of it; the information will be truly gratifying to my mind. That the system is a great success, I have not a shadow of doubt from the numerous and grateful reports sent to me.

Some doubts have been expressed in regard to the

vanishing point of such a descending scale, but it is a remarkable fact that the great and most palpable diminution in weight and bulk occurs within the first forty-eight hours, the descent is then more gradual. My own experience, and that of others, assures me that if medical authority be first consulted as to the complaint, and such slight extraneous aid obtained as medicine can afford, nature will do her duty, and only her duty: first, by relieving herself of immediate pressure she will be enabled to move more freely in her own beautiful way; and secondly (the same course being pursued by the patient), to work speedy amelioration and final cure. The vanishing point is only when the disease is stopped and the parasite annihilated.

In my humble judgment, the dietary is the principal point in the treatment of Corpulence, and it appears to me, moreover, that if properly regulated it becomes in a certain sense a medicine. The system seems to me to attack only the superfluous deposit of fat, and, as my medical friend informs me, purges the blood, rendering it more pure and healthy, strengthens the muscles and bodily viscera, and, I feel quite convinced, sweetens life, if it does not prolong it.

As I find there are more Mr. Harveys than one concerned in the question of the cure for Corpulence, and as I have been much troubled by correspondents on the subject, I am glad of this opportunity to repeat that the medical adviser to whom I am so much indebted, is MR. WILLIAM HARVEY, F.R.C.S., of No. 2, Soho Square, London, W.

I have now finished my task, and trust my humble efforts may prove to be good seed well sown, that will fructify and produce a large harvest of benefit to my fellow-creatures. I also hope the faculty generally may be led more extensively to ventilate this question of corpulence or obesity, so that instead of a few able practitioners, there may be hundreds distributed in the various parts of the United Kingdom. In such case, I am persuaded that these diseases will be very rare.

WILLIAM BANTING.

Formerly of 27, St. James's Street, Piccadilly,

Now of No. 4, The Terrace, Kensington.

May, 1869.

CORRESPONDENCE.

From A GENTLEMAN.

27. July, 1863.

I HAVE pursued the plan recommended in your pamphlet, and I have derived much benefit from one week's trial of it.

217. November, 1863.

I BEG to report, for your information, that I have lost 20 lbs. in weight after four months' trial of the system.

From A WELL-KNOWN PROFESSIONAL GENTLEMAN.

31. July, 1863.

I HAD lost (when I last weighed nearly a fortnight ago) 22 lbs., and this in exactly four months, which is just about keeping pace with your downward course. I now weigh 214 lbs. When I went to Mr. Harvey I weighed 236 lbs. I have not got rid altogether of the heart palpitation, but in other respects I am much better and can take exercise without fatigue.

367. December, 1863.

SINCE I went to Mr. Harvey, on the 12 March, I have lost 26 lbs. weight; I can walk with perfect ease now, without feeling fatigue, any reasonable distance.

540. February, 1864.

MY health is satisfactory. I have lost 31 lbs. weight since I went to Mr. Harvey, and am all the better for it. I congratulate you on the fame you have acquired.

From THE PROPRIETOR OF AN HOTEL.

100. September, 1863.

I CAME across one of your pamphlets by accident, and went to work at your system at once, though I did not adhere strictly to it. I very soon found a change for the better. I am 6 ft. 3 in., 48 years of age, and weighed about 23 st. I am happy to say that, though I have not rigidly carried out all your rules, I am now

reduced to very little more than 20 st. I know several others who require your advice, and who want only to know how to avoid their infatuation for indiscriminate good living. I beg to thank you heartily for the benefit I have received from following your excellent precepts.

1000. May, 1864.

THOUGH I cannot report any more favourable results than when you last heard from me; as I have said before, I was fast increasing in size when I had the good fortune to meet with your world-renowned pamphlet, and have no doubt that I should by this time have attained the uncomfortable weight of something like 25 or 26 st. Formerly, if I ran up two flights of stairs, I gasped for breath, but I can now walk as well and as fast as most men. I am universally spoken of and pointed at about here as a remarkable specimen of the miraculous effects of your system, and am often stopped by a stranger and complimented on my very reduced appearance.

From A PHYSICIAN.

111. September, 1863.

I AM sure you will excuse my addressing you on the subject of your pamphlet, which I have read several times with the greatest interest and profit. I fully subscribe to and indorse every word you say in it, and I remarked to a friend, a few days ago, that I wished many medical publications were as clear as your essay. Without regulating one's diet, and especially omitting what you call the "human beans," it is impossible to get rid of as true a parasite as any other known to infest the human frame, namely, the surplus fat. Your pamphlet ought to be in every one's hands, and the medical gentleman you refer to, but not name, is one of the right sort, whose sagacity and common sense are so evident in what he prescribed for you, that he must be no ordinary man.

From A WELL-KNOWN SOLICITOR.

182. October, 1863.

DURING my temporary residence here, a friend kindly placed in my hands your "Letter on Corpulence." I have perused it with much interest, and (being a sufferer from corpulence) with gratitude also. I reside in ———, and am 67 years old, and during ten or twelve years have been gradually increasing in corpulency, until my life became almost a burthen to me. From being very active,

and fond of taking much walking exercise, I became unable to walk a distance of a few hundred yards without difficulty. My breathing was so impeded that I dreaded going to bed, and when there could only sleep at short intervals, propped up with pillows. I ate immoderately of bread. My medical man treated me for a disease of the heart, and impressed upon me the absolute necessity of quiet, both mentally and bodily. Still I obtained no relief. I could not stoop without difficulty. My pulse very irregular, seldom beating four times without intermission. I have since been following the system you recommend with the greatest advantage. I yesterday walked five miles, without feeling the least oppression at my heart or chest. I am much thinner, and go to bed rejoicing in the change. My object in now writing to you is to express how much the public are, in my opinion, indebted to you for your valuable suggestions, and to ask the name of the medical man who, so happily for you, placed you upon your present system.

From THE WIDOW OF A DISTINGUISHED BOTANIST.

118. September, 1863.

I CANNOT allow the fortnight during which I have followed your directions (I began pursuing your regimen on September 12) to close, without informing you of my progress, or rather my decrease; I wish I could prove the fact by weight, but I have experienced some difficulty in attaining any correct or even plausible approximation to my real weight, but all my clothes convince me, as does my maid's surprise and frequent remark, that I am very much shrunk since the 12th. A bracelet which I had discarded as *quite* too tight to be worn a year ago, now is not only wide enough, but quite loose on my wrist; my rings the same. I am highly pleased, and much obliged to you. Never did I sleep so well. Neither beer, butter, sugar, or potatoes have entered my mouth. My small allowance of bread is toasted very dry. I cannot say that I like my present diet, but that is of no consequence if it lessens the weight which my damaged leg has to carry.

From A LADY.

212. October, 1863.

YOUR very kind letter was duly received, but I waited to reply to it until I had really made a trial of the system in question. I paid Mr. Harvey three visits, and found him kind, and very interested in my case. I am adhering most strictly to the system, and already find a most wonderful change for the better has come over

me. I sleep better, and can walk with comparative comfort to myself, and, what is more, I have been putting on my shoes and stockings for *myself* the last week, a thing that I have not done without the greatest distress for the last year and more. I am, indeed, a faithful believer, and shall most rigidly adhere to the laws laid down, with true thankfulness.

987. May, 1864.

I ~~am~~ only too thankful to continue the dietary system, and the benefit I have derived is great indeed; it is making my life a comfort instead of a burthen. I have not seen or heard from the lady correspondent you speak of, but I wish to assure you how gladly I shall ever give my experience to any who may seek it. I am, "like yourself," full of gratitude.

From AN OLD ACQUAINTANCE.

225. November, 1863.

I HAVE to thank you on behalf of my friend Mr. ———, who has strictly adhered to the rules contained in your valuable pamphlet, and has so much decreased in size, and experienced such an absence of any gouty symptoms, that he has been enabled to go out shooting, which he had not done previously for upwards of two years.

From A LADY OF RANK.

255. November, 1863.

LADY ——— begs to thank Mr. Banting very much. The wonderful change for the better in Sir —. — in so short a time has proved to Lady ——— what the treatment and diet can do, honestly followed.

From A GENTLEMAN.

274 and 281. November, 1863.

WHILE I was on a visit to London about three weeks ago, I had the good fortune to have handed to me your excellent pamphlet on Corpulence, and I have adopted your method with much success and comfort to myself. I cannot, therefore, allow this opportunity to pass without conveying my sense of gratitude for your advice and dietary scale for the corpulent. I am only 30 years of age, but much inclined to get stout, and I suffered greatly from indigestion and biliousness until lately, from which complaints I am now comparatively quite free. I may mention that I lost 5 lbs. in weight in about sixteen days. I have a great demand for the book, and those that have acted as therein advised are most delighted and grateful. One young friend, who was getting very stout, reduced his weight

in ten days 5 lbs.—this is enormous—and, with me, he will never forget you as our best friend in the world.

From A GENTLEMAN IN A GOVERNMENT OFFICE.

278. November, 1863.

I AM reduced in ponderosity $3\frac{1}{2}$ lbs. since the 6th inst., making $5\frac{1}{2}$ lbs. altogether since October 23, when I commenced living on your dietary. General health and spirits greatly improved.

1,017. May, 1864.

I CAN give you a sound reason for not reporting myself to you ere this: I have been ill during the last month. My medical friend thought the dietary might have affected me, but when he learnt what it was, and had read the last edition of your book, he was loud in its praise, and said it was the very course he would advise not only to me, but to many other of his patients, who, he feared, were too fond of things prejudicial to adopt it. On October 23 last I weighed 17 st. 2 lbs. On 9 April, 16 st. $4\frac{1}{2}$ lbs, and this morning 16 st.

From A MEDICAL GENTLEMAN.

307. November, 1863.

I FEEL indebted to you for your pamphlet. I think, from the tenor of your directions, you dine at 1 o'clock. Being a medical man that hour will not suit me, so I substitute your tea for the dinner. I eat no supper, and take no night-cap. I have shrunk, in three weeks, from 14 st. 10 lbs. to 14 st. 3 lbs. (7 lbs.).

322. December, 1863.

I AM much obliged by your letter. I have lost 10 lbs. in weight since I began, and even begin to think I am only 25, my spirits are so different.

522. January, 1864.

ACCEPT my heartfelt thanks for the 3rd edition of your book on corpulency; you have indeed cause to be thankful for the great success of your efforts. I am certain I gradually decrease. I have several patients that are going to try it; one has begun, and though only a week at it, said to me yesterday, bless "that dear old man," as he was pleased to call you, I can breathe much better.

I do believe you have lit a candle that it will take all the time of the opposite party to put out, you have made people look at what they never looked at before.

614. February, 1864.

THIS is indeed leap year with me. Through your philanthropy, I hope I have leaped from fat to lean. I gradually decrease, and have lost 2 st. (28 lbs.) since I began, on October 24 last. I mean to go on with it, if I get as thin as a lamp post, provided I am as well as I am at the present time. I have had my waistcoats taken in 6 inches. I have nearly left off wine. I eat at dinner until I am satisfied, abstaining from potatoes and all forbidden fruits, and I do not feel as I used to do, "stuffed." You must excuse my vulgar phraseology, but I am only too willing to expose all my faults to broad daylight if I can make only one convert. I do most sincerely congratulate you upon the success of your movement.

681. March, 1864.

I WEIGH myself only every month, but I find I shrink 1 lb. a-week. I weighed on the 1st, 12 st. 9½ lbs., rather different, thanks to you, to 14 st. 10 lbs., in October, 1863.

1,464. October, 1864.

TWELVE months have passed over my head since I began your system. I call it, in justice to you, yours, however others may try to take the palm away. I maintain that you pioneered the way to reduce corpulency. It is true that the great "Prout" has treated most scientifically upon the subject, but the public were ignorant about it. Nine-tenths of the medical men of this country were ignorant about it—if not quite indifferent to it. I myself had read "Prout," and pencilled his remarks, over and over again, but had never reduced them to practice. Agree, if you like, that one "Savarin" wrote a book—"How to reduce Corpulency." Were the public acquainted with it? No! When I began I weighed 14 st. 10 lbs. At first I shrank very fast, and by May I weighed 12 st. 6 lbs. I then thought I might indulge, and did so, but I am sorry to say I did not perform it scientifically. I increased in one month 7 lbs. I am happy I am again on the decrease, weighing 12 st. 10 lbs. I never felt so well in my life. I am almost always up by 6 o'clock, A.M., and I am busy all day long, but do not walk very much. I eat a great many baked apples, but no sugar, save what saccharine matter is in the fruit, which I find has immensely relieved my itching of the skin, a species of lichen. I can truly say I never feel so well, or so fit for active exercise, as when I carry out the system to the letter. For the last ten years I have had regularly two attacks of gout in my back, and for the same period I have never known what it was to be free from pain in the back.

Since I fairly got under weigh in the noble bark the "Banting," I have not had one attack, or the BACK-ACHE.

From A GENTLEMAN.

321. December, 1863.

PUNCH introduced your name as a benefactor to stout gentlemen, and a friend, in fun or in malice, sent me your pamphlet, and it is with very great pleasure that I certify to its wonderful effect, all accomplished in a fortnight. I am sensibly thinner, breathe more freely, sleep better, and am released from the occasional faintness which formerly called for a glass of sherry. My doctor, I am confident, would not approve of my proceedings, but I'm satisfied myself.

760. March, 1864.

I HAVE felt reluctance to trespass upon you although you expressed your willingness to hear how I have proceeded under the regimen. I can truly say that I enjoy most excellent health, and have the comfort of being in reasonable compass; but my main object is to relate the thanks of my doctor for your pamphlet, which he has tested on two of his patients suffering under fatty asthma, and a month's treatment has rendered them unspeakably comfortable.

From A POOR LAUNDRESS, a Patient of the Ear Infirmary.

327. December, 1863. (Corrected in the spelling.)

I WENT to Mr. Harvey on October 2, for I have been deaf now about twelve months, but the last three months I got worse. I was under him three weeks, and my hearing was much better. Then Mr. Harvey had the kindness to ask me if my breath was troublesome. I said, yes, it is, and I have a very bad cough. I was very stout and bulky, and he asked me if I would like to disperse any of it? and I said, very much, and would obey his directions. He then told me what to do, and lent me a book for a fortnight. I went by the rules in the book, as far as my means would allow, and then took it back, and told him my breath and cough were much better than they had been for the last six years. I thanked him for the use of the book, and he told me I might keep it, and thank you for the benefit I had received. I weighed 16 st. 5 lbs., and twelve months ago I weighed 17 st. 5 lbs. I now feel better, have more appetite, can go about much better than when I was 50. I am 62 years of age, have been under several medical gentlemen, but I never felt so much comfort and ease as at the present time.

From AN OFFICER IN THE ARMY.

334. December, 1863.

I HAVE read with much interest your able letter on the subject of Corpulence. I have been induced to give your self-dietary system a fair trial, and, I am happy to add, with considerable advantage hitherto. It is scarcely a fortnight since I commenced the course, and already my weight is reduced more than 5 lbs. I must tell you that I had long discontinued the use of potatoes and beer. In addition to the reduction of weight mentioned, I suffer much less than I did from acidity or bile.

From A CELEBRATED LONDON TRADESMAN.

343. December, 1863.

ABOUT six months ago, our mutual friend, Mr. ———, placed in my hands a copy of your pamphlet on Corpulency. At that time I weighed 19 st., and although I have but partially carried out the regimen therein laid down, I find my weight reduced 18 lbs. This happy result has been obtained by abstaining from the use of milk, sugar, beer, and potatoes. Unfortunately, I cannot give up the use of bread, or the reduction would, no doubt, be much greater. Need I say how happy I feel at the result of this but partial trial of your system, and how grateful I feel towards you as a positive benefactor to the human race?

From A RETIRED MEDICAL PRACTITIONER.

353. December, 1863.

SINCE I last saw you I have been following your valuable advice as far as I could, and certainly with decided benefit. I have mentioned your book to many, and I hope to be able to induce all full-bodied persons of my acquaintance to become converts.

From A LADY.

364. December, 1863.

I TOOK the liberty of writing to you about six weeks ago, to ask you to be so kind as to tell me the name of your clever medical adviser, of whom you spoke so highly in your valuable pamphlet. I immediately consulted Mr. Harvey, and now write to offer you my repeated thanks for having been the means of my doing so, as I have, even in this short time, experienced the greatest benefit from his dietary and medicine.

MEMO.—*It is rather singular that this lady should first have heard of my pamphlet from a relation, who had received a copy and*

thrown it into his waste-paper basket. When this lady complained of her condition incidentally to him, he thought the book might amuse her, and gave it to her from the basket. Her observation, after adopting the regimen for a fortnight, was, that the improvement was so singular, she could scarcely have expected it in so short a period, and that, although her relation had done many benevolent acts before, yet none was equal to that of taking this pamphlet from his waste basket and sending it to her.

1793. October, 1865.

THE fact of my having left London for some months was the reason of the long delay in my replying to your letter of the 2nd instant, which has only this day reached me, and I now lose no time in thanking you for it. After the expiration of more than a year, I gratefully acknowledge myself your debtor for the great benefit I have derived from following the very valuable advice you have so generously given to the world. Like yourself, I found all my maladies relieved when the one great cause of suffering (corpulence) was removed. I lost 2 st. 3 lbs. (31 lbs.) in the course of the year, and 4 inches and a half in girth of waist. I still adhere very closely to your dietary, as I find that the slightest deviation from those rules, for even a short time, is attended by inconvenience and decided increase of size; for instance, although strictly abstaining from bread, beer, potatoes, and sugar, I have indulged of late in a small quantity of milk in my single cup of tea, twice a day, but I find I must give it up, as lately I have had a slight return of my old enemy, heartburn. Your wonderful system has, indeed, been a blessing to me, and in two other cases in my acquaintance (where I was able to prevail on them to persevere in the diet) it has been equally beneficial. I find butter my most decided enemy. A friend of mine discovered sugar to be hers, and we both find potatoes very fattening.

From A WELL-KNOWN COMMON LAW JUDGE.

410. Christmas, 1863.

I AM much obliged by the receipt of a second copy of your pamphlet, the first which you were kind enough to send me I have forwarded to some friends. As far as my short experience enables me to judge, I think most favourably of the system, and have become quite reconciled to the little deprivation it imposes. It must be very gratifying to you to know how much your effort has been appreciated, and I beg you to accept my sincere thanks.

From THE MASTER OF A UNION WORKHOUSE.

417. 421. December, 1863.

I ASSURE you that my weight, as I stated yesterday, is 308 lbs., or 22 st. of 14 lbs. to the stone. My height about 5 ft. 10 in. I never take beer, porter, or malt liquor of any kind, and very seldom wine or spirits—however incredible the same may appear; and I have no reason to suppose that my weight arises from any other cause than that every article of food which I take makes flesh. I take no sugar in my tea or coffee, no butter nor potatoes; of bread a small quantity, crusty or toasted, and a small portion of milk with my breakfast or tea; milk never tasted at any other time. Health good, and yet a burden to myself, and ridiculously unsightly to strangers. I will give your recipe a fair and full trial, and report fully in my next.

1,400. September, 1864.

I AM happy to inform you that I have in twelve months reduced 88 lbs. in weight, and 8 inches in circumference. With best thanks for your advice, and the interest you have taken in my behalf.

From A LADY.

476. January, 1864.

I AM pleased to communicate to you the result of my and my husband's experience of a trial of the system recommended in your pamphlet. In two months Mr. ——— lost 20 lbs. in weight, and measured 4 inches less. He had before abstained much from eating meat, as he thought that was conducive to corpulence, but lived chiefly on bread and potatoes, and was fond of sugar. On his new and liberal diet his general health is much better, and he can take his accustomed exercise (walking about ten miles daily) with much less fatigue. I have partly tried the diet, abstaining from bread and potatoes, and I feel much better; I get my breath much more freely, but not having weighed, I am unable to give you particulars. Feeling that you have been a general benefactor, in making known the system, I remain, &c.

From A CITY MERCHANT.

534. February, 1864.

I HAVE much pleasure in informing you how I progress under your system. I weighed on January 8, 16 st. 9½ lbs., and this 6th February, 16 st. only. I have not taken beer, potatoes, milk, sugar, or butter, and my bread has been toasted hard, or captain's

biscuits. I have never felt so well for years. I am almost afraid the 9½ lbs. lost is too much for the time.

From A LADY.

535. February, 1864.

My husband's brother-in-law gave me the pamphlet you so kindly and benevolently published. I read it with great attention, and was so pleased with its tone of truth, that I forthwith commenced the diet. This was on December 3 last. I found benefit in a week, and in a month felt quite another person, so I continue, and my walking powers are really marvellous to myself, for before I began your, or rather Mr. Harvey's, plan, a walk of a mile fatigued me dreadfully; now I do four or five miles without any fatigue, and a fortnight since I walked four miles, took luncheon with an old friend, and walked the whole way back. I weighed on the day I began the diet, 14 st. 9½ lbs., to-day I weighed again, and was 13 st. 9½ lbs., just one stone less in little more than two calendar months, yet I feel much better and stronger in every way. My age is 52. My height 5 ft. 5½ in. I seldom drink any wine but claret, and am very strict to your directions. I have bought your new edition, which is still more satisfactory than the first, as you do not limit quantity but only quality. Accept my thanks in my own particular case. Should the diet seem in any way to disagree with me, of which I have little fear, I should at once consult your able medical adviser, to whom we corpulent folks owe a deep debt of gratitude for his skill, and to you for ventilating it. I intend to continue the diet, till like you, I get to the happy medium.

From A CAPTAIN IN THE NAVY.

587. February, 1864.

To convince my children I could go without sugar, I gave it up at the end of last November, then weighing 14 st. 7 lbs. On Wednesday last, I only weighed 13 st. 12 lbs., having made no other alteration in my diet. Long life to you, Sir.

1068. June, 1864.

I HEAR occasionally from my friend, who goes on most successfully with your treatment, finds himself much better, and walks now three times round the grounds before breakfast. Since I saw you I have recommended your book, and given it to many who have acted on it, and in *all cases every one has derived very great benefit*

from it. From leaving off sugar alone, I have reduced my weight one stone, but, thank God, I never had any aches or pains.

From A GENTLEMAN.

593. February, 1864.

HAVING read your pamphlet, I at once recognized the treatment recommended me by Mr. Harvey some few years since, but which I neglected to adopt sufficiently. I commenced on December 29 last, and soon began to find the benefit of it. Deafness left me, my sight improved, I felt lighter, more active, in better spirits and temper than I had done for years. Sciatica and lumbago are very much less troublesome, and altogether I feel like a new made man. Annexed you have my scale of weights. On December 29, I weighed 228 lbs., and on 18 February, 220 lbs., so that I have gradually lost 8 lbs. in seven weeks. I mean to pursue the system until I reach 15 st., and perhaps a little lower weight, being guided by circumstances. I cannot help feeling greatly indebted to Mr. Harvey and you, and take this opportunity of returning my best thanks for the publicity you have given to the subject.

From A DISTINGUISHED MILITARY OFFICER.

601. February, 1864.

I FEEL very much your debtor, and beg to return you my best thanks for the comfort you have afforded me. I am in my 44th year, and stand close on 5 ft. 10. I am thankful to say I have been blessed with generally excellent health all my life. What ailments I have had I have attributed to foreign climates. I returned from ——— in 1847, and soon became 13 st.; in short, go where I would, hot climate or cold, hard work or none, I still got fat, though I continued a good walker; yet perspiration and oppressed breathing were getting too much for me, and on my return from ———, at Christmas, 1861, I was 17 st. 2 lbs., and suffering in my ears and knees. I had good appetite, and was generally healthy and temperate in the use of good things, but very partial to my bread, beer, potatoes, butter, sugar, and milk. Last year I was told of your system, and smiled incredulously. This winter I weighed at home 16 st. 11 lbs., and some of my friends said, "Oh! you ought to try Banting's diet. Colonel ——— has tried it a month and lost 15 lbs., and he drank champagne twice." "Colonel ——— has gone down 26 lbs. since he began." Many things were said, and at last I began on 2 February. In forty-eight hours I weighed 16 st. 6½ lbs. I was delighted. Another week, 16 st. 4 lbs.

"I'll continue," and two or three days back I was $\frac{1}{2}$ lb. under 16 st. So, in exactly three weeks, I have gone down 12 lbs. or more, and my health is better altogether. I feel the absence of weight both riding and walking. I wake fresher. My mind is clearer. My temper in trifles easier, and I hope, by persevering in your system, and with more exercise as the weather improves, to reduce still more, and for these present advantages I thank you. I had not seen your pamphlet till yesterday. An article in "The Cornhill" told me the main points.

From AN OFFICER IN THE ARMY.

620. March, 1864.

I OUGHT to apologize for not having replied ere this to your kind letter of the 26th ultimo. The case you refer to is most satisfactory, but I am not surprised even at the extraordinary diminution of 5 lbs. weight in 48 hours. My own experience is peculiar. In the first week I lost 3 lbs., in the second week only 5 ounces, in the third week nearly 2 lbs. I lost exactly 5 lbs. in the three weeks. I did not fail in attending to the diet during the second week. During the entire three weeks, I took from half a pint to a pint of very light table ale daily. In other respects I adhered pretty fairly to the system, dined out, however, once a week, and ate and drank everything I fancied! I was perfectly amazed at the end of the third week to find out what I had lost, and proportionately gratified. That the system agrees wonderfully with my health is certain.

From A GENTLEMAN.

621. March, 1864.

I BEG, in the first place, to say, that I commenced your system of diet on January 18 last, when I weighed myself, and found, to my great surprise, that my weight was 17 st. 6 lbs., or 244 lbs. I had not been weighed previously for two years, when my weight was 15 st. 2 lbs. For some time past, I have been unable to take any exercise whatever (comparatively speaking) in consequence of the great difficulty of breathing produced by walking, however slowly. My weight, on Thursday last, was 16 st. 10 lbs., being 10 lbs. less than I weighed on 18 January, which is a convincing proof that your system of diet is a good one, but I can assure you that I attach more importance to the fact that the breathing is so much improved, that I can walk up stairs without difficulty, and two or three miles at a moderate pace without inconvenience. I have not yet attempted a greater distance than three miles, but I believe I am losing weight

daily without any inconvenience to myself, and that I shall, in a short time, rid myself of that incumbrance, which has been the cause of so much distress to me during the last two years.

From A RETIRED MILITARY OFFICER.

622. 677. March, 1864.

I WAS much struck, when I saw you last, with the change which the system of diet had made in your appearance. I had not seen you for some time, and when I saw you a few days since, you appeared to me a much younger and healthier man than I had known you for years. I have suffered for a long time from a very weak stomach, and whenever my digestion becomes deranged, I am troubled with violent headaches, which render me for the whole day unfit for any duty. I also saw that I was getting fatter than I wished to be. I thought that, perhaps, by trying your system of diet, I should strengthen my digestion, and might thereby avoid the headaches I so frequently suffered from. I commenced the diet on Saturday, the 13 of February, avoiding bread, butter, milk, sugar, potatoes, and beer, eating a small quantity of toast instead of bread. I found no inconvenience in abstaining from these substances; on the contrary, almost instantly found my digestion stronger, not feeling the slightest inconvenience or fullness after a meal. I fancy already, from the feel of my clothes, that I am getting thinner. I have given your book to my brother, who is very stout, and he commenced the system about the same time as myself. He already feels in better health, and does not experience the strong desire he did to fall asleep after dinner. The diet has quite cured indigestion with me. I feel no inconvenience from eating now.

From A NOBLEMAN.

623. March, 1864.

I HAVE received very great comfort and satisfaction from your diet, and I am bound to thank you for it. I have been following it for over three months, and have reduced about 16 lbs. in weight, with a more than proportionate increase of activity. I have induced many friends to follow my example, and in every case with a like satisfactory result.

From A GENTLEMAN.

626. March, 1864.

I DID not give you my weight, &c., fearing I should bore you.

On the 17th of last month my weight was 16 st. $\frac{1}{2}$ lb., my height being 5 ft. 9 in. After walking a mile my ankles ached painfully with the weight of my body and the exertion of even this short walk, and after ascending a hill my breathing was attended with difficulty. On Thursday, the 18th of last month, I commenced your system of diet. I have been too heavy to hunt with comfort, and being 52 have not the nerve I used to have, and consequently not the same pleasure in it. I walk about five miles on an average daily, and ride on horseback from 10 to 14 miles a-day. I did not weigh again till yesterday, being just a fortnight since I had previously weighed. To my astonishment I only drew just 15 st., and I may say, to the astonishment of the respectable chemist who weighed me on both occasions. I thought the machine must be out of order, but it was all right, and our doubts as to the weight being correct diminished when we found that I had decreased 3 inches in girth, being 43 against 46 that day fortnight. Such facts speak volumes for your system, and also the obligation the whole community is under to you, for having brought to light a blessing which all may enjoy at the cost of a *very very* little self-denial. I now walk with the greatest ease often twice a-day, down and up a very steep hill, from my house to the town; ride my 10 or 14 miles, and never feel fatigue. I have a married sister, who weighed 14 st., a short time ago. She is on your system, and lost 5 lbs. the first week.

728. March, 1864.

I MUST express the very great pleasure I felt when I saw in the "Times" your letter, contradicting that sad report of your death, which had reached me several days ago, and had caused me much concern. I can only say, may you live long to enjoy your fame, and reap the reward of your well-merited and successful efforts to overcome that great bane of life "Corpulence." The week following the fortnight wherein I lost $14\frac{1}{2}$ lbs. I only lost 2 lbs. I have followed the rules very strictly, having *twice* only broken them by taking Champagne. I am amused at the doctors here, who all declare they knew of the system 20 years ago, but they never can give me a satisfactory answer, when I ask, Why they did not recommend it? There is one surgeon here, however, who has the first and largest practice, who takes up the system most warmly, and he has the sense not to tell you "not to reduce too fast," and "not to starve yourself too much," which I have been repeatedly told. My very stout friend, who weighed 19 st. 6 lbs., has lost 2 lbs.

in the first week, and $1\frac{1}{2}$ inches in girth, much to his delight. My weight is now 14 st. $11\frac{1}{2}$ lbs., and though I only lost half-a-pound last week, my total reduction is very satisfactory.

From A GENTLEMAN HOLDING AN IMPORTANT PAROCHIAL OFFICE.

640. March, 1864.

On February 11th I weighed 256 lbs., on the 17th, 249 lbs., and yesterday 246 lbs.—total loss 10 lbs. I have adhered strictly to the dietary plan, and am somewhat surprised at the different rate of loss, the first six days being so rapid in proportion to the latter portion. I feel much more comfortable, and have lost a most distressing feeling under the heart, arising from flatulence. I find that digestion is sooner completed under the new system of diet than it was formerly; at least I conclude so, from a quicker return to appetite, a sensation I have been seldom blessed with of late.

2103. November, 1868.

I RECEIVED your note this afternoon, and am obliged by the interest you take in me. I have reduced my weight by about 32 lbs. since I last wrote to you. I cannot say that I have strictly adhered to the dietary system, but have based my mode of living on it, decreasing the amount of sugar and starch in the food I used, and substituting claret for porter, mostly. The alteration in my appearance is more perceptible in the neck, chest, and legs.

From A GOVERNMENT OFFICIAL.

647. March, 1864.

THE annexed extracts from my diary will prove how grateful I ought to be. Should I ever meet you, I should be proud personally to repeat my best thanks.

My height is 5ft. 6in. Age, 43. On January 10 I adopted your system, my weight being 16 st. 9 lbs. On February 10 I weighed 16st. 2 lbs., and yesterday 15st. 13lb, showing a loss of 10 lbs. You have been my sole adviser.

From A COUNTRY GENTLEMAN.

693. March, 1864.

I CANNOT too strongly express my thanks to you for the pamphlet on Corpulence, and to Major ———, for advising me to follow it. For years I have suffered from dyspepsia, acidity, and indigestion, and on going to bed I used to experience a nausea which prevented sleep, and caused me much misery and annoyance. Last week I commenced your system, and followed

it most rigidly. On the first night I found relief, and on the third night the nausea left me entirely. I do not follow it to reduce my weight. I found, after six days, I had lost $2\frac{1}{2}$ lbs. I think it must have been internally, as I feel so much better—not so stuffy after meals as I used to do. My height is 6ft. 1, and I now weigh 12 st. 5 lbs., so you will see by your scale of weights published that I am not much too heavy. What I have most to be thankful for is the great relief from dyspepsia.

From THE CHIEF CLERK TO A SOLICITOR.

695. March, 1864.

You requested I would let you know how I got on with your dietary, and I thought it better to wait for a time to see the result. I commenced the system on November 12 last, and I have steadily pursued it as follows. The results are, I am reduced full 6 inches round the waist, and I am obliged to have my clothes altered. I have for two months left off a double truss, which is a great comfort. My breathing is wonderfully improved. I have great reason to return you my grateful thanks for bringing your experience before the public.

1260. August, 1864.

You will be pleased to learn that the working out of your dietary system has performed wonders with me. I commenced it in November last, at which time, though only 5 feet in height, I weighed 10 st. Now I weigh 8 st. 13 lbs., and can walk about and mount stairs with comparative freedom. I venture to name that I can do without stimulants, for the encouragement of teetotallers, although I am not one on principle. I mentioned to a literary lady of high standing (who was not of the lean order) the great benefit I was deriving. Her reply was, "I am glad you try 'Banting.' It is a work on the best subject, and containing the greatest amount of valuable information in any book I ever got hold of, and I thrust 'Banting' into every fat hand I meet." From such a lady this speaks volumes.

1520. November, 1864.

As it is just twelve months since, under medical advice, I commenced your dietary system, to which, notwithstanding the objections raised by eminent doctors and lecturers, I still adhere, and now inform you the result. When I commenced I had nearly reached my 61st birthday. My height and weight you know, as well as the discomforts I then endured, from all of which I was soon

relieved. I continue at the weight of 9 st., eat well, sleep well, and feel well, which is, in my case, a sufficient answer (as I think) to all objectors, and calls for the unbounded gratitude, &c.

1567. December, 1864.

MR. ———, surgeon, is the gentleman who recommended me, and many more, to try your system, to which, under the blessing of God, I owe so much: I still continue to derive benefit from steadily persevering in it, and take good care to make it well known. I find that a cabal has been raised against it; but no matter, truth must in the end prevail. It appears to me that medical men generally are no conjurors, else when a thing is said to be good, why not investigate it, instead of running it down.

1920. November, 1866.

FOR the whole year I have kept strictly to the system, with the most beneficial results, and have enjoyed a renewed lease of life. My wife commenced in June last, under the advice of Mr. Harvey, and has derived great benefit; indeed, were it not for her failing sight, she says she might fancy herself 16 instead of 60, and she suffers less from rheumatic gout than heretofore. We are thankful to you and Mr. Harvey for the restoration of her hearing on one side. For upwards of seven years she was quite deaf on that side, and suffered distressing noises in her head. His wonderful skill has removed all this, and she now hears on that side as well as ever.

From AN EMINENT CLUB COOK.

708. March, 1864.

As one of the many who have derived so much benefit from your truly disinterested pamphlet, allow me to thank you most sincerely. For years I have been gradually reducing myself by abstaining, as much as possible, from any liquids, and on the receipt of your pamphlet, last August, I immediately adopted your regimen, which has improved my health generally, and has been the means of my losing 22 lbs. in weight. I now find that I can walk up hill without distressing myself in the least, which was not the case before I commenced your system.

From A RAILWAY STATION MASTER.

717. March, 1864.

As you kindly encouraged me to report progress, I have now the pleasure of informing you that since I commenced the observance of your dietary (a period of four weeks) I have lost $11\frac{1}{2}$ lbs. I was

struck with the unmistakable pace of the diminution, but have just discovered that the weight I have lost is, as near as possible, what I must have gained since last summer, as I can prove. There can be no doubt my weight would have gone on increasing with my years, to my own sad discomfort and the deterioration of my health. I have adhered rigidly to your suggestions in every particular.

From A GENTLEMAN.

722. March, 1864.

I HAVE derived such great benefit from the system of diet recommended in your pamphlet that I wish to express my thanks to you, and to say how pleased I was to read your letter in the daily papers respecting your health. You have desired to confer a benefit on your fellow-creatures, and you have succeeded. I have for many years suffered from corpulency, and never found any remedy until, about six weeks ago, my medical adviser saw your pamphlet (written with so much kind feeling). He brought it to me, and advised me to try the diet. *I was delighted.* I commenced at once, and in six weeks have lost 15 lbs. in weight. My medical adviser saw me this morning, congratulated me on my improved appearance, and said I looked ten years younger. I am 51 years of age, 5 ft. 5 in. in height, and now weigh 12 st. 13 lbs. I have nearly 3 stone more to lose, if my medical adviser thinks I may safely do so.

From A GENTLEMAN in Scotland.

729. March, 1864.

HAVING some time ago seen a notice relative to your book on Corpulence in a Glasgow newspaper, I was induced to give your system a trial, and commenced on February 2, weighing $199\frac{1}{4}$ lbs. I lost nearly 2 lbs. the first week, $5\frac{1}{2}$ lbs. the second, $2\frac{1}{2}$ lbs. the third, and on the 11th instant I weighed $184\frac{1}{2}$ lbs. My girth was 43 inches. It is now 39 inches. I must say I feel much better in health, much more active, sleep better, and I am convinced that many thousands, now suffering from that unpleasant state of body, as well as many other diseases, might be made much more happy from a trial of your excellent system. I think there must have been some mistake in the weighing between the 5th and 19th. We have had severe cold weather here between the 12th and the 19th, which may have made some difference. I walk a good deal each day, and find I can accomplish more than I used to do, and do not feel so tired.

From A GENTLEMAN.

767. March, 1864.

I OWE you many apologies for not sending you long ago a report upon myself under the treatment for Corpulence. My age is 33, and on November 17th, I weighed 206 lbs. My various weighings since are as follows (*details given*). I weighed yesterday 190 lbs. I feel very much better generally, rarely have had head-aches, and am considerably thinner. My success (although I was much laughed at, at first) has been the means of relieving many of my friends, for I distributed your pamphlet to all those I considered too stout, and they are very grateful now.

From A WORKING MAN IN THE NORTH.

773. March, 1864.

I TAKE the liberty of writing to you again, and am happy to inform you that I still continue your diet, and am now 15 stone, thus I have reduced 15 lbs. in weight since I commenced, and $5\frac{1}{2}$ inches in girth. I find myself a great deal better in walking, working, and sleeping; and please God I am spared I shall still go on with the diet as near as I can.

From A GENTLEMAN.

794. March, 1864.

AMONG many others I am under obligations to you for the publication of your pamphlet, and having already benefited by the system recommended, I take the liberty of writing to you the effect as regards myself. I came to London on business three weeks ago, and having read your pamphlet I weighed, in the Burlington Arcade, on the 5th of this month, 16 st. 13 lbs. I adopted your system on the 23rd., weighed 16 st. $3\frac{3}{4}$ lbs., losing 9 lbs. in 18 days. I stand nearly 6 feet high, and in proportion broad. I am nearly 70 years of age, and am a strong man, and if gradually I can reduce to under 15 st. I feel confident I shall (D. V.), in all respects, be in better health. A medical man told me the decline was too rapid, and advised my taking a glass of beer once or twice a week. I did so twice, and yesterday I was vexed to find I had regained 1 lb. I shall now adhere strictly to the regimen.

From A GENTLEMAN.

824. April, 1864.

I DEEM it only just to express to you the inestimable benefit conferred on me by the perusal of your pamphlet on Corpulency,

by following the instructions in which, for only six weeks, I have reduced myself from a state of most distressing obesity to such ease and comfort that my friends scarcely know me.

From A COUNTRY GENTLEMAN.

832. April, 1864.

I THINK it but fair to tell you that about a fortnight since I came across your pamphlet on Corpulence, and although on reading the tabular statement contained therein, I found that my weight was what it should be for my height, namely, 145 lbs. for 5 feet 6, still I knew from experience that for a small-boned man I was stouter than I ought to be. I followed your directions implicitly, with the one exception of perhaps taking, during the day, far more liquid than you would have approved of. This morning, the fortnight being up, I weighed, and found I had lost $4\frac{1}{2}$ lbs. in weight, and one inch in girth. I do not intend to carry on your system of diet as I am not too fat, but am thankful to feel that, should I ever become so, I have the remedy in my own hands.

From AN EMINENT PHYSICIAN.

835. April, 1864.

I HAVE no hesitation in giving my assent to your dietary, in cases like that of your own, and have in more than one instance so directed the attention of patients to it as to induce them to adopt it, with marked benefit to themselves. I heard from one of these that hunting men are converts to it, with a view of being not only bettered as to endurance, but as to price in horseflesh, indeed, I am told that some who could not afford the sum demanded for heavy weights, are now enabled to keep the field with comfort to purse and person. If of any use or gratification to you, you are at liberty to show this letter, or communicate its substance to your friends. You are aware, perhaps, that your pamphlet rests on a scientific basis, first developed in France, but I never heard of its practical operation till I saw your brochure.

From A GENTLEMAN CONNECTED WITH THE PRESS.

838. April, 1864.

I HAVE to apologize for not having previously answered your note on the subject of the information conveyed to you by my friend Captain W——, that I had adopted the dietary system recommended in your pamphlet, and desiring to know with what result. I had the good fortune to receive an introduction from an old friend

and colleague of the press, to Mr. Harvey, of Soho Square, on account of severe deafness, and first saw that gentleman on February 11 last. I then weighed 16 st. 1 lb. He attributed my want of hearing, in a great measure, to my obesity. My girth was 48 inches, He asked me if I had read your pamphlet, and I told him not, except extracts I had seen in some of the papers. Mr. Harvey said if I did, and adhered to the dietary, he thought he could venture to say I should become much better in health generally. I at once obtained a copy, and I am heartily thankful that I did. Although I have not thoroughly escaped the "forbidden fruit," still I have mainly adhered to it, and am now about $2\frac{1}{2}$ inches less in girth, and about 12 lbs. less in weight. My progress has not been so rapid as was your case, and many others I have heard of. I am told a gentleman I know has fallen away 5 stone in some four or five months. Although I may not have progressed so rapidly as I could have wished, still my hearing is much better, and my general health improved, and I am so satisfied of the benefit that I think some public testimonial is due to Mr. Harvey, as one of the greatest benefactors to the human species of the present day, or at all events that portion of it who have the misfortune to suffer from obesity.

From A PEER.

849. April, 1864.

IT was upon the subject of your very sensible, good pamphlet that I desired to find you at home on Wednesday last, as I might have probably told you some interesting facts about myself, relative to my decrease in weight and great increase in health, which I have persevered in rather under two years. On May 24th, 1862, I weighed 14 st. 8 lbs., I now weigh 12 st. 4 lbs.

From AN EMINENT PHYSICIAN.

874. April, 1864.

I HAVE to offer you the apology of much and engrossing business for having omitted to acknowledge your obliging present of a copy of the first issue of your pamphlet on Corpulence. Certainly, when I have spoken of it at all, I can only have spoken in commendation of the benevolent and disinterested spirit in which, by putting it forth, you have shown your desire to communicate to others the benefits that you had yourself derived from observing a particular plan of diet. The modest and delicate way in which you spoke of yourself and of the gentleman to whose good sense and sound advice

you have been so much indebted, must also have been appreciated by all who have read your pamphlet.

The rules of diet which you have found so beneficial, have long been enforced upon men who are under training for running or prize fights. Apparently, however, their especial efficacy was overlooked because other rules relating to exercise, sweating, &c., were mixed up with them.

From ———, A FARMER.

890. April, 1864.

ACCORDING to your wish, I write to inform you how pleased I am, as well as grateful, for your invaluable treatise on Corpulency, and the kind interest you appear to take in the cause. I am sure if any one so afflicted were only to give it a fair trial, they would never wish to return to their old regimen. On the 15th March, I weighed 17 st. 10 lbs., and on the 15th April, I weighed 16 st. 11 lbs., and never felt so well in health in my life. I can face our hills like a four-year old, whereas formerly I used to blow, and dreaded a hill.

From A MILLOWNER AND MANUFACTURER.

894. April, 1864.

I WRITE to thank you for your published letter on Corpulency, and for the benefit which I have received from following your advice. I have suffered from corpulence all my life, and have tried nearly everything and never lessened a pound, but under your treatment I have reduced 39 lbs. in eleven weeks. On January 30 last my height was 5 ft. 4½. My girth round the body 62 inches, and my weight was 22 st. 9 lbs., or 317 lbs. You will see by the annexed statement my gradations of diminished weight were 5 lbs. in each of the first three weeks, then 4 lbs. in each of the next three weeks, and on the 16th instant I weighed 278 lbs. My girth round the body is 56 inches, being 6 inches less. I never was better in my life, can walk any reasonable distance, do not puff and blow as formerly, and hope to get once more to 16 stone. I have been 22 st. 9 lbs. for the past three years, and merely kept from increasing by nearly starving myself, taking sparingly of everything, principally bread and potatoes, neither of which have I touched since I bought your book in January last. I do not weigh my food, but take as much meat (without fat) and dry toast as I want at breakfast and dinner. Unless I feel hungry between dinner, 1 30 P.M., and bed-time, I seldom take anything till breakfast at 8 A.M. next day, but if anything, it is a slice or two of dry toast. I never drink stimulants,

but smoke tobacco and drink tea without sugar. I have lived a very active life, and could play as good a game of cricket as any man; indeed, was captain of the club until I got to be too heavy, and now my fellow-players are on the alert for me to come back and play again, instead of standing umpire, as I have been forced to do for many years. I have joined as a playing member, and hope to be in good condition by about June; at all events I shall play at our opening day on May 1, as I feel as light as ever. I have for many years been driving in a pony phaeton from my house to my office, a mile and a half; I now walk, and am anxious to get rid of my pony and trap to avoid temptation. I have offered it for sale, as you will see by the advertisement I send you, or shall give it away. I am 47 years of age. I know more than a dozen whom I have induced to adopt your plan, and it acts the same with all; they decrease 2 or 3 pounds a week, some less, some more, but down they all get; their waistcoats all hang loose about them.

1225. August, 1864.

ANNEXED I send you my weekly weights from January 30 to yesterday, showing that, by strictly following your system, I have reduced myself 5 stone, that is 70 lbs. in $26\frac{1}{2}$ weeks. I now weigh 17 st. 9 lbs. I will now tell you what I eat. I take salmon and all fish, food for man; also pork, and meat of every kind that is eatable. Fowls of every sort. I take as much as ever I can, live better than ever I did in my life, am stronger than I ever was, can walk any distance, the day is never too long, I never feel fatigue, and feel as light as a cork. I never touch fat meat or gravy, drink nothing but tea, coffee, or water, never touch intoxicating drink of any sort. I have recommended the system to many friends, and they all say they never felt better in their lives. Two of my friends have reduced themselves—one, 56 lbs., and he began a month after me; the other, 70 lbs., and he began a week after me. I persuaded a friend to try it for gout. He is a martyr to that malady, and he told me on Saturday last, after three weeks' trial of the system, that he never felt so well in his life, and he will strictly follow it out. I thank you for your publication, which I have no doubt has benefited hundreds of thousands who were suffering from over-fatness. I can now go about without having the small boys following me up, and without being looked after by every one I pass. I used to feel the jests; not meant as ill-natured, but still did not like to be laughed at and pointed out as a sight. Now I create no sensation, as there are plenty of my present size hereabout. I am reduced above 12

inches in girth. You are at perfect liberty to publish this anywhere, and use my name.

From a COTTON MERCHANT of Cheshire.

907. April 19, 1864.

I HAVE just read your pamphlet (last edition) in which you express a desire to hear from any person who may adopt the system of dieting so successfully practised by yourself, and as I can bear evidence of its very beneficial results from my own personal experience, I hasten to lay before you the results so far obtained. Of course the adoption of this system was fully recommended to me by my medical adviser, and it is under his directions that I continue to follow out your method. I doubt not that in my case the loss of fat will amount to a large proportion of my weight before commencing. On March 7, I began your system of dieting; am 5 feet 11 inches high, and weighed $337\frac{3}{4}$ lbs.; am 33 years old. From the date mentioned to the present I have lost $42\frac{3}{4}$ lbs., being to-day 295 lbs., or at the rate of 1 lb. a-day during the trial. Of course if I continue to feel the good effects without any drawback, I purpose going on until I become about 200 lbs. I have followed your list of meals on every point, and I can hardly express to you how wonderfully better I feel in every respect; formerly, the slightest exertion put me at once "out of breath." I could not even continue a conversation for any length of time without feeling a stuffed sensation, but now, I must candidly admit that I never felt so well. I may add, that I have several times tried to bring down my size, but, unfortunately, it was by adopting those articles of diet you condemn, and rejecting those you suggest. In fact, I had given up the task as hopeless, and had begun to think that I should fatten on water alone. I shall be glad to drop you a line hereafter, giving you further results. My friends here are already astonished at my improved appearance, as they term it, and I have had several applications for a detailed list of diet that they might adopt from my experience.

925. April, 1864.

I ADDRESS you warmly, for I feel how much I owe to one who is at the present time benefiting mankind to such a degree, and in reply to yours received by me yesterday morning I am glad to say that I am still pursuing my new system of diet with continued good results. I was measured yesterday for some clothing and find my waist circumference is reduced from 54 to 47 inches; in fact, if I must candidly admit to you my present feelings, I must own to have

a little pride springing up at my much improved appearance, I can vault over gates, &c., that I should carefully have had to clime over before. The abstaining from pork and veal, my two favourite meats, was a great denial on my part, but I have rigidly avoided them. As I go on I will report progress.

1178. July, 1864.

For the last six weeks I have been staying at a watering-place, and by the desire of my doctor have regulated my diet, so as to keep my weight stationary at 280 lbs. We return home at the end of this month, when I commence again, until I arrive at the point which nature requires. I need hardly say that I am in prime health, can stand heat and toil without a tenth part of the fatigue I before experienced, and fully thankful that such a system has been discovered to relieve such overburdened mortals. This system is rapidly being adopted in Manchester and Liverpool.

1471. October, 1864.

In reply to your kind inquiries I am glad to say that I continue to enjoy the best of health. I still continue at the same weight as when I last wrote, varying perhaps a single pound above or below. I saw my doctor last week, and he thought it would be as well for me to winter at my present weight, and commence the system again next spring. I see you are attacked very often in the papers by what I consider parties of jealous minds. I was surprised at some remarks, made by men of importance, against the system, as I had ever considered them enlightened, from their remarks in times past on different subjects.

2001. September, 1867.

SINCE I last wrote you I have further tested the principles we have adopted for reducing corpulency, not, however, on account of any want of faith in its entire efficacy, but more at the instigation of a few friends, whose faith in its virtue I wished to confirm. At the beginning of the year I commenced, if I may so term it, eating "the forbidden fruit," including all the items of diet of a fat-forming nature. By Midsummer I rose from 280 (the weight I had kept myself at for some time) to 349 lbs. I then began the proper "Banting" system afresh, and on weighing to-day I am 317 lbs., having lost 32 lbs. I am still going on until I get back to 280 lbs. I may add, that I have so far surprised some of my sceptical friends, but they still say, wait until you have got back to your reduced weight, and let us see then if you go on all right. I measured 62 inches round the waist. Let a person eat as heartily

as he possibly can, of the right substances—don't stint them, I say, on any account—and I feel convinced no constitution will suffer. I have tried the limited system, but a continued sense of hunger has always succeeded, with a tired and languid feeling, after a few days trial, which vanished on my "filling up;" and yet the process of weight-losing went on still as before.

From A GENTLEMAN

Who called on me expressing himself very thankful for the blessings derived from pursuing the dietary system named in my pamphlet, which he began at the end of February. I received the following letter:—

971. May, 1864.

THE Banting system does all for me that I can possibly desire. Since I saw you I have been going down steadily at the rate of about 9 lbs. a month. I am now down to 14st. 10lbs. from 17 st. 4 lbs., showing a loss of 36 lbs. in about ten weeks; and never, in my life, was the tone of my nervous system, my muscular energy, and *vis vitæ*, in more splendid condition. You have saved me already many a thousand painful pangs, both from lumbago and bilious headache, and I feel profoundly grateful to you.

From AN ARMY MEDICAL OFFICER.

928. April, 1868.

MANY thanks for the criticisms, &c. I had my friend Doctor ———, from Edinburgh, here in consultation last night, and as he had been consulted by the late Member for ———, whose death has, in some quarters, been set down to having been hastened by following "Banting," he was rather anxious to know the result of the system upon myself, and was rather amazed to learn I have lost, in 16 days, exactly 14½ lbs. Now this beats "Banting" out and out. I have eaten plentifully of lean meat and eggs, and have drunk daily, sherry, hock, and claret. I have met with no one who has lost as much as I have in such a short space, and I attribute much of my success to abstaining from water as much as possible, of which I formerly drank freely. I have never tasted champagne since I commenced the system, but occasionally have had some sparkling moselle. The want of water is my greatest misery, but with good still hock I get on pretty well.

From A LADY.

929. April, 1864.

HEARING, a few weeks ago, of your popular pamphlet, I purchased it on March 28th, was very accurately weighed, and found to my dismay my weight was 172 lbs., which was an excess of 12 lbs. in two years. My age will be 65 next month, my height is just under 5 ft. 6 in., and my waist is exactly 36 inches round. On that very day I began the diet you so strongly praise, and this morning I was truly grateful to you, Sir, to find I had lost, in four weeks, exactly 6 lbs., my weight being 166 lbs. Already I feel another creature; I can button my own boots, I walk wonderfully better, and if I meet any one, have breath for both talking and walking; then I feel so light and cheerful that I can never sufficiently thank you, that you should have so generously made your case known for the benefit of your fellow-creatures. I can hardly believe a decrease of 6 lbs. can have caused one to feel so light and comfortable, but it is the truth, and wherever I have the opportunity I shall think it my duty to urge your plan.

1226. August, 1864.

I HAVE heard from three correspondents that you are in extreme ill health, and that you would give the world rather than have ever tried the reducing system. With all my heart I trust you may be spared many years to your own happiness and the good of your fellow-creatures. As for myself, since I began your plan, about fourteen weeks ago, I am reduced 8 lbs., and there I remain, but it is wonderful to me that so small a reduction should have brought so great comfort and relief. I now weigh 164 lbs., and am 65 years of age.

From A MILITARY OFFICER.

937. April, 1864.

HAVING completed two months' trial of your dietary for Corpulence I think it due to you that I should send you the result of my experience. I have reduced myself 3 inches round the waist, and 1 stone in weight. I have adhered strictly to your rules, as far as abstaining from butter, bread, beer, and potatoes. I have taken a little milk in tea and coffee during this last week. There has been no limit or measure to my food, I have always eaten as much as I wanted, and perhaps more than I used to do, as I feel my health in every way better. I should mention that I drink, freely, claret, weak brandy and water, and cider, but of course not to excess.

From A GENTLEMAN IN CORNWALL.

940. April, 1864.

I WEIGHED, for the first time, on the 20th instant, 215 lbs., and on the 25th, 213 lbs., showing a loss of 2 lbs. in five days, hence I conclude that by careful attention to your dietary I shall soon be able to move about with more comfort than I have done for some years past. I am very glad to find your book is creating a sensation, the plain common sense of the matter seems to arrest attention, and induces even the timid to try this simple and efficacious means of subduing a great and growing evil.

1060. June, 1864.

ON Saturday last I weighed again, for the third time, and found myself 6 lbs. lighter than when I weighed before. My total loss from April 25 to June 4 is 15 lbs., and this without any diminution of bodily strength. I am happy to add that my general health is manifestly improved, and that a faintness or sinking of a distressing if not alarming character, which used frequently to oppress and trouble me, has altogether vanished. I have also to add that my breathing was very difficult previous to adopting your system. It is now greatly improved, and I can trot up and down stairs as well as when I was 20 years younger.

From A LADY.

943. April, 1864.

YOU may remember a correspondence last December on the subject of your pamphlet: after enforcing your valuable experience and the more important principles of it for my benefit, your benevolence prompted you to add, that you should always be glad to hear of any good resulting from them to any of your fellow-sufferers, I feel, therefore, a pleasure in acquainting you that I can testify to their excellence, for I am decidedly better in health, have more muscular strength of limb *undoubtedly*, and am less disabled by rheumatism. I was not ridiculously fat, but inconveniently so. Under these circumstances I did not exactly "take the bull by the horns," but being careful of *sugar* (a most *rheumatic* condiment), butter, cream, potatoes, and crum of bread, I have lessened my weight 8 lbs. in four months, and this with little but carriage exercise, for the north and east winds are unfavourable to my habit, and in walking I get too much of them. I mean to persevere in this moderate scale, and feel sure that I shall (please God) diminish in proportion.

From A BOOKBINDER.

948. May, 1864.

MANY thanks for your publishing your experience. I am 58 years of age, 5 feet 10 high, and have always led an active life, working twelve or fourteen hours a day at my trade and as a summoning officer for the parish. I have been getting stout for some years, used to eat a great deal of bread and drink two or three pints of beer daily. I began your diet on March 9, and found myself easier in a few days. I got weighed on 18 March, 219 lbs., and again on 29 April, 209 lbs., thus losing 10 lbs. in seven weeks. I had been subject to a feeling of sickness in the morning on first rising. This has left me through your diet.

From A GENTLEMAN.

A friend of mine being on his periodical sojourn at the sea-side in Kent, met with a very corpulent gentleman, whose locomotion was confined principally to a Bath chair. My friend recommended my pamphlet to his notice. He derived immense benefit from pursuing it, and kindly made the following written report after I had met him in London.

1135. July, 1864.

ON the 20th August, 1863, I weighed 18 st. 10 lbs., or 262 lbs.; was very uncomfortable and very short of breath; got frightened, and reduced my feeding. Early in September, I met your friend, who told me what you had done. I began the system without medical advice. My girth was 49 inches. My weighing, annexed, will show, the reductions about 9 lbs. monthly, till April, and two days ago I weighed 14 stone, or 196 lbs., showing a total reduction of 66 lb. in weight and 11 inches in girth, being now 38 inches.

From A CLERGYMAN.

974. May, 1864.

I OUGHT to have thanked you before for your reply to my inquiries, but as you kindly desired to know how your disciples about here progressed, I thought I would wait till I could report progress. For myself, I consider I have reached perfection, having attained the weight allowed for my height, 5 feet 6, in your pamphlet. I have lost 20 lbs., and feel all the better. A friend and neighbour has lost rather more altogether, reckoning what he lost in an attack of bronchitis just before he adopted your system; without which, instead of losing, he would have gained his former Cor-

pulence, which had rendered his attack of bronchitis critically dangerous to him for some little time by the impeding of the action of the heart, through the quantity of fat which had accumulated around it and the internal organs. My wife has lost some 14 or 15 lbs. to her great comfort, having a weak limb, which is greatly relieved by this loss of fat. Several other friends, both here, under my own ocular observation, and at a distance, communicating to me the results by letter, have equally lost in proportion to the time occupied, and not one single exception to success has occurred in trying your system. My friend, before referred to, has given away many of your pamphlets to his friends in easy circumstances, and to working-men, and it has been very gratifying to find that two of the latter have been greatly relieved of superfluous weight, and enabled to go about their respective affairs in comfort. Besides the loss of fat, we all find ourselves the better in digestive organs, no flatulence, no heartburn, no headaches, &c.

From A LADY.

1004. May, 1864.

IN reply to your kind inquiries, I am really persevering with the new system, and have in ten days lost 8 lbs. in weight, though taking very little exercise, but my friends all exclaim, "I never saw you look so well."

From AN EXTENSIVE FARMER AND LANDOWNER IN KENT.

1007. May, 1864.

As you say you would like to hear how those who adopt your process get on, I now write to say, my height is 5 feet 7½, and I weighed 222 lbs. I have adopted your process just 19 days, and now weigh just 8½ lbs. less. I certainly feel considerably lighter and better. My girth was 47½ inches, and is now 46 inches.

1106. June, 1864.

I HAVE weighed to-day, and report according to your wish, and weigh 198 lbs., so that I have lost just 24 lbs. in 53 days, and can assure you I never felt so well in my life. I can get up at 5 o'clock in the morning, and require no sleep again till 10 o'clock at night, whereas before I adopted your process, I could not get up before breakfast, and, when I did rise, felt more tired than when I went to bed, and had restless nights. Now I sleep like a top till 5 o'clock, and get up refreshed and fit for anything. How can I thank you for so much benefit; words will not do it. I shall live

the remainder of my life indebted to you for health, happiness, and every appearance of prolonged life. My age is 52, so I have some few years before me, and am a living miracle to all my friends. I have no aches nor pains, and before I was full of them.

From A GENTLEMAN IN SCOTLAND.

1008. May, 1864.

I SEE a paragraph in to-day's "Scotsman," copied from a Liverpool paper, which states as something wonderful, that a gentleman who has adopted your system of dietary lost 7 lbs. in 14 days. I think my own case beats that hollow. I was 17 st. on the 2nd May, and to-day am 16 st. 3 lbs., which is a reduction of 11 lbs. in 16 days, and I honestly believe if I had weighed on the Saturday night April 30, that I should have found myself 13 or 14 lbs. down by this time, for the reason that I was 24 hours under the new system before I weighed, and I know my average weight was 17 st. 3 lbs. to 17 st. 5 lbs., and you remark that a man comes down more rapidly the first 48 hours than at any time afterwards. I am an inch and a half less in girth.

From A GENTLEMAN IN A BANK IN CHESHIRE.

1028. May, 1864.

WHEN I wrote you I weighed 252 lbs. and measured 52 inches in girth. I have, as nearly as possible, followed your dietary system, and now weigh 235 lbs., and measure 49 inches, so that I have lost in weight 18 lbs. and in girth 3 inches in the month. I am in good health and spirits, and intend going on with your plan until I get rid of at least the redundancy of fat, which I certainly consider prejudicial. Many in Liverpool and here about are trying your plan with great success. One of my friends, Mr. ———, has lost 28 lbs. in a month after adopting it. My reason for not writing you ere this was simply that I would try a month, and then acquaint you with the result.

From A COUNTRY GENTLEMAN.

1039. May, 1864.

You wished me to let you know the result of adopting your system, after about a month's trial. On April 13, I weighed, 13 st. 5 lbs.; on 9 May, 12 st. 10 lbs.; thus losing, in a month, 9 lbs. My doctor thought this was too much, and advised me to relax a little. I have weighed to-day, and am 12 st. 7½ lbs., thus losing, in about a fortnight, 2½ lbs., and since I commenced (about six weeks), 11½ lbs. It seems marvellous!

From A LADY.

1058. June, 1864.

You expressed a wish that any one who had benefited from the regimen prescribed should communicate with you. I have to offer you my sincere thanks for its publication. I first noticed some criticisms in the "Cornhill," and then obtained your book. I was then under medical care, and only began the diet, in a measure, from February to the end of April, when I began most strictly to follow you in everything, and now, though only five weeks has elapsed, there is most decided decrease, but I have not been weighed, as it is extremely difficult for a lady to get weighed. A good medical friend in London, to whom I sent the pamphlet, advised me to carry your diet out strictly, while my own medical man here pooh-poohed it. I have been for some years past, as I believe, in imminent danger of apoplexy, and now I sleep but little, and that comfortably. My food is enjoyed, and there is an elasticity about me that I have not felt for years. My children say they will daily thank you for prolonging their mother's life. I intend to consult Mr. Harvey when next in London.

1235. August, 1864.

I AM losing about 1 lb. per week. I did weigh before I began your system, on 1st May, 16 st. 8 lb. I was weighed, 18 June, 15 st. 7 lb., and again, 18 July, 15 st. 3 lb. I am now waiting for another opportunity to ascertain my weight. I am constantly told how much thinner I am, to which I reply, and I am very grateful for it.

1713. May, 1865.

I AM pleased to be able to give a good report of my declension. I walked to be weighed, 13 st. 7 lb., and home again (a walk of four miles), and then pursued my usual duties in the day, but took an extra bath at night. I send you herewith a correct list of my decrease in weight from May 1, 1864, 16 st. 8 lb., to yesterday, 13 st. 7 lb. I am grateful to you every hour of the day. My friend Mrs. G—— has decreased 2 st. since November, and is so very much better for it.

1746. July, 1865.

I WAS weighed again yesterday, and was down to 12 st. 13 lbs. It was quite a satisfaction, and I am thankful for it. When I am under 12 st. I shall have passed the rubicon.

From A LADY.

1102. June, 1864.

YOU kindly wished me to tell you the result of the dietary, after a trial. I have now tried it ten weeks, and have lost 14 lbs. I feel so much better in consequence, and most grateful to you for making such a valuable system known.

1369. September, 1864.

I AM pleased to say I am still deriving benefit from your dietary.

From A LADY.

1119. June, 1864.

I AM induced by the benefit I have derived from your pamphlet on Corpulence, to thank you for having made it public. My case was and is an extraordinary one. I really scarcely think that any one else was ever so stout. I am 5 f. 1 in. high, and my weight, on May 18, was 267 lbs.; so you see I must have out-Heroded Herod; as you complain so much of 202 lbs. you can imagine the discomforts and remarks to which I was liable. I was weighed again on the 22nd of this month, and to my own great astonishment, and that of the weigher, was only (such an only!) 253 lbs., having lost 14 lbs. in 34 days. I had tried your system three days before I was weighed, but from measurements I can ratify your statement about the greatest decrease being in the first two days, as I lost an inch-and-a-half round the waist, which was 42 inches, and is now 36. I feel very much lighter and better. My age is 37. My own medical man, in 1854, recommended me to try and live on meat alone, but after trying it for a week I could not endure the sight of it. The redeeming point, to my mind, in your dietetic table, is the ounce of toast that you are allowed.

From A GENTLEMAN.

1121. June, 1864.

I HAVE delayed writing you, thinking every day I might be in London to do myself the pleasure of calling upon you, but I now find that I shall not be in town until a month; in the mean time deem it best to report progress to you, as I promised, under the "Banting" system. I have lost some 40 lbs. steadily, except while at sea. I do the best I can to follow the rules laid down, and although sometimes I deviate, it is in drinking, as a person of my mode of life can scarcely get along without it, but I am most firmly

convinced of the great good the system is to any one. Lots of my friends have tried it, and all find it beneficial, and I am bound to follow it up as long as necessary in my own case.

From a GENTLEMAN IN IRELAND.

1131. June, 1864.

ON the 24th of this month, I had been exactly two months acting under your system, and I have lost $14\frac{1}{2}$ lbs. My health much improved. I think that I am more reduced in bulk than in weight. I do not think that there is any one acting more strictly in accordance with your rules than I am, and the reduction in my weight and the improvement in my health, gives great encouragement to persevere. I am certain that corpulency has been the cause (in my case) of many an illness, resulting in the weakening of my frame and constitution and also of my purse, in paying long bills to doctors, and I feel that I can never be too grateful to you for having published your system.

From an EXTENSIVE FARMER IN BEDFORDSHIRE.

1153. July, 1864.

YOU are aware that I heard of and got your pamphlet on Corpulence in the early part of June, when I weighed 218 lbs. It gives me great pleasure to inform you how well I am getting on with the dietary system, and I feel sure you will be pleased to hear it. I must first say I find green peas must be prohibited, though you have not mentioned them in your pamphlet;—as, for instance, I partook of green peas six times in one week, and increased 4 lbs. in weight. I at once gave up eating them, and in one more week I lost the 4 lbs., as is shown by my weight annexed. My weight is now 206 lbs., so I have lost 12 lbs. I am decreasing after the rate of 4 lbs. a week, and was never better in health. I eat as much food as I want, no *stint*, only refraining from forbidden things. I have generally three boiled eggs for breakfast, a good hearty meal of meat for dinner and supper; in fact, I never ate so much meat in my life. I have always eaten as little meat as possible, and took other things fifty times more fattening. My friend, Mr. ———, whom you saw with me, desires me to say, he is getting on well, is falling away apace. I hope you may live long and be happy, for the invaluable good you have done to corpulent people, who think well to adopt your system, and them that will not (I say), let them be corpulent still.

From A COUNTRY REGISTRAR.

1157. July, 1864.

I AM now in possession of the third edition of your pamphlet. It is a month since I commenced the dietary system, and according to your request I write to inform you how I am getting on. I most gratefully do so, for the amazing benefit I have received from it. My medical friend here had read your pamphlet, had great faith in it, and he particularly wished me to adopt it, in order that he might recommend it to some of his corpulent patients. I had of late suffered much from headache and pressure on the brain, which my medical adviser said was from making so much blood, for which he was about to blister the back of my neck, but I am happy to say I have not felt the least symptom of it this last month. He now tells me he was afraid of apoplexy. I weighed, as you advised, at starting exactly 17 stone (238 lbs.). The first day I lost $4\frac{1}{2}$ lbs., the next $2\frac{1}{2}$ lbs., and the remaining part of the week I did not lose an ounce. This great loss was not, perhaps, all owing to the dietary system, for the first day I was inspecting sewers, drains, &c., the next day I played a game at cricket, losing much by perspiration. The next week I lost 4 lbs., the next 3 lbs., the next 3 lbs., making a total of 17 lbs. in the four weeks. I have not experienced any inconvenience from the loss. I have kept to the dietary system rigidly, having lived principally on beef and ham with green peas. A neighbour of mine who commenced when I did, lost 5 lbs. during the month. I now hear of a number of people here and in the surrounding villages who are under the treatment with great benefit, but have heard of none benefiting so largely in one month as I have. Do not fear that I shall discontinue, for I feel already like a new-made man, and shall recommend it to all my corpulent friends.

1356. September, 1864.

THANKS for your letter; as I am in a right descending track, I have no fear of the result. I am a rifle volunteer, and one of the best shots in the county corps, and am the butt for a few squibs now I am adopting "Banting." They tell me I shall soon be weak and feeble, and they shall soon be able to come up with me. We went into camp for a week in July, and as we boarded under one commissary, I could not pick and choose my food, in consequence I gained 3 lbs., but lost it the following week. I had some conversation with a Doctor of the — Regiment on Friday last. He was one of Havelock's staff, and felt anxious to see me, as he had been told I was much altered. He told me I could have no idea of the

number of officers and gentlemen at Aldershot that were adopting the system. He gave me some good advice, said I looked healthier and better under the treatment than any he had seen; he had no doubt I should be a 50 per cent. better man, and that it would be the means of prolonging life. He is a great advocate for it. The more "Punch" and other papers pass squibs upon you, the more do people inquire about the system. I have induced four other friends to adopt it. I send you a scale of my weekly loss. On June 13th, I weighed 17 stone. The first week I reduced to 16 st. 6 lbs. losing 8 lbs., but more gradually afterwards and latterly 1 lb. a week. I am now 15 st., having lost 28 lbs. in 12 weeks.

From a MILITARY OFFICER.

1164. July, 1864.

I THINK it right to communicate to you the results of the application of your dietary system in my own case. Although I am not corpulent, I wanted to reduce myself by about 1 stone, and the great success obtained in one month induces me to persevere; the more so as I do not experience the slightest inconvenience from the change of diet, and as I continued to dine out at large parties, when, of course, there were slight deviations from your system. I have bought several copies of your letter (third edition), which I intend taking with me to Germany, and on my return to London I shall inform you of the further personal results on following your plan. I annex my diet and hours. My age is 56. My standard weight about 13 st. 7 lb. On the 18th June, my weight was 14 st. 7 lbs., and this day it is 13 st. 11 lbs. (gradations annexed). The reduction in one month is thus 10 lbs.

1734. June, 1865.

I HAD much pleasure in writing to you last July, that I reduced myself in one month by 10 lbs. weight, according to your system. All in all, I reduced myself by 24 lbs. in the course of six months, and since 1 January last, I have not changed in weight. I was then 12 st. 11 lbs.,—thus being now rather under your scale, for I stand 6 ft. 1 in., and am very square and broad. I have not followed your system very rigidly, taking, for instance, a couple of glasses of champagne now and then. I want principally to tell you that a very correct translation has appeared in German by Dr. Vogel, with his commentaries proving that your system agrees very generally with the rules laid down by Professor Von Liebig. I have introduced your system, following Dr. Vogel's translation, &c., into the Society of Vienna. Several of my personal friends there have

followed it up with great success and without any inconvenience to their general health. I have sincere pleasure in communicating these details to you.

From a HEAD CONSTABLE OF POLICE.

1168. July, 1864.

HAVING to a certain extent adopted your system of diet for one month to the present date, I forward you the result. I am 43 years old, 5 ft. 10 in. high, and rather stout. On June 17, I weighed 19 st. 2 lb., and on the 20th, barely 18 st. 6 lbs., thus in three days losing nearly 10 lb. The reduction was much less afterwards, and I now weigh 17 st. 11 lbs. This reduction of 19 lbs. from the load my legs carried was obtained under the new system of diet. I take plenty of exercise, sometimes walking 8 or 9 miles between breakfast and dinner, which I can now do as quickly and easily as many in this town. I intend to go on till I get down to 16 stone, and there to endeavour to balance myself. I thought you might like to hear how some of your *small* pupils were getting on.

1389. 1393. September, 1864.

HAVING to-day completed a three months' trial of what I may term your system of diet, I beg again to address you upon the (to us) most important subject of Corpulence. You will observe by the details in the margin that I am going down at a very steady rate, very little, but always a little. I have lost altogether $28\frac{3}{4}$ lbs., which is only $9\frac{3}{4}$ lbs. since I wrote to you two months ago. My girth in June was 53 inches, it is now $46\frac{1}{2}$ inches. I have induced several gentlemen in this town to adopt the system, and they have done so with advantage and comfort. With reference to my great reduction of 10 lbs. in the first three days, I can assure you there is no error in the figures, for I was so astonished at the time myself, that I went to another merchant's establishment where I had accidentally weighed also in June, and I satisfied myself beyond any doubt that my reduction was at least 10 lbs. You may make what use you please of this, as it is beyond contradiction.

From a GENTLEMAN OF THE PRESS.

1171. July, 1864.

I HAVE derived immense benefit from following Mr. Wm. Harvey's plan, and feel quite satisfied that when it is better understood it will create a revolution in the general practice of medicine. One thing annoys me most particularly; it is, that the medical men generally, when spoken to on the subject, say, "Oh! it was all

known before; there is nothing new in it." I always say, "Then why did not you promulgate it, if you admit that it is really a good thing?" The dietary, to my certain knowledge, not only diminishes fat, but cures liver complaint and improves most materially the condition of the lungs; in fact, we don't know yet what it will cure.

From A PEER.

1204. July, 1864.

I HAVE derived such great benefit from adopting your system, that I send you the particulars. At the end of February last I read the pamphlet, and commenced the system on March 1st. I abstained from potatoes and sugar, and partially from bread; I drink generally only claret, sometimes a little sherry; do not now take butter; eat meat for breakfast, with tea, toast and biscuits. I feel in most perfect health, riding three or four miles a day, avoiding cabs, and prefer walking. I send you the result on a separate sheet of paper, and will only add that I stand 6 ft. 2 in., and am 61 years old. On March 1st I weighed 226½ lbs., and gradually descended till, on the 20th inst., I weighed 199½ lbs., or 14 st. 3½ lbs. I purpose remaining at this weight, or as near as I can.

1777. September, 1865.

SOME months ago I wrote to you, and gave an account of the effect produced upon me by a very slight adoption of the system, and I now enclose some particulars, as they may interest you. I am 6 ft. 2 in. high, and I eat and drink just as I used to do, excepting that I avoid sweet things in general, do not take sugar in my tea, have biscuits at dinner instead of bread, toasted bread at breakfast, with meat. I drink claret, and sometimes a little sherry, and do not touch potatoes, or malt liquor. The effect is wonderful. I can take great exercise, ride a great deal, and am seldom fatigued. Before I commenced the system I could not ride more than a few miles in the day, and then only at a slow pace, and I can now ride any pace, and can mount young horses, and walk from four to five miles the hour. My weight, on the 11th instant, was 13 st. 7 lbs., or 189 lbs., showing a loss of 10 lbs. since I wrote before.

From THE WIFE OF A CLERGYMAN TO A FRIEND OF MINE.

1207. July, 1864.

YOU will remember our conversation and lending me Mr. Banting's book. This led to my husband trying the system,

and we have cause for the greatest thankfulness that we did so. The improvement was very speedy, and he is so well and strong, that he gets through his Sunday duty and his parish work better than he has done for many years. His eyesight is certainly improved, so that we hope it is not cataract that has caused the dimness that has harassed him for several years. He has had inward rheumatism, about 14 years ago, and has been a great sufferer ever since, so much so that up to the time of his "Banting" he never could bear to turn in his bed, or to have the slightest motion of his bed clothes, and the stomach and bowels were greatly distended. He has quite lost that inward soreness in all the muscles of the stomach, back, and sides, is much reduced in size, and can run up stairs. He intends to continue the diet for a long time, as it agrees so well; and we do feel most grateful to God for this great relief, and truly thankful to that good friend of yours, "Mr. Banting," for taking so much pains to benefit his fellow-creatures; that I write in the hope you may see him, and tell him about my husband, who is anxious as I am to thank him.

From a CLERGYMAN.

1227. August, 1864.

I MUST not leave London, whence I am about to go to reside at a vicarage in Devon in the course of a few days, without thanking you very much for your advice given me in my drawing-room last November, which induced me to try *the now celebrated Banting diet*. I was then 12 st. 13 lbs.; I am now 11 st. 7½ lbs., and yet have only very loosely confined myself to your rules. During this time I have been perfectly well; nay, better than I can recollect being for years, with this remarkable fact, that I have never had one sick headache, to which I had ever before been periodically liable. I consider myself, therefore, to be a striking instance of the value of your system, and to be deeply indebted to you for having been the means of my trying it.

From a GENTLEMAN.

1251. August, 1864.

I AM grateful to you for your work on Corpulence, and am anxious to contribute, as far as I am able, to the proof and advantages of your theory. I believe that there are two great advantages which you have not alluded to:—One, that owing to acidity in the stomach being much decreased, the teeth are better preserved. As soon as I adopted the diet, I noticed that my visits to the dentist

became unnecessary ; stoppings, which previously had to be renewed annually, remained fixed—no fresh decay was set up. Bilious headaches, almost my sole ailment, ceased to torment me.

The other, that owing to the absence of superfluous fat, I ceased to catch cold, to which I was very liable before, the catarrh bringing in its train cough, bronchitis, &c. I am fond of exercise, and walk quick. I used to be thrown into profuse perspiration. It was difficult to prevent in all cases a chill from following, and then nature would run its course. I attribute these blessings, namely, 1, decreased weight; 2, increased activity; 3, decreased acidity in the stomach and its results, absence of bilious headaches, cessation of decay in the teeth; 4, diminished frequency of catarrh, bronchitis, &c., to the promulgation of your views on Corpulence, and I thank you.

From a CITY TRADESMAN.

1262. August, 1864.

PERHAPS it may be interesting to you to hear from one who has found great benefit and comfort from following your system of diet. I was persuaded by a gentleman who had tried it to adopt it, and am very thankful I did so. My age is 23; my height 5 ft. 9 in.; I am what is termed a big framed man; and my weight was 14 st. 2 lbs., far too much for a young man, and everybody used to joke me about it, till it became an annoyance and nuisance. I began the system of diet in April, weighing naked 198 lbs. I lost 6 lbs. the first week, 3 lbs. the next, and gradually descended as the annexed table will show. I now weigh 11 st. 12 lbs., having lost 32 lbs. in less than 5 months. I feel strong and well, and don't want to get down any lower. My sister also adopted your system the same time as I did; she was very stout, but has not reduced herself so much as I have, having lost only a little over a stone. In conclusion, I thank you for the good conferred on me through your work, and I am sure on the fat public generally who have tried your system.

From a MERCHANT IN LANCASHIRE.

1266. August, 1864.

ALTHOUGH I have not had occasion very rigidly to observe the regimen prescribed in your excellent pamphlet (being 6 ft. high and under 14 st.), yet finding my increase in girth to be 3 or 4 inches in as many years, I began to think it time to prevent a still greater

"development," and by partial practice only of your precepts, I have quite accomplished what I desired, and have, moreover, acquired the pleasing consciousness that I can at any time keep any tendency to over-rotundity in check.

From A CLERGYMAN.

1276. 1316. August, 1864.

FOUR months ago to-day I began to practise the system of diet prescribed in your pamphlet, having previously suffered from indigestion and loss of appetite; I was also growing stout, though not excessively so. The result is, I am at least 3 inches smaller in girth: I have an immense appetite, and I do not know now, by experience, what indigestion means. I think it only fair to write and tell you the results of practising your plan in my own case. The wonderful change it has effected in appetite and digestion, with diminished size, increased good spirits and activity, is such as I could not have anticipated. I should be most glad at any time to add the testimony of my own personal experience to the wonderful efficacy of the system of diet you have brought into general notice. It has occurred to me that something may perhaps be owing to the fact that the articles of food to be avoided are, for the most part, precisely those which are generally adulterated, whereas meat and green vegetables do not admit of any adulteration.

From A MERCHANT IN LANCASHIRE.

1280. August, 1864.

I HAVE long promised myself the pleasure of a chat with you on paper. I should think I was among the very first who read your admirable pamphlet. I am 54, and when I began the treatment you recommended my weight was 213 lbs. The first month I lost about 15 lbs., and have gradually descended to 183 lbs., at which I stand now. Most of the advantages so feelingly described by you I have experienced, in breathing particularly.

From A COUNTRY BANKER.

1281. August, 1864.

I HAVE lost 14 lbs. in weight, and feel all the better for it, and were I a strict disciple, I should get much lighter. I prefer the happy medium, and find by not eating potatoes, bread, and sugar, I can enjoy my health and strength.

From A CLERGYMAN.

1289. August, 1864.

ALLOW me to add my humble testimony to the numerous communications you have received on the subject of your pamphlet. I am a clergyman engaged in tuition, and was getting rather stout. Being in company with some friends, where your system was alluded to, I was offered the loan of your pamphlet, which I accepted; not so much from any personal interest in the subject as from a natural curiosity to peruse a production which had attracted considerable attention. I was much struck (if you will permit me to say so) with its evident sincerity and disinterestedness, the clearness of its details, and the total absence of anything like quackery in it, I at once determined to make a trial of the system, and have done so with the following results. My age is 41. My height full 5 ft. 8 in. My weight, on July 12, 11 st. 10 lbs., and yesterday it was 11 st. 2 lbs., being a reduction of 8 lbs. in five weeks, which I am convinced is mainly due to my observance of your system of diet. I have not restricted myself so much as you recommend, in the article of bread, but have totally abstained from the other forbidden items. Having satisfied myself as to the efficacy of the plan, I shall now resume the use of some of these things. If it please God that I should live to grow old, I hope to derive much benefit and comfort from your directions.

From A LADY IN IRELAND.

1293. August, 1864.

SINCE I wrote to you, some four months ago, I have benefited greatly by attending to your instructions. At that time I was 14 st. 8 lbs., now I am only 12 st. 5 lbs., having lost 2 st. 3 lbs., or 31 lbs. I cannot sufficiently express my gratitude to you for publishing a system which, if tried, must bring such relief to sufferers, as I was. Many of my friends have been trying it with equal success. It is a blessing hitherto unknown to mankind, or if known it has never been so kindly brought before the public as you have so generously done. I have not known such personal comfort for the last six years as I do at present.

From A LADY IN HEREFORDSHIRE.

1305. August, 1864.

I FEEL (out of gratitude to you) I ought to comply with the request in your most valuable book, and let you know the result of a six months' trial of the system you have so generously made

known to the afflicted public. I am the more pleased to tender you my hearty thanks as I commenced without faith, from the circumstance of having been born fat; and having continued so till I was 50, never having a thin period, either single or married. I can now say I never remember having passed six months in such health. I can walk, sleep, &c., as well as my neighbours. My weight has decreased 24 lbs. in the time. I commenced without advice from any medical man, and my improved appearance is visible to every one. How is it that medical men have not exercised their (pretended) knowledge of the result of such diet to their fat patients? Several of my medical friends have told me they always knew of it. I reply, "Shame to you for not benefiting your fellow-creatures as Mr. Banting has." Perhaps I ought to say that I have taken a glass of perry at dinner, and a glass of sherry at supper, which are the only stimulants I take; also, I have not kept to lean meat, but eaten it, as formerly, fat and lean together, and yet have reduced 1 lb. a-week steadily. This is all the difference I make to your prescribed dietary. My height is 5 ft. 1 in. My weight, 150 lbs. The grateful thanks of the corpulent public are indeed due to you.

From A WORKING MAN IN DURHAM.

1320. August, 1864.

HAVING heard of a gentleman in Sunderland trying your system of diet, and that it answered the purpose, I was induced to get your book, and finding the subject to be mainly your own practical experience I was induced to put strong confidence in it, and found it to succeed. I have not had meat two or three times a-day, as you have been able to do, neither have I had a single glass of claret, sherry, or madeira, gin, whisky, or brandy, with or without sugar, but have been contented with such things as I have. As a working man, and having to take my victuals with me, I have not been able to attend very closely to your system, but it may not be out of place to let you know the result of my trial, as it has been some success. I commenced on June 5, when I was 15 st., and on the 12th of this month I was 14 st. 2 lbs., being 12 lbs. lighter.

1404. September, 1864.

AT your request I take this opportunity of writing to inform you, as I am happy to do, that your system is making some progress in this locality. I have heard of several gentlemen in the town that are trying it with great success. One of the most influential of those, I am told, has brought himself down 10 lbs. in four weeks.

My height, which I forgot to send you, was 5 ft. 4 in., my girth 45 $\frac{3}{4}$ in. On the 17th. (eight days ago) my weight was 14 st. and my girth 41 $\frac{1}{4}$ in. During the last month I have only lost 2 lbs. in weight. I feel it a great comfort to be 14 lbs. lighter, and hope still to decrease.

From A MEMBER OF A LONDON CLUB.

1345. September, 1864.

FEELING myself mainly indebted to the system which you have communicated and practised with so much success, I think it right, in compliance with the wish expressed in your pamphlet, to inform you of the results in my own case. I am 56 years old, 6 ft. 1 in. high, and weighed in October last 14 st. 13 lbs. I have always lived moderately, nevertheless I have suffered from the results of acidity, and especially early last year from an irritating and very troublesome eruption of the legs, called by medical men "exzema." Early in November, 1863, I read your pamphlet, and immediately in perfect faith commenced the system suggested, and, as promised, with immediate results. I had no occasion to call upon your medical friend, but went abroad shortly afterwards, and did not return till early in June. In the interval and until now I have gradually lost my corpulent habit, and now weigh 13 st. 6 lbs. I am in the most enjoyable condition of health, have entirely got rid of the tendency to eruption of the skin, am released also from a wakeful habit at night to relieve the bladder, and walk with great pleasure, and without being easily fatigued. I shall go on with your system, not so much to reduce my size and weight any further, as because I am satisfied that it is most conducive to my health and comfort. And for all this I consider myself indebted, under God's good providence, to the advice which you, in so generous a manner, have given to the world, and for which I shall always rejoice and be thankful. I have called twice in St. James's Street to thank you in person, before I was aware that you had retired from business.

From A COUNTRY TRADESMAN.

1382. September, 1864.

I HAVE for some time purposed writing to inform you of the great benefit I have received from your system of dietary, of which I first heard through remarks in the public papers, which gave me little information, till the June number of "The Leisure Hour" gave it; and being very anxious to reduce myself, I commenced that very day. I weighed 18 st. 11 lbs., or 263 lbs. My age is 45,

and for the last 6 years I have been troubled very much with what I thought to be rheumatic gout in my feet, from which I suffered greatly, not being able to attend to my business. I began to get corpulent at the age of 25, and felt proud of it, for which I can assure you I have paid dearly in suffering. On the eighth day I was $6\frac{1}{2}$ lbs. lighter, and have been gradually reducing myself week after week ever since, with the exception of one or two weeks, when I had some nice green peas in my garden, and while enjoying them I became a few pounds heavier; but I soon reduced it, and my weight now is 16 st. 7 lbs., or 32 lbs. lighter than when I commenced, 14 weeks ago. I hope, by the blessing of God on the system, I shall before long attain the comfortable weight of 12 st. I have lost 7 inches in girth, am much better on my feet, can now get about well, and attend to my business as I used to do a few years ago. I am guided alone by your dietary table, excepting as regards wine and spirits—of these I take none. I take water pure without any adulteration. Before I heard of your system, I had quite made up my mind I should never be able to get about much again, but I am in great hopes; if I feel so much better now, what shall I be when I am 3 or 4 stone lighter? I am another living witness that it is just the thing to snap the chains that bind the corpulent man, and set the captive free.

From THE MANAGER OF A LARGE POTTERY.

1395. September, 1864.

You will, perhaps, not have many correspondents who stand more in need of reduction in weight than I do. I am 49 years of age, stand 5 ft. $5\frac{1}{2}$ ins. in height, and my weight on August 22nd was just 263 lbs. That day was the first that I heard of your pamphlet. I bought a copy, and commenced to live by its direction on that day. I weighed again on September 5, just a fortnight, 257 lbs., so I have lost 6 lbs. Now, sir, I don't mean to say that I live entirely by the direction in the book, for I never taste wine, and have been accustomed to take about a pint of beer per day; but I have not tasted it since I began the system, and it will be a long time before I taste it again, or anything that is forbidden in the pamphlet. I am under no medical treatment, nor do I want it, for no man can be more regular in his habits than I am. I have been employed at ——— Pottery for the last 30 years, and have not been absent a week from sickness during the whole of that time, so you will see that I have enjoyed the best of health, but for the last four or five winters I could not go out at night. If frosty, I

could scarcely breathe; but I think it is from being so fat. Our lodge doctor told me I was much troubled with asthma, but I can say that since I began the diet system, which I do not intend to change, I never felt so well, nor could I ever breathe better in my life that I am aware of. I had grown so fat that I could not walk 100 yards without resting a few minutes; but now, after only this short experiment, I can walk a mile better than I could the 100 yards; and if I go on improving, I shall soon be able to run. I have just weighed myself again to-day, and am $253\frac{1}{2}$ lbs., showing I have lost $3\frac{1}{2}$ lbs. in the second fortnight, and $9\frac{1}{2}$ lbs. in the month.

1563. December, 1864.

EIGHT weeks ago, when I wrote to you, I weighed 250 lbs.; I now weigh 243 lbs., which is a loss of 7 lbs. in that time, and 20 lbs. since I began, 16 weeks ago. I still continue in good health, having had no occasion either to take a dose of medicine or visit the doctor, for which I feel truly thankful. My breathing still continues very good; indeed, I do not remember being so well for the past 10 years, and I have not half the pain in my back which I had before I began to lose my corpulence.

From MRS. H——— *OF* SHADWELL.

1403. September, 1864.

ALTHOUGH you are a perfect stranger to me, I shall for ever feel grateful to you for making your experience on Corpulence known. I for one have to feel thankful to the Lord that the means used as to diet have been so blest in reducing my bodily size. I have been suffering for the last 20 years, and have tried almost everything that could be thought of, consulted medical men almost out of number, but none ever knew what was the matter with me till my medical attendant, Mr. A———, knowing what my sufferings had been, brought your valuable pamphlet to me, and persuaded me to try the diet. I began on April 14, and had then reached the enormous weight of 26 st. 9 lbs. I am nearly 58 years of age, and for a long time had not been able to leave my house. I could not walk, my legs had increased to such a size that for years I have had to bandage them, but for the last month I have been able to leave off bandages. I am reduced in weight 57 lbs. I am better and stronger than I have been for years. I can truly say my corpulence has not been through an idle life, for when I was thinner, nobody was more active; so it shows me it must have come on from what I have taken in ignorance, for the very things you mention in your pamphlet as

forbidden are the very things that I was most partial to. I hope and trust it will be made more public, that others like myself may derive benefit from it.

1602. January, 1865.

As it is nine months to-day since I began the dietary system, from which I have derived so much benefit, I feel bound in gratitude to you for making it public, to let you know how I am progressing. When I wrote to you last September, I had been on the diet system five months, and had lost 53 lbs., and I have been able still to continue it to this present time. I am now reduced 86 lbs., for which I feel very thankful. With it my health is so much improved that I can scarcely tell how thankful I feel.

From A GENTLEMAN IN AMERICA.

1405. September, 1864.

SOME two months ago, I weighed 234 lbs., but being above 5 ft. 9 in. in height carried it fairly, yet for a number of years past, have felt a gradual increase in bulk and weight, and the great inconvenience of it. A friend of mine who had reduced himself near 30 lbs. persuaded me to purchase your book and try the system. I have reduced myself 10 lbs., being now only 224 lbs., which was my average weight formerly, but shall be glad still further to reduce my weight 20 lbs. to 40 lbs.

From A CLERGYMAN IN SCOTLAND.

1419. October, 1864.

I NEED not apologize for writing you, seeing that you invite correspondence on the part of those who have put themselves under the anti-corpulence system. Well, I have tried it, and am quite satisfied of its efficacy. In the month of May, I was in London on a visit. I was feasted and fêted, and found that my tendency to corpulence was increasing, and upon my return home (a friend having put your book into my hands), I resolved to act up to your instructions, which I have done almost to the letter. On June 27, my weight was 190 lbs., and my girth 51 inches. Yesterday I weighed 173 lbs., and my girth was 39 inches. I do not trouble you with the intermediate items; they are very much in accordance with your own case. I now feel better than I have done for years. Much stronger, more elastic, and capable of undergoing any amount of fatigue. At first I felt annoyed by the abstinence from many things which I formerly enjoyed, but now I don't care for them, and my appetite is better than ever. It remains to me to thank you,

which I do most sincerely. Many people pronounce the system to be humbug. Never mind. Facts speak for themselves.

1439. October, 1864.

I HAD the pleasure of receiving your letter. You appear to think there may have been some mistake in my statement. It is all right. I keep a record of the girth and weight, taken every Monday. I have increased 2 lbs. in weight in the last fortnight, but I believe it is owing to my indulging last week in some of the forbidden articles of food by way of experiment. Another proof this, that you have hit upon the causes of corpulence.

From A GENTLEMAN IN KENT.

1426. October, 1864.

ENCOURAGED by the wish expressed in your letter on Corpulency that it would give you pleasure to hear from any one adopting your system of dietary, I beg to lay its results in my case before you. My age is 53, my height 5 ft. 8 in., and my weight in January last was 17 st. 10 lbs., or 248 lbs. For some years past, I had experienced great inconvenience from shortness of breath in getting up the hill leading to my residence, or in going up stairs from my sitting to the bedroom; my breath was so affected I was glad to sit down as soon as possible. I could not lie on my left side, and my left ankle was so weak and swelled, I had to have it bandaged before going out, and could not walk more than a mile without requiring to rest. I had always lived temperately, taking little wine or beer, not eating very much meat, under the impression that those things added to my weight, but ate very largely of bread and potatoes, took milk and sugar freely. On reading your letter it carried conviction with it, and without consulting my medical man I at once adopted your system, with occasional exceptions. The result is as follows (monthly weights given). I now weigh 13 st. 8 lbs., having lost 58 lbs. in 9 months, and 11 inches in girth. I frequently walk 12 miles in the course of the day, and can do 4 miles in the hour easily. I experience no difficulty in getting up hill, and have no occasion to bandage my ankle, can lie on my left side as easily as on the right, and have the sensation of feeling as if 10 years were lifted off my age. As a proof of what your system has done for me, I took a trip to Scotland in July. The day after arriving in Edinburgh, I left my hotel at 9.30, was walking until 2 P.M. over the Castle, Holyrood Palace, &c., and not sitting down more than 20 minutes on the ramparts of the Castle, and in one of the rooms of the Palace, leaving the latter at 2 P.M. I walked half round the

drive, and then climbed up Arthur's Seat, getting back to my hotel at 4.30 P.M., "not a bad day's work for a man who a few months previously could scarcely walk a mile without fatigue." It will further please you to learn that I lent your letter to several of my corpulent friends living near me, several of whom, either wholly or partially adopted the system, and in every case with the best results. Now, to you, sir, the world owes a debt of deep gratitude, for though there may be an instance or two of medical men having recommended something like your dietary system occasionally for the cure of particular complaints, to you is due the credit of publishing to the world *that corpulency is a disease*, and frequently a fatal one, yet one entirely under our own control. Deeply are we indebted to your character in giving to the world, at great expense to yourself, the result of your own experience. I perceive Professor ——— says, in a lecture delivered by him, that if your system is extensively adopted it will produce heart disease, gout, &c., and that medical men will reap a rich harvest from the diseases engendered by it, and *mis-represents* you as objecting to the fat of meat. In my case, though avoiding butter, I have partaken largely of the fat of meat. He appears ignorant of the fact that you only recommend your system as a cure for the disease of corpulency. So far from producing heart disease, I am satisfied, not only from my own case but from two friends, that your system is a cure for it when arising from too great an amount of fat enveloping that organ. It is by such fatty deposit that dropsy is caused in innumerable cases, as well as paralysis and apoplexy, and I think it very probable that gouty subjects would find great benefit from its adoption.

From a MILITARY OFFICER IN INDIA.

1440. August, 1864.

HAVING for some months past adopted a system of diet on the principles published in your pamphlet, I think it right to let you know the results. I began in April, weighing 13 st. 2 lbs. I lost 6 lbs. in weight in a fortnight, then more gradually, and on the 27th instant I weighed 11 st. 4½ lbs., showing a loss of 25½ lbs in 5 months. I may also add, that throughout the hot season my general health has been better this year than for the last two or three years. You are quite at liberty to publish this as a case, without giving my name, unless to inquiring individuals who have doubts on the subject.

From a GENTLEMAN IN LANCASHIRE.

1453. October, 1864.

ABOUT six weeks ago I got a reading of your book, and feeling satisfied of the soundness of your doctrine, resolved to practise it. I then weighed 22 st. 6 lbs., or 314 lbs. I have since very generally observed your rules of diet, but breakfast and dinner are my principal meals; I only occasionally take tea or supper. This day I have been weighed again, and find myself reduced to 21 st. 6 lbs., or 300 lbs. I feel I am not so puffy or short-winded as I was.

1552. December, 1864.

I THANK you for the interest you take in my case. I am happy to say that I am greatly better, and by the inclosed you will see that I have lost other 2 lbs. during the last week. My medical adviser believes in the efficacy of your system to reduce fat, but doubts the advisability of doing it too hurriedly. He agrees also with you that my health will be improved by a still further reduction of weight. I now weigh 20 st., or 280 lbs. I am quite aware of the hostility of many of the medical faculty to your system, and I saw an article in "Blackwood" of last month, but this does not affect my opinion, for I believe your system is founded on true scientific principles.

From a CLERGYMAN IN STAFFORDSHIRE.

1469. October, 1864.

I SHOULD be very ungrateful if I did not thank you for the benefits that I have derived from following your system of diet. I began last May at 230 lbs., and am now only just over 200 lbs., and losing weight with regularity. I have enjoyed perfect health during the time, and am assured by my friends that I never looked better. I have adhered pretty strictly to your rules as regards quality of food, but have not restricted myself in quantity. Many other people of this neighbourhood have also tried it, and derived so much benefit, that your name has become quite a "household word."

From a CLERGYMAN IN NORFOLK.

1470. October, 1864.

PERMIT me to say that I am already deeply indebted to you for having taught me by your pamphlet how to reduce myself from 15 st. 2 lbs. to 12 st. 7 lbs. in nine months, to the very great improvement of my general health, and unspeakable addition to my comfort in every way.

1610. January, 1865.

I CONTINUE to derive the greatest comfort and advantage from your *régime*.

From AN UPHOLSTERER IN SCOTLAND.

1480. October, 1864.

I NOW write a few lines to let you know that I am still going on with your system, and feel great benefit from it. Since I commenced, I have lost 1 st. in weight. I am now 15 st. 6 lbs., but then I am nearly 10 inches less in girth round the stomach, which is a great comfort to me. I enjoy the most perfect health, and feel as buoyant as when 20 years of age, although I am nearly three times that. There are several stout ladies here who have begun your system, and feel much better for it.

From A LADY.

1487. October, 1864.

ON finding from a second reading of your pamphlet to-day that you wished to hear from those who had benefited from your published experience, I hasten gratefully to comply with your wish, and to add my name to your list of "Bantingites." I was always disposed to *embonpoint*, though never very unwieldy. Last December I suffered from a severe cold, and shortly afterwards my legs swelled, my breathing became much impeded, and my tendency to sedentary habits increased into a painful necessity from shortness of breath after the least exertion, and a terrible pain and weight in my distended legs and ankles. My sleep became disturbed, and a nightly dread oppressed my mind from the miserable sense of discomfort I was always subject to, for some time, after placing myself in the recumbent posture. I subjected myself to various courses of medicine, tried continental travel, and a visit to relatives, but with no good results. On my return last August, worse than ever, I determined suddenly to try "Banting." I commenced on the 15th of August, and maintain it trustfully up to the present time. In one week after its adoption the swelling and malaise in my legs had disappeared, my breathing had become free, and my sense of bodily comfort, as also my enjoyment of sleep, had returned.

From A GENTLEMAN.

1513. November, 1864.

I WRITE to thank you for publishing your valuable book, as I have greatly benefited through it. I began the system last March,

and then weighed 12 st. 11 lbs. I now weigh 11 st. 3 lbs., although I have drank ale once a-day during the time. My sister began at the same time. She weighed 12 st. 12 lbs., and is now 10 st.; but she has kept strictly to the book, and has never taken ale. We have never enjoyed better health.

From A GENTLEMAN IN AMERICA.

1514. October, 1864.

WITH some considerable curiosity not entirely unmixed with some degree of selfishness, I am attempting your dietary theory. I am fairly launched out upon the plan, am looked upon as a Banting disciple, and am considered about the fairest example in the city to test the principle you so earnestly and honestly advocate in the letter recently re-published in this country. I am 38 years of age. For one year prior to the 1st of the present month, I had studiously abstained from tasting wine or any alcoholic beverage whatever. Except tea, coffee, and water, ale and porter were the only liquids in which I indulged; these two I have been always extravagantly fond of. I continued gradually to increase in weight, so that on the 1st of this month I had attained 205 lbs. My stature is about 5 ft. 8 in.; my girth was 44 in. Since that time I have adhered strictly to your suggestions, and before going to bed I have invariably taken a good generous nightcap of brandy, gin, or St. Croix. I am in the habit of smoking. My usual habits are quite sedentary. On the 10th I had reduced 5 lbs., and on the 17th $4\frac{1}{2}$ lbs. more.

From A GENTLEMAN IN LANCASHIRE.

1536. November, 1864.

I FEEL much gratified in responding to your request regarding my progress in adopting your remedy, and have great reason to be thankful for the comfort and blessing I have derived from it. The system is attracting much attention here, and many like myself are deriving great benefit being changed from a miserable to a comfortable existence. This must be a great source of comfort and satisfaction to you. I commenced on September 1, weighing 15 st. 12 oz. 222 lbs. I weighed again for the tenth time on the 11th inst., and found I had decreased $15\frac{1}{2}$ lbs.

From A NOTED MANUFACTURER IN STAFFORDSHIRE.

1566. December, 1866.

My friend, Mr. H—, commenced your plan, in consequence

of a conversation with me, in April. He was about 19 st. weight, and suffering great inconvenience, pain, and nervousness. He has been a most rigid disciple, followed the system to the letter—has kept a regular account of his weekly weighings—has lost 56 lbs. in weight, is now in perfect health and spirits, can walk ten or twelve miles with ease, and he says, life is now a pleasure to him. You will think it strange I say nothing about myself—I would rather be excused, for I am a wicked sinner in being a backslider, and, in consequence, my sins have overtaken me inasmuch as I have regained very nearly my former size. Having confessed my sins, I am seriously thinking of returning into the right way. I think I should not have sinned against the “Banting system;” but became very busy, could not get my regular meals, frequently dined out, and could not get the proper diet conveniently.

From A GENTLEMAN.

1569. 1573. December, 1864.

I SEND you annexed memoranda, by which you will see I have lost about 8 lbs. by your system in six months. I am over 5 ft. 8 in. in height, and 40 years of age. On August 9, I weighed 14 st. 2 lbs., and yesterday, I weighed 13 st. 8 lbs. Thanking you for what you have done to alleviate human suffering. I have read your letter in the “Telegraph,” and thought it in very good taste, and a complete answer to the previous article. My difficulty in adopting your system was on account of my natural tendency to diarrhœa, hence my caution; but it may be gratifying to you to know that it was adopted at the suggestion of a relation, an eminent surgeon, and with the express advice of my medical attendant, who had previously been recommending it (as he told me), in consultation with Dr. ———, in another case. You will see, therefore, that some of the faculty at all events (and not the least eminent) are advocates of your system.

From A VETERINARY SURGEON IN DERBYSHIRE.

1570. December, 1864.

IN compliance with your request a month ago, as to how I was proceeding with your dietary system, I have great pleasure in stating that my loss in weight still continues considerable, as the annexed table will show; and I beg to say, I feel very much better in every respect, being enabled to ride with much more ease and comfort, better in health, and less rheumatism than I was much troubled with before, which, at present, I am inclined to think is the

result of my reduction. My stature is 6 ft. 1 in.; my weight on November 13, was 17 st. 8½ lbs. I reduced 7½ lbs. the first week, 5 lbs. in each of two succeeding weeks, and 4 lbs. in each of the two last weeks, and now weigh 15 st. 11 lbs., showing a total loss of 25½ lbs. in five weeks.

1616. January, 1865.

I BEG to inform you that my health continues good. My reduction is still more than your own, as the annexed table will show. I now weigh 15 st. 1 lb., having lost 10 lbs. since I last wrote five weeks ago. I heartily congratulate you on having published your system to the world for the relief of corpulent persons; and, as you truly say, they have the reins of health and comfort in their own hands, unless they are fools to themselves. I know several gentlemen near, who have been practising it with good effect, but I fancy none have have reduced more than myself in the same period of time.

From A LONDON WAREHOUSE MAN.

1595. January, 1865.

I HOPE you will excuse my writing to you, but gratitude prompts me to let you know that by reading and adopting your pamphlet on Corpulence, it has removed a mountain, and many ills that I was subject to. Annexed is the account of my weight and loss. On the 2nd May, I weighed 282 lbs.; in the first month I lost 16 lbs.; in June, 12 lbs.; in July, 12 lbs.; in August, 9 lbs.; in September, 8 lbs.; in October, 8 lbs.; in November, 9 lbs.; and in December up to this day, 6 lbs.; showing a total loss of 80 lbs. in eight months.

From A GENTLEMAN.

1634. February, 1865.

IN February, 1864, I met an old friend, who held up his hands in astonishment, declaring I got stouter every time he saw me, and asked whether I had read Mr. Banting's book. My answer was, that I had not seen or heard of it; but I got a copy and began acting on the system of diet therein, and give the result as to weights herewith annexed. I was frequently troubled with acidity and flatulence prior to May 18, but since then have scarcely had a symptom of either. The rapid falling off in weight produced a change in my appearance. My complexion became sallow, so I called on Mr. Harvey, Soho Square, about May 22. He had not seen me before, could not speak comparatively, but saw nothing

unhealthy in my looks. The only thing I had to complain of then, was clamminess and a saltish taste in my mouth. Mr. Harvey allowed me to take rice and eggs for breakfast, and soon after this change the clamminess in the mouth disappeared, the complexion improved, and I became quite regular. My constitution required a little more farinacious food than your book recommends; but, with this correction, the diet therein prescribed suited me admirably, and I think it right to communicate my experience, believing that the advice given in your pamphlet, properly used, may do much good to those who are inclined to become corpulent. In February, 1864, when I began the system, I weighed 203 lbs.; on March 18, I had lost 9 lbs.; on 23 April, 8 lbs. more; on 21 May, 6 lbs. more; and since that period to the present, the loss in weight has been more gradual. I now weigh $176\frac{3}{4}$ lbs., so that my total loss is $26\frac{1}{4}$ lbs. I am 58 years of age. 5 ft. 9 in. high. I never restrain my appetite in the proper food.

From a CLERGYMAN NEAR LONDON.

1635. February, 1865.

I HEARTILY thank you for the great benefit I have derived from a perusal of your pamphlet on Corpulence. I am 56 years of age, and a year ago I was enormously fat, weighing 15 st., and though but 5 ft. 6 in. in height was 4 ft. in circumference. My bulk was increasing at such a rate, that I looked with serious anxiety to the time, not far distant, when I should not be able to pass through my pulpit door. As it was I could only do so by a crab-like movement. I had consulted medical men, and tried many means for reducing my bulk, without success. I had been a teetollar for more than 20 years, and my diet was, I thought, exceedingly simple, consisting chiefly of potatoes, milk, and sugar, with but little flesh meat. On the 23rd of last May I obtained and perused your pamphlet. I saw at once I had been on a wrong tack, and indulging in the most fattening things. I commenced your system on the next day; not very rigidly, but at once abandoned my three favourites, potatoes, milk, and sugar—"no sherry," no "night cap." I weighed about once a week for eight weeks, when I had lost 1 st. in weight. I then went to spend my month's vacation in the country, where I could not carry out the system as I did at home; and where I was afraid I had increased, but on my return, found I had not, and was still 14 st. Since then I have not had time to go and be weighed, but I feel confident I must be down another stone. My bulk is greatly reduced, I feel nimble, strong, and comfortable, can walk

five miles with less fatigue than formerly in walking two. I generally take a walk of three miles before breakfast. I therefore most cordially thank you for having given your experience to the world.

From A LADY IN IRELAND.

1648. March, 1865.

THANKS for your reply. I will now tell you about myself, as I am sure you must be interested in hearing of the success of your system, for I consider you have been a public benefactor to mankind in general, but more especially to Pharaoh's fat kine, for making your discovery known. When I was in London last season, I happened to attend a fête at the Crystal Palace, with a party of friends, when we all resolved to be weighed, and to my horror (although I have constantly been laughed at for being fat) I found I was 15 st. 5 lbs. Having heard of your system I immediately commenced it, but as I was travelling about all the summer, I could not go on with it, until I settled at home in September last. I then began in right earnest, and have to this present time reduced myself 32 lbs., and I never felt so well and active. I certainly have been rather troubled with constipation, but I find by returning to my old diet one day in the week removes this. My maid is the only one who complains of my change, as she is constantly employed altering my dresses, but I have kept one as a relic of old times, for I am sure no one will believe my great reduction until they see me in it. Although I am a goodly size now I intend going on until I am reduced another stone, for I have not yet arrived at middle age. I must add, that instead of all carriage exercise, I now walk four or five miles every day, between breakfast and luncheon. I shall be in London, for the season, at Easter, and if you would not think it an intrusion, should like to pay you a visit of gratitude.

1700. April, 1865.

THIS lady called on me full of gratitude and thanks; said she had lost a double chin, also 16 inches round the waist, and several stone in weight; never was so well; quite a new made being.

From A FARM INSPECTOR IN NEW SOUTH WALES.

1668. January, 1865.

EXCUSE my addressing you from this distant part of the world, but having been a very fat man who has benefited by the system of dietary which you have made public, must be my apology. I am from London, and am in my 49th year. My height is 5 ft. 5 in. I have been in this colony 28 years, and when I arrived my weight

was 10 st. 4 lbs., which so remained for many years, when I began to increase till I became 15 st. 6 in. In consequence of my seeing a long extract in the "Sydney Herald" of the 25th of last July, taken from your work on Corpulency, I had a consultation with my medical adviser, who agreed with the rules of dietary as laid down by you. I commenced, as your disciple, on August 22. From the first week I found myself decreasing. On October 22 I had lost 17 lbs., and on January 15, three days ago, I weighed only 13 st. 2½ lbs. So I have lost above 31 lbs. in weight, and above 7 in. in girth, in rather less than five months. I have never had occasion to take a particle of medicine, beyond sometimes a Seidlitz powder. I am far better in health and spirits, better able to move about, than for the last ten years, during which time I have been called the "little fat man" of Carcour. I am an Inspector for this district, and have to ride on horseback 500 or 600 miles every month, through the trackless bush, which compels me to be away from home 10 or 12 days and nights together, and often obliges me to infringe on your rules, or I think I should be a few pounds lighter than I am. I can assure you my poor horse finds the difference of my weight, and shows it by being less exhausted. I intend still to pursue your system of diet, and to recommend it to others. Thanks, and long life to you.

1680. Mr. H ———.

A GENTLEMAN from Ireland, who particularly wished to see me, called upon me on April 13, 1865, and as I happened to be away from home I called upon him. He, his mother, his wife, and family, heartily thanked me for publishing my pamphlet. He assured me he had lost 40 lbs. of fat from pursuing the dietary system; he never remembered being so well as he then was. Bread, butter, and water, he said, had been his great enemies, and his friends all assure him he is the best possible example of the utility and merit of the "Banting system."

1681. April, 1865.

A LADY from Texas having called several times in my absence from home, expressing great anxiety to see me, I called at her hotel on the eve of her leaving London. She most heartily and cordially thanked me, and said, she had followed the system of diet laid down in the pamphlet. She had seen Mr. Harvey, had lost 17 lbs. in weight, and was wonderfully better in every respect.

From AN EMINENT MEDICAL MAN.

1682. April, 1865.

I CONTINUED the treatment of the poor fat girl up to January 1 of this year having reduced her 77 lbs. in weight. For the last two months of the year she lost very little. She became much more teachable and active, and we succeeded in teaching her to make beds and to scrub the floor very nicely. She entreated earnestly to be placed on ordinary diet. This I did on January 1, and she is employed several hours a day in domestic work—hours that she formerly passed in somnolence. Her weight is now only 9 st. 7 lb. I purpose seeing whether, with moderately restricted diet and physical exertion, I can keep her in *statu quo*. My diet for her was a very rigid one, so that she became at last most anxious for the diet that is fat producing. I am afraid that the indulgence which I am at present giving her will tend to increase her adipose state. I have had very great success also with two patients at the ——— Hospital. One was a very interesting case, from the adipose development being mistaken for an abdominal tumour, and a formidable operation being thought a possibility. The other, a woman, becoming quite of an ordinary size, after a life of misery and forced inactivity. Nothing can be more certain than the value of the treatment you have so well enforced.

From A GENTLEMAN IN SCOTLAND.

1684. 1691. April, 1865.

I BEG to say that I am another added to the many whom you have been the means of much benefiting by your advice. I am aged 28, and yet a few months ago I actually weighed 14 st. 7 lb. My weight to-day, thanks to you, is 12 st. 6 lbs., and I feel in all respects a stronger man. My height, without boots, is 5 ft. 9 in., and my weight, with clothes, 12 st. 6 lbs. I am now as near as possible the weight I should be, according to the tables of your book. I believe it is only very ignorant or very stupid people who ridicule your work, for in reality "dietary" is, I conceive, perhaps in half the illnesses that occur (or, at least should be) the chief corrective medicine. That obesity is a disease I feel certain. I know that I always felt unwell when I was 14 st. 7 lbs., and that I never feel ill now that I am 12 st. 6 lbs. Allow me to call your attention to an error in your diet; it is "sherry." This, although not generally known, is as fattening as port, and should, therefore, I think, be excluded. This I have proved, and now adopt claret, or still hock.

From a LADY IN LANCASHIRE.

1733. June, 1865.

THOUGH I have never seen you, and probably never shall, I am inexpressibly indebted to you, and feel much pleasure in sending my sincere thanks for the information conveyed in your pamphlet on Corpulence. It has been of incalculable use to me. My height is 5 ft. 4 in., and my measure round the waist is $22\frac{1}{2}$ inches. Last summer I measured nearly 32 inches, and was often oppressed by a sense of weakness and weariness, which now I have no doubt was caused entirely by the fatigue of carrying my own weight. Since I began to try your plan, I have been decreasing in circumference at the rate of about an inch per month, and am again able to enjoy both my work and my leisure.

From a FRENCH COUNT.

1743. Juillet 19, 1865.

J'AI l'honneur de vous informer que depuis six mois je suis le régime que vous indiquez pour maigrir, dans votre excellente brochure sur l'obésité. Les résultats que j'ai obtenus sont tellement extraordinaires, que je n'hésite pas à vous les communiquer. J'ai maigri de quarante livres depuis le commencement du traitement, sans avoir été un seul instant incommodé en aucune façon et, bien au contraire, je me trouve dans un état de santé tellement satisfaisant que je ne crois pas qu'il soit possible d'en désirer un meilleur.

Permettez-moi, Monsieur, de vous remercier personnellement de l'éminent service que m'ont rendu les bons conseils que vous avez pris la peine de publier. Votre brochure, Monsieur, est un immense bienfait pour l'humanité, et je regrette vivement qu'elle ne soit pas plus répandue en France. J'ai été obligé de la faire venir de Londres, et il m'a été impossible d'en trouver une traduction française à Paris. Dans l'intérêt général, je crois qu'il serait très-utile et très-profitable qu'une bonne traduction de votre brochure fût publiée à Paris où elle rendrait d'immenses services. Je viens donc vous demander, Monsieur, l'autorisation d'en publier la traduction, nullement dans le but de faire une spéculation, mais uniquement pour rendre service à mes semblables. L'expérience que j'ai faite et qui a été couronnée d'un plein succès, me donne la certitude que vous avez enfin, Monsieur, trouvé le remède à un mal contre l'évanouissement duquel la science a été jusqu'à ce jour impuissante.

From a MERCHANT IN BRUNSWICK, GERMANY.

The following are extracts from a very long letter in German, which I had translated, not being acquainted with that language:—

1751. August 7, 1865.

I TRUST you will excuse an entire stranger addressing you, but as you have been so humane as to publish the results of your cure of Corpulence by a dietary system, and thereby made its benefits common to all other sufferers, I thought it might be a satisfaction to you to hear that your example has found admirers and followers in distant countries. For a long time I had been suffering, like yourself, from increasing corpulence, an evil the magnitude of which can only be properly understood by those who are suffering from it; and notwithstanding I tried every means, I could never succeed in reducing my weight until I heard of your letter last winter, which was re-published in German, by Professor Vogel, at Halle, with medical notes and remarks. I was surprised to read of so simple and natural a remedy, and commenced to practise it immediately. In tendering you my thanks, I beg to communicate the excellent results obtained, showing the gradual reduction of my weight. I am 52 years old; a little over 6 ft. in height (of our Brunswick measure). I work hard bodily and mentally, and in spite of my sobriety and moderation in meals, I had acquired, as you will see, considerable weight, owing to which I was regularly subject, once a month, to severe and lasting headaches. Through the adoption of the diet you prescribed, I have been freed from this troublesome and painful evil, and have scarcely had it once for the last 9 months. I must confess I had taken the very elements of food which your book forbids. My doctor recommended me for two spring seasons consecutively the spas of Carlsbad, where I certainly lost weight considerably, but that was simply in consequence of much walking exercise, and a diet bordering on starvation. On my return I soon regained the weight lost. Now, however, that I have succeeded, by your system, in obtaining the most happy results, the medical men pretend it was an "old story;" curiously enough, however, it never entered into their minds to direct my attention to this "old story." It is similar to the story of Columbus and the egg. What is the use of science and knowledge without its practical use? I was the first person in Brunswick who adopted your admirable system, but you may guess that I soon made it known to those friends and acquaintances who were suffering from corpulence. About 12 of them adopted it with happy results. I believe, considering my height, I have attained my proper normal weight.

I began your system on December 28, 1864, weighing 245 lbs. I decreased about 4 lbs. in each of the first two weeks, then less gradually, as my weekly table will show, till now, August 2, 1865, my weight is 198 lbs., consequently I have lost 47 lbs. in 31 weeks. Accept my heartfelt thanks for the publication of your experience, which has been so beneficial to all those suffering from corpulence.

1795. November, 1865.

I HAVE followed the kind advice in your admirable and useful pamphlet, and do not now aim at a further reduction in weight. I inclose the table of weight since August. I feel lighter and better than ever, and thank my Creator and you daily, for the happy change in my health. This table shows that there has been little variation, sometimes a pound or two over or under, but I weigh now 197 lbs.

From A GENTLEMAN IN IRELAND.

1765. 1769. September, 1865.

I FEEL bound to thank you for your "Letter on Corpulence." Some months ago I was induced to read it, and I am happy to say to adopt its suggestions. On the 25th July, 1864, I commenced on the so-called "Banting system." I was 62 years old, 5 ft. 7 in. high, and weighed 15 st. 6 lbs. To May last I had descended to 13 st. 13 lbs., at which weight I have remained ever since. My total loss of weight was 22 lbs. From the day I commenced to this day I have never swerved from the instructions (except on one or two occasions when I have visited my friends in Dublin), and even then did I transgress only to the extent of a little bread or butter, and a glass or two of bitter beer, and that in the 24 hours; but milk, sugar, potatoes, and all the others I carefully avoided. I think you have been a benefactor to the human race. I have never enjoyed better health than I do at this moment, and have done since I adopted your admirable system in July, 1864, and the wonder is I am not quite content, but so it is. I am still too heavy for a man 5 ft. 7 in. high. Could I reduce to even 12 st., I should feel, to use an Irishism, "as brisk as a bee, and light as a fairy."

From AN ARMY SADDLER OF BRUGES.

1767. Septembre 5, 1865.

DIFFERENTS articles que j'ai lus dans les journaux ont appelé mon attention sur votre système pour combattre l'obésité. Je me suis procuré votre brochure et j'y vois que vous voulez bien donner

à ceux qui veulent suivre votre système, tous les renseignements qu'ils pourraient avoir besoin. Je viens donc, usant de cette faveur, vous prier de me faire connaître votre opinion sur certains petits détails. Voici les résultats que j'ai déjà obtenus, sans cependant avoir sévèrement observé votre système. J'ai 27 ans. Je mesure 1m. 87c. et je pesais 145 kilog. Le 20 du mois dernier, j'ai commencé le régime. Le 24 j'avais diminué de 3 livres, et le 27 de 3 kilog. La perte était visible le 31; je me fis peser de nouveau et j'avais perdu alors 5 kilog., quoique pendant un jour j'avais suspendu le régime. Je crois, Monsieur, que voilà un beau résultat; seulement il est beaucoup de mets sur lesquels je ne suis pas fixé . .

1780. Septembre 26, 1865.

Je suis heureux de vous faire parvenir ces quelques lignes à l'époque que vous désiriez les recevoir. Je me hâte donc de vous dire que j'obtiens le succès le plus complet et qu'à cette heure, je ne pèse plus que 135 kilogs. (Rappelez-vous, je vous prie, que j'en pesais 145 le 20 Août dernier.) Je crois que voilà un beau résultat; aussi j'en suis très-heureux. Acceptez, je vous prie, l'expression de mes sentiments les plus dévoués et les plus respectueux, &c.

From a GENTLEMAN IN NEW YORK.

1774. August, 1865.

My month of experience is up to-day, I have just weighed. My weight is 180 lbs., showing a loss of $12\frac{1}{2}$ lbs. in one month. I send you my weekly weighing, and you will see I lost $4\frac{1}{2}$ lbs. in the first week. I have not been enabled to weigh the meat I have eaten, but can only say that my appetite is good, and that I have perfectly satisfied it. I have a great objection to use stimulants in any way. I now get up every morning at daylight and drive till 7 o'clock (breakfast time), I cannot find words sufficient to explain how well I feel, I feel more elastic and do not get tired, although at this season of the year we are extremely busy, and the weather oppressive. I shall continue till I get down to 165 lbs., and then stop and manage myself carefully. I saw a friend of mine a few days since who has tried your plan for one year, and has lost 70 lbs., but he was very corpulent.

From an EMINENT PHYSICIAN.

1775. September 15, 1865.

I HAVE duly received your friendly letter, and have very great pleasure in acceding to the wish therein expressed. Within the

limits of an ordinary letter it would be impossible for me to communicate all I should like to tell you, and, therefore, some day I will give you a call and "talk" matters over. In October, 1863, I weighed 20 st. 8 lbs., and I am ashamed to add that I did not even then take the warning given by my weigher, but continued to gain weight, till I am quite sure I exceeded 21 st. You must know I am nearly 6 ft. high, and I have an immense chest. I have measured there nearly 51 *inches*; but my waist, or the place where it should have been, never exceeded 50, so that I never looked what I really was. Well, I took to "diet," not by any means severely, as I will tell you when we meet, but steadily and carefully, and one day after my Turkish bath I weighed 15 st. 2 lbs., this was after nine months. I shall not attempt to do more than this, as I weighed as much when I was 15 years old.

1778. September 18, 1865.

ALTHOUGH you are good enough to call my letter a "full" one, it is really not so; and, but for the intention of talking to you some day on the subject I should have written to you at greater length. I am induced to write to you again to-day, because, I think that you may care to place my letters together, this one being a kind of supplement to the last. I must tell you that so far back as twelve years, I was in the habit of "dropping my bread" in the winter months, and always took a piece of hard biscuit with me when I dined at large dinner parties; and a year or two later, when increasing engagements compelled me to keep my carriage, and so to lose much of my exercise, I repeated the "stoppages" in the autumn as well. I always became sensibly thinner, and I believe I lost in six weeks something over a stone; but I never thought it right to continue this course, and though my friend and neighbour, Mr. ———, endeavoured to persuade me I might do so with safety, I never could consent with myself to do so. To the results recorded in your book I attribute entirely, the courage which persuaded me to "go on," and at present I cannot say I regret what I have done. Pardon me, if I suggest to you not to use the expression "superfluous flesh." It is to the diminution of fatty tissue alone, that I believe the system is directed. The flesh not only does not suffer, but becomes actually improved and hardened by the greater consumption of fibrinous matter. I suffered from occasional palpitations of the heart, produced I believe by that important organ being embarrassed by surrounding fat. All this ceased as the fat was taken up, and I am under the happy belief that the muscular structure of my heart

is losing some admixture of adipose deposit, that was becoming mingled with it, since I have avoided the consumption of too much carbon. This, my dear sir, is the secret. "*Vita carbonem*" (avoid carbon). It is right I should add that all my gouty symptoms and deposits disappeared wonderfully under my altered diet, and I am beginning to recommend a meat diet to my gouty patients, having seen its efficacy in several instances.

The main changes I have made have been in the earlier meals: a piece of plain meat and a glass of water for breakfast, no toast or biscuit often, and a small basin of soup for lunch, and then a good dinner; and I must tell you I have never interfered with my wine. I have no doubt I should have lost some more weight if I had only taken claret, but I have taken every kind. I do not know that I have anything more to record, I hope if you have anything to ask you will not fail to do so when we meet.

I may tell you that my sister, who is very stout, has lost about 3 st.; and, I believe, she would be a very remarkable instance if she adhered to the system more closely than she does.

From a GENTLEMAN IN DEVONSHIRE TO A FRIEND OF MINE.

1813. December, 1865.

WHEN I had the pleasure of seeing you in London, I told you how much I am indebted to your (and I may add my) friend Mr. Banting, for his pamphlet on Corpulence. I was about his age, height, and weight, and the result of following his advice is shown in the inclosed statement. Before I arrived at the age of 50, I was noted as a capital walker, frequently doing 20 or 30 miles a-day without fatigue. Beginning to grow stout, I foolishly abstained as much as possible from animal food, but freely indulged in potatoes, sugar, and bread. In spite of my exercise, I continually increased in weight, and about two years ago I felt great difficulty in walking up the slightest ascent. The day after reading the pamphlet, I commenced leaving off potatoes, sugar, and bread (I was not a drinker of port wine or malt liquor), and I became better and better every day. I can walk up our Devonshire hills with the greatest ease, never getting what is called winded, and am enabled to take more food than ever—of course avoiding the three descriptions previously named. I am rather large framed for a person of my height, and am probably at my normal state. I can only add that all my present advantages of health, strength, and spirits are entirely owing to my having fortunately followed the example of Mr. Banting. The statement shows a weight of 204lbs. at the commencement,

and a gradual decline of 36 lbs. in 18 months. The greatest was 5 lbs. in the first month, until 21st September, 1865, when the weight was 168 lbs.

1816. January 1, 1866.

ACCEPT, my dear Mr. Banting, my thanks for your letter. I have little to add to the letter addressed to our friend on December 11th, with respect to myself, but I am delighted to state that many friends have followed my example, and have received similar benefit. It is rather curious that I passed Saturday evening with six friends, four of them are adopting the system, and speak of it in the highest terms. My medical friends (and they are numerous) are surprised at the effect it has had on me, and two of them have adopted it with the same result.

From a LADY IN YORKSHIRE.

1817. January, 1866.

I FEEL sure you will excuse my thus addressing a stranger. I am only most anxious to testify to you the marvellous benefit which results from the little work you published so charitably, which I consider as conferring an inestimable boon on mankind. I hear on all sides cases of persons oppressed by corpulence and obesity, who have not only been reduced by following out the principles of your interesting work, but their activity and health consequently have been really astonishing. Only the other day a clergyman's wife mentioned to me the case of a friend, a lady, not far from where I am residing, who was simply enormously fat and unwieldy, although still in the prime of life. From following your admirable code, she is now a slender, light figure, and in excellent health. My own sister, who is stout, tried the same system, and with equally great benefit. I must also mention to you that in the house where I am now residing two of the young people are very stout, one (being greatly annoyed by gradually becoming fatter) determined, after perusing your book, upon adopting the regimen, only still more strictly, avoiding all vegetables, and taking solid meat, toast, and rusks, but taking no wine or spirits. She became quite slight in figure, told me all the oppressive respiration had passed away, and that she felt so wonderfully well, and slept without waking at night. These two sisters have been seized by a most alarming character of diphtheria, with typhoid fever; the stout one has been hanging between life and death for nearly a month, whilst the other, who had become so reduced in size from the change of diet, showed an energy and power of rallying under these circumstances, that

proved the great blessing she had received through your instrumentality. I am myself the widow of a medical man, and for years I have been a sad invalid and often oppressed by stoutness; but I fully agree with you, that we now hold the reins in our own hands on this very important point. I have no intention, in writing, to give you any trouble in answering my letter. I feel simply anxious to communicate to you the great benefit that has been derived from your book by numbers, or rather by numberless individuals.

From A FOREIGN PRINCE.

1834. 1836. February, 1866.

FROM increasing corpulence I have been induced to try your system, contrary to the advice of all my friends, who have told me it is most dangerous, would bring on dropsy, &c. However, I am determined on proceeding with it. This is my case: I am 39 years old, 5 ft. 6 in. high, and did weigh, in heavy shooting clothes, 15 st. 6 lbs. I am now, in the same clothes, 14 st. 11 lbs. Two months ago I went into ———, for shooting and hunting, for I must tell you, that notwithstanding my size, I am still a very active man. I was formerly one of the fastest runners, and a well-known steeple-chase rider, cricketer, boxer, &c. At about 28 years of age I began to put on the fat, and could ride no more races, though I have always kept up hunting and shooting, for I am a good walker. At ——— I met Dr. ———, who was one of the largest men in that town, he had easily reduced himself 36 lbs., so I determined to have a try. I commenced your system, mildly, about two months ago, and have very much decreased in size. I did not weigh myself very accurately at starting, but I know I am many pounds lighter. The last fortnight I have gone regularly into "Banting," and find I am another man; no heartburn now, which for 20 years I have suffered from dreadfully. I sleep like a top, which I did not before; in fact, every one is surprised at the change in me, and I am myself. I can confidently say I never felt better in my life, and I have so much faith in your system that I feel it will make another man of me. I have always been a temperate man, and have a fine constitution. As I go on with the dietary system I shall from time to time let you know. All I can say at present is, that I am ten times the man I was a month ago.

1867. May, 1866.

I HAVE taken the opportunity of writing to you again as perhaps it may be some satisfaction to you to know how I am getting on with your system, which I find agrees with me ad-

mirably, and I may say I have not been so well for years. The heartburn, which troubled me for years, has completely left me, and I have not had such a thing for the last three months. I have done "Banting" strictly, and with the exception of one fortnight, you will see, by the annexed statement, I lose about 2 lbs. per week. I do not stint myself in any meal, and eat heartily a good breakfast and dinner, and sometimes a luncheon, but not often. My weight, on December 27, 1865, was 15 st. 7 lbs. or 8 lbs.; on February 17, 1866, 14 st. 8 lbs.; on April 21, 13 st. 12 lbs.; and on the 19th of this month 13 st. 5 lbs. I do not think this is bad, in fact, it is more than you recommend, but I feel so well I have no fear. I know now perfectly how to handle myself. I drink more than you recommend, though I am by no means fond of drinking. I take two tumblers of claret for my breakfast, the same for dinner, with a tot of brandy after, and two or three glasses of cold grog after—gin, hollands, or schiedam—I don't care for brandy. Now and then I have had an omelette, or something entirely against rule, but this has been seldom,—at dinner parties you cannot always do as you wish; however, when I tell you I ran 100 yards in 12 seconds, the other day, you will allow it is not bad for professional legs; I used to do it in 10 seconds, but this for a man of 40 is not bad, and many a youngster would have to knock under me. I have not the least hesitation in saying I can easily come down to 11 st. without any trouble. I am a very large framed man, but I can do it and will.

From a LADY IN FRANCE.

1868. Mai, 1866.

J'AI 37 ans; je me porte parfaitement et je n'ai aucune infirmité si ce n'est celle de l'obésité qui fait depuis quelques années le tourment de ma vie, surtout comme amour-propre. Le mal était venu graduellement, je ne m'en suis vraiment aperçue que lorsque j'en ai tout de bon souffert. J'ai essayé de bien des moyens pour me débarrasser de cette maladie. J'ai pris pendant longtemps du vésiculosus. J'ai fait de la gymnastique, de l'exercice de marche, rien ne faisait et je commençais à me désespérer lorsqu'une amie me parla de votre traitement en m'indiquant à peu près ce que je devais éviter de manger; plus tard j'ai eu votre brochure, et j'ai suivi assez exactement vos prescriptions. Je suis trop heureuse, Monsieur, de vous dire que j'ai diminué de 22 livres depuis 8 mois. Vous avez des grands droits à ma reconnaissance pour m'avoir délivrée d'un fléau qui faisait le désespoir de mon existence. Le

régime à suivre m'est pénible, je vous l'avoue : toute ma vie j'ai aimé le sucre par-dessus tout, j'en mettais dans le potage, dans les légumes, et mon café au lait était un vrai sirop. Je le prenais ce café comme complément d'un bon déjeuner, et avec une grande tartine de pain bien beurré. Je n'ai encore pu me priver tout à fait de cette dernière douceur, mais je me modère. Je pèse maintenant 154 livres françaises, je pesais 176 livres il y'a 8 mois.

Je ne sais, Monsieur, quelle parole employer pour vous dire combien je vous suis reconnaissante. Si je vous voyais, mes paroles vous exprimeraient chaleureusement mes sentiments. Agréez, Monsieur, l'expression de ma haute considération et croyez-moi votre très-obligée.

1918. Décembre 1866.

VOTRE traitement a produit en moi une véritable merveille. J'ai maigri de 27 livres en un an. Depuis 3 mois je suis à peu près stationnaire, mais l'amour-propre n'est jamais content et j'ambitionne encore une diminution sur laquelle, hélas ! je n'ose trop compter ne pouvant suivre plus exactement votre régime. Plusieurs de mes amies ont essayé du traitement et s'en trouvent déjà mieux. Je suis chargée par elles de vous transmettre la satisfaction qu'elles en éprouvent.

From a CLERGYMAN.

1878. June, 1866.

THE benefit I have derived from your pamphlet on Corpulency has laid me under a debt of gratitude to you that I can never pay. For several years I had been gradually increasing in weight and bulk, and the ordinary effects followed, namely, shortness of breath, especially on going up stairs or ascending the smallest hill. In addition to this, for several years I suffered daily from excruciating, lancinating pains, so severe were these daily attacks that I have been frequently ready to faint with the pain. In addition to this I suffered greatly from the gout in my feet, which frequently incapacitated me from discharging my ministerial duties. When in the height of these disorders, your pamphlet appeared, and soon became generally known, through the praises or the ridicule which it called forth in the newspapers of the day. I procured a copy, and was surprised at the simplicity of the remedy you proposed. I immediately adopted your plan, and the effect was almost magical. In less than a week all my abdominal pains had left me, and they have never returned. In about a month I was reduced in weight more than 20 lbs, I breathed freely, and although above two years have

elapsed since I began your recommended treatment, I have had no return of that dreadful enemy "the gout." I am nearly 72 years of age—have been twenty-five years in India, and now enjoy as large an amount of health and strength as any man of my age in England, and for this blessing, *under God*, I feel I am greatly indebted to you.

From A GENTLEMAN.

1880. June, 1866.

I FEEL desirous to express the thanks I owe to you for having induced me by the publication of your experience, to make at least a partial trial of your practise in regard to diet. I am much older than you are, being 74, but I have been most happily exempted from disease, and I am free from almost all the ordinary infirmities of age. Finding that my weight was increasing, and being anxious to reduce it, I determined to abstain from the use of sugar, milk, butter, potatoes, and beer; but being a great eater of brown bread, I did not include that article in my restrictions. I commenced on 8 June, 1865, when I weighed in my walking dress 16 st. 2 lbs. I am 5 ft. 11 in. in height. I have gradually become thinner, and my weight has descended to 12 st. 10 lbs., having thus lost 48 lbs. I have been and I am now in excellent health, I have not had occasion to take any kind of medicine for many years. Of course, I have the utmost confidence in your system, and I am very anxious to secure the continuance of the personal comfort which I now enjoy. I purpose giving you a call, if you will permit me, some morning in my drive after breakfast.

From A GENTLEMAN IN HANOVER.

1891. July, 1866.

INDUCED by the assurance you express in your book treating of Corpulence, that you will gladly accept any communications from those who have followed your advice, I beg to inform you of the excellent result which I have gained by your method, returning you my sincere thanks, for the love you have shown to your fellow-sufferers by publishing the said method; indeed, sir, I cannot express in words my thanks for the happiness you have conferred on me. My age is 69 years, and the circumstances which I have undergone are nearly the same as yours. I have always been very active and lively from my youth, and never therefore thought I should be subject to corpulence; nevertheless, I was so in my fortieth year. I was always very moderate in eating and drinking, unfor-

tunately however, in the same manner as you were, viz., eating little meat, but especially taking those items now forbidden. For five years past I restricted my meals to dinner and supper, drinking one cup of coffee in the morning and afternoon. For twelve years past I suffered from umbilical rupture and asthma; on account of the latter I visited several bathing places, "Carlsbad, Marienbad, and others;" the asthma then decreased a little, but before two months had elapsed it was the same again, because the physicians only recommended me a diet without explaining that diet. In the last winter my asthma became so heavy, that I could scarcely walk up and down a room without trouble, and in order to get upstairs I had frequently to stop to fetch breath and to diminish the palpitation, so that life was indeed a burden to me. When I read your book I found what a wrong course I had hitherto taken. The German edition (of which the eighth is sold at present), is connected with an appendix by Dr. Vogel, of Halle, who, on reviewing your book medically, declares it to be the only correct course; but which physicians had not practised hitherto, owing most probably to their ignorance. I then immediately commenced the system, and found I could eat my fill, which I had never ventured to do before on my former diet. On 1 February last, I weighed 195 lbs. (German weight). After a month I felt much better, and weighed 191 lbs., and on the 1st of this month I weighed 172 lbs., consequently I lost 23 lbs. within five months. Though, I can now walk for several hours every day without any trouble, and can go up stairs of sixty or seventy steps very quickly; and without feeling any asthma, I shall continue till I get down to 160 lbs. The asthma and palpitations have disappeared, my umbilical rupture troubles me very little, and having seemingly become twenty years younger in strength, I cheerfully enjoy life.

1947. December, 1866.

I now have much pleasure in complying with your wish of being further furnished with some information about the further result which I may have gained by your method after six months. My weight is now 165 lbs., and though this shows only a loss of 30 lbs. in all, and of 7 lbs. during the last six months, yet considering my age, my health may be called excellent in every respect. The asthma and the palpitation under which I formerly laboured have entirely disappeared, whilst I formerly was quite exhausted after taking a few steps, I now take several hours' walk every day without feeling any fatigue. Thus, enjoying full health, I now allow

myself to be less strict in following your prescriptions, nevertheless, I shall endeavour to reduce my weight gradually to 160 lbs. This method, which is generally called by your name, is known throughout Germany. The eleventh edition of your pamphlet, with an appendix by Dr. Vogel, has just now been published.

From A LADY IN AMERICA.

1894. July, 1866.

ABOUT a year and a half since, I first saw your letter on Corpulence addressed to the public (third edition), published by J. B. Lippincott and Co., Philadelphia, 1864, to which there is an addenda, and concluding addenda, dated April, 1864. I at once resolved to give the system a thorough trial, and found very favourable results. My weight was 215 lbs., now it is 186 lbs. My height is 5 ft. 3 in., and my age 43. I am the mother of five children, the youngest being 12 years old. I have conversed with several physicians here about it, but they as yet know but little concerning the wonderful system. The magical effects produced upon me, caused me to feel that I ought to make it known generally, but I desire to learn its history to the present time, as there are many persons interested who have been influenced by me.

From A RUSSIAN BARONESS AT MOSCOW (Translation).

1902. August, 1866.

IN the month of August, a year ago, my attention was drawn to a pamphlet of yours, published in Germany by Dr. Julius Vogel, Professor at Halle, on the cure of Corpulence. As I have for years suffered from it and the different evils it produced, especially from palpitation of the heart and giddiness, which rendered it difficult for me to ascend hills or to go up stairs, I read your advice with double interest, relating to the cure of those evils, and accordingly determined to begin the diet advised by you, and to pursue it scrupulously and energetically. The result, after the lapse of a year, was the reaping the best of fruits in my health. The object of these lines is to offer you my warmest thanks for the book you published so disinterestedly. Thinking the process of my cure will interest you, I beg to give the following facts:—I am of middle height, 5 ft. 1 in., English measure, and have not large bones. On the 1st October, I weighed 214½ Russian pounds, and then commenced a strict course of your diet. I decreased in October 15 lbs., in November 7 lbs., in December nearly 7 lbs., in January 5 lbs., in February 2 lbs., in March and April 7 lbs., and in the three last

months 8lbs. In ten months I lost 51½ lbs.* During so rapid a decrease in weight I never suffered any discomfort, but, on the contrary, felt better every day, and going up hill or taking long walks were no longer difficult, whilst palpitations and dizziness have considerably diminished. I intend to continue till September, and then to resume my former way of living gradually, but to avoid fat, farinaceous food, sugar, &c.

From a FRENCH MERCHANT IN PARIS.

1914. Octobre 1866.

J'AI suivi sévèrement les conseils de votre brochure et j'en obtiens les résultats les plus surprenants. J'écris ce jour à votre cher docteur pour avoir le cordial qui complétera mon régime. J'ai perdu 20 kilogrammes en moins de 4 mois, en retrouvant une santé que je croyais perdue à jamais. J'étais triste et désespéré, malheureux, et j'affligeais tous ceux qui m'entourent. Vos conseils, cher Monsieur, m'ont rendu à moi-même, à ceux qui me sont chers. J'ai retrouvé et rendu tout le bonheur que j'étais à ma famille, et tout cela grâce à vous. J'ai 43 ans, 5 pieds 2 pouces. Je pesais le 1^{er} Juillet dernier, 132 kilogrammes, je suis aujourd'hui au-dessous de 112. Je ne pouvais plus marcher et je fais chaque jour de 15 à 18 kilomètres de promenade. Encore une fois, merci, et croyez à mon éternelle reconnaissance.

From a LADY IN WALES.

1963. March, 1867.

My sister C—— wrote to you some time ago about being too corpulent, and to ask about certain articles of diet. The interest you so kindly took in her case induces me also to address you. I am quite as great a martyr to obesity as she is. On 6 March I weighed 12 st. 1 lb. Since that date I have followed your advice as nearly as I could, and find I have lost 6lbs., that is, at the rate of 2 lbs. a week. I cannot tell you how pleased I am, and how grateful I feel to you for giving your experience to the world, and, secondly, following it up by taking such a kind interest in individual cases, and I look forward to some day having the pleasure of telling you personally how very much obliged I am. My height is under 5 ft. 2 in., and my age 21, so I am sure you will say I am much too stout. My sister desires me to thank you for your letter. She is only waiting to get weighed before writing to let you know the result.

* 47½ lbs. English weight.

From a MERCHANT CAPTAIN.

1981. June, 1867.

I HAVE very great pleasure in taking up my pen to write you an account of how I have benefited by adopting your system to reduce corpulence. My age is 43 years. I have been at sea since I was 15, and nearly 25 years in command of a ship. I am 5 ft. 11 in. in height. I weighed 14 st. 7 lbs. seventeen years ago. For the last eight years I have been gradually increasing, and when in India last February I weighed 20 st. 3 lbs. Two years since, and until I commenced your system, I could not sit down for five minutes without falling asleep. Even in the forenoon I have been asleep half a dozen times. My legs and feet used to swell, the serum not being absorbed by the blood were quite puffy, and many of my friends have told me that they never expected to see me come home again. In India I found one of your pamphlets in a friend's house, and after I left India I was determined to give a fair trial to the system you had been kind enough to publish. I never take more than two meals a day—breakfast at 9, and dinner at 4, when at sea, and when on shore dine at 6. I had not an opportunity to weigh myself on the passage home until I arrived here, and then found that I weighed 17 st. 9½ lbs., so that I actually lost, from February 10 to May 24, 35½ lbs. in weight. Seven days after the first week on shore, I weighed 17 st. 3½ lbs., losing 6 lbs. This I attributed to the exercise I took, and this day I weigh 17 st. 1¾ lb. All the sleepy feeling vanished about a fortnight after I commenced your treatment, and I feel myself quite regenerated, most fervently thanking Heaven and yourself, as being the means of producing such a change. Your book ought to be written in gold. People all say, "Mind you do not go too far;" but I cannot see any danger in that, as I live as well as I always did, only abstain to the letter from the articles that you mention. I am 7 inches less in circumference. I measured 49 inches, now 42. I do not know how sufficiently to thank you for being the means of making me a happy man, &c.

2014. October, 1867.

I CONSIDER it my duty, and I assure you it is a pleasing one, to give you an account of myself under your system of reduction. I think the last time I wrote you was early in June, since which time I have been at home. On the 21st inst. I weighed 15 st. 9 lbs., that is, on the whole, a reduction of 4 st. 8, or 64 lbs. I find that I reduce very gradually now, about 1 lb. in a fortnight, and I think 15 st. will be low enough for me to reduce to, as I am large

made, and measure now 45 inches round the chest. I have reduced 10 inches round the waist, and I can only say that I never felt better in all my life. I feel sincerely thankful for being in such good health in every respect. I preach the benefits to every stout person I meet. The great secret in the treatment is resolution and a little deprivation, which, when you get accustomed to, is never felt. I drink nothing but unsweetened gin, and water, as I think wine of all kinds and brandy are feeding, &c.

2044. February, 1868.

I AM now on the point of sailing on a voyage, and am happy to be able to give you such a good account of my health after a fair trial of your system. I now weigh 14st. 9 lbs., which shows a reduction of 78 lbs. since the 10th February last. I only take two meals a-day, but at all times I have always thoroughly satisfied my appetite. I have abstained from all saccharine and starchy food, therefore proving that there is no occasion for any to starve themselves to reduce. I have been all the time in perfect health, and feel thankful through your valuable information of being so now. I measure 12 inches less round the waist. I have provided myself with some of your books, and hope to be the means of benefiting my stout friends in the East. I shall not fail to make the system known, by showing them a proof—that is myself—if spared to reach it in safety.

From A FRIEND AND NEIGHBOUR AT KENSINGTON.

2023. November, 1867.

IN a letter which I had a few days ago from my friend, Count ———, there is a passage which I think may interest and amuse you. He had just returned to Vienna from a watering-place in Croatia, to which his physicians had ordered him, and he says as follows:—

“The waters have done me a vast amount of good, so that I am as well and strong as ever, I believe, and certainly my shadow is anything but diminished—so much, in fact, the contrary, that I am half thinking of a partial trial of the *Bentinck* cure, which, by the way, has reduced by 50 lbs. weight, in the last year, the Comte de Chambord (Henri V), who was previously assuming the usual Bourbonnic development.”

My friend is chamberlain to one of the Archduchesses, and sees the Comte de Chambord almost daily, who knows the publisher of the Banting pamphlet. I mean to send a copy of it to Vienna, in

order, at all events, that they may not ascribe the credit of the cure to the Bentincks.

From a SCHOOLMASTER IN PARIS.

2069. Juin 1868.

JE vous aurais écrit déjà depuis plus d'un mois, si l'expression de ma reconnaissance avait suivi le soulagement que m'a procuré la précieuse brochure que vous avez fait paraître pour le bonheur de tous les gens obèses.

Je souffrais depuis plusieurs années de cette obésité croissante sans la qualifier de maladie, lorsque, vers le mois de Janvier dernier, je me suis senti atteint dans les sources mêmes de la vie. Mon cœur et mes poumons ne fonctionnaient plus régulièrement et mon docteur, tout en me recommandant de manger peu, n'arrivait pas de me guérir par l'emploi des drogues ordinaires; mon mal allait au contraire en augmentant. Je ne montais plus un escalier qu'avec peine. J'étais obligé de marcher à pas lents dans les rues comme si j'avais été de cristal. J'avais complètement perdu le sommeil et si je m'assoupissais un quart d'heure j'étais réveillé brusquement par des suffocations produites par une toux violente. De plus, mes jambes enflaient et prouvaient que la circulation du sang ne se faisait plus dans des conditions normales. J'en étais là, lorsque votre brochure me fut mise sous les yeux. Je fus frappé de la probité et de la conviction qui y respirent de la première ligne à la dernière, et mon impression fut que c'était l'œuvre d'un honnête homme et, permettez-moi de vous le dire, d'un excellent homme.

Sans en rien dire à mon docteur, je commençai de suite à suivre le régime qui vous a si bien réussi. Seulement le troisième jour je dus remplacer le thé que vous prenez à 9 heures, par un repas équivalent au vin de Bordeaux; mon estomac ne pouvait supporter le thé sans sucre. Pour tout le reste je me conformai à vos prescriptions.

Maintenant, ce que j'ai à ajouter tient du prodige. La troisième nuit, je dormis huit heures, moi qui ne connaissais plus le sommeil depuis plus d'un mois; ma toux diminua comme par enchantement et je me sentis soulagé pour tout le reste. J'avais commencé mon traitement le 28 Mars, pesant 111 kilogs., soit 222 livres poids français. La première semaine je perdis 6 livres, la seconde 17 livres, enfin au bout du premier mois je ne pesais plus que 191 livres. J'avais donc perdu en 30 jours 31 livres. Ma physionomie avait changé; un de mes trois mentons s'était fondu. Ma poitrine qui se confondait avec mon ventre, n'avait plus le même volume,

ainsi que mon estomac; mes jambes avaient désenflé. Je respirais facilement et je montais les escaliers sans être obligé de m'arrêter a chaque marche. Ainsi, au bout du premier mois les résultats ont été vraiment extraordinaires. Mon docteur en a été frappé et m'a demandé votre brochure qu'il a lue avec attention, et qu'il m'a rendue en y donnant tous ses éloges. Le 28 Mai s'est terminé mon second mois de régime et, comme poids, je suis resté stationnaire ou plutôt j'ai encore perdu une livre. Je pèse maintenant 190 livres.

From A MILITARY OFFICER IN IRELAND.

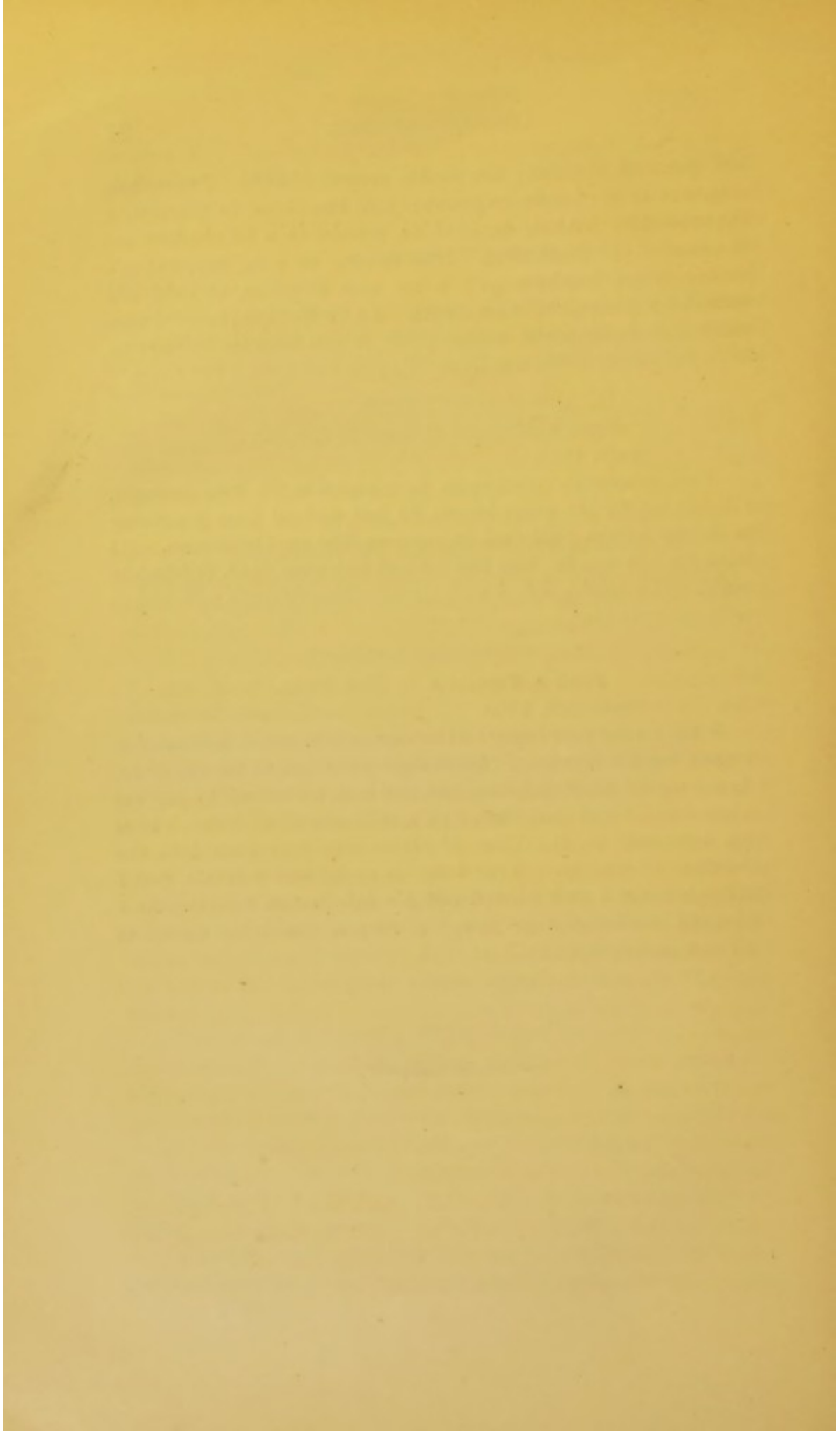
2076. July, 1868.

THIS gentleman called twice on my sons in St. James's-street, to thank me for the great benefit he had derived from practising the dietary system published in my pamphlet on Corpulence. He stated his age was 63, and that he had lost over $4\frac{1}{2}$ st. (72 lbs.) in weight. His height, 5 ft. 7 in. He finds himself quite well, and as active again as ever.

From A PHYSICIAN IN NEW YORK.

2095. September, 1868.

I HAVE read your letter on Corpulence with much interest this summer, for the first time. Some eight years ago, at the age of 40, I found myself growing fat too fast, and took some steps to prevent its increase. Since that time, as a practitioner of medicine, I have been interested in the cases of others who had gone into the wilderness of obesity. Your letter is sound and valuable, and I am frank to say I have derived valuable information from it. As a seeker of knowledge I am happy to reap it from a lay source as well as a professional one.



THE TREATMENT OF CORPULENCE,

BY

THE SO-CALLED BANTING SYSTEM.

A POPULAR AND SCIENTIFIC LECTURE, DELIVERED IN THE HALL OF
THE "KÖNIGSBAU," AT STUTTGART, ON THE 23RD DEC. 1865,

BY

PROFESSOR NIEMEYER, M.D.,

CONSULTING PHYSICIAN EXTRAORDINARY TO HIS MAJESTY THE KING OF
WURTEMBERG.

Published by August Hirschwald, 68, Under den Linden, Berlin, 1866.

ALLOW me to draw your attention to an event which during the last few years has attracted much notice, and aroused the interest of the scientific world in general. This event, the important results of which it is my intention to bring before you in my lecture to-day, is the appearance of a small pamphlet, called *A Letter on Corpulence*, published in London, in 1863, by William Banting. In it the author describes his restoration to health by a new system of cure, and he expresses the hope that a detailed account of his cure may prove of use to those who, (as he did) suffer from excessive corpulence.

Public attention is often enough directed to successful cures, and the methods employed in such cases are constantly advertized. The columns of our newspapers teem with such worthless communications; but Mr. Banting's pamphlet has nothing whatever in common with this species of charlatanism.

The announcement of a certain establishment for curing a complaint, or the address of some particular medicine vendor, with which the description of the case invariably concludes, sufficiently points out the origin of these articles, and warns the judicious

reader what he has to expect; but it can never occur to any one that Mr. Banting's pamphlet has any connection with one of those puffing advertisements. The first two editions of his pamphlet were published at his own expense, and he recommends no particular firm, but expressly directs his readers to apply to their own doctors; nay, in order to disarm all false conjecture, in the first editions of his pamphlet he withholds the name of the doctor to whom he owes his cure. You will readily perceive that no dishonest motive, but only the best and purest intentions, have dictated Mr. Banting's pamphlet.

I also mention another point which distinguishes this pamphlet from all other similar publications. Most recommendations of any particular system of cure, which come from non-professional men, contain a certain amount of bombast, and those who recommend it appear in the character of partizans. The system they advocate is pronounced to be a panacea applicable to many, if not to any illness: no exaggeration of this description is to be found in Mr. Banting's pamphlet.

The complete cure which he has experienced induces him to hope that the same system which he has pursued may prove useful to others who suffer from the same complaint, but he is far from recommending his mode of living to those who do not suffer from corpulence, but from other complaints. Indeed, he even considers it possible that his system of cure may only be suited to certain cases of corpulence. It is this most judicious consideration, which does honour to the practical, cool, and temperate judgment of an inhabitant of "Old England," that induces Mr. Banting to advise the readers of his pamphlet not to practise his system without first consulting a medical man.

I am sorry that I can only give you brief extracts from this pamphlet, every line of which is original and interesting. Mr. Banting tells us, he was 66 years of age, had led a most active life, and had only for a few years retired from a business which he had conducted for 50 years with much bodily and mental exertion. He had led no sedentary life—and had been moderate in his eating and drinking. Nevertheless, when between 30 and 40 years of age, he noticed to his horror, that he was inclined to become corpulent. He had always particularly dreaded this evil, and he did all he could to stop its advance.

A medical friend recommended him to try the effect of rowing. He procured a heavy boat, and went out every morning for many hours before beginning business: but this experiment failed. He

gained muscular power, but, with it, his appetite increased to a fabulous extent, and by satisfying it, he became still more corpulent. His weight was constantly increasing, and he was therefore obliged to stop the rowing. After the death of his first medical adviser, Mr. Banting applied to many of the best medical authorities in England in order to check his constant disposition to corpulence. He states that he took buckets full of medicine: that he tried systems of baths, and drank various mineral waters. He tried riding: he worked and lived at times like a common labourer, but all without permanent result.

He gives a good illustration of the energy and perseverance with which he carried out these fruitless experiments. Among other things, he had been recommended to use Turkish baths. The first bath did him some good; he therefore bathed at first three times a-week, but afterwards not quite so often, and he only left off altogether when, after his 90th bath, he became convinced (having lost only 6 pounds in weight) that the system could not cure him. Mr. Banting admits that most of the medical men whom he consulted took trouble and evinced much interest in his misfortune, yet he repeatedly complains that they regarded his corpulence as the natural consequence of his advancing years. One of the cleverest doctors whom he consulted, gave him the feeble consolation, that he himself was in the same predicament, having latterly gained in each year a pound in weight. Mr. Banting was then almost persuaded that there was no help for him.

I regret that I must pass over the naïve and very dramatic description which Mr. Banting gives of his sufferings, but all can perceive how many troubles and inconveniences are caused by immoderate corpulence. It may be sufficient to tell you that Mr. Banting, a man only 5 feet 3 inches in height, weighed 183 lbs. in August, 1862, whilst the average weight of a full-grown man of Mr. Banting's height, should be about 130 lbs.* He suffered acutely, was obliged to renounce all the pleasures of life: to avoid being seen in public places so as to escape joking and unpleasant remarks: and he repeatedly points out that an immoderate development of fat is one of the worst parasites that can attach itself to mankind. He also adds, that few doctors have an idea how much pain and annoyance this parasite causes to the poor patient.

When Mr. Banting's misfortune was at its height, and in addition to the old complaint, new and alarming symptoms began to appear, Almighty Providence, as he expresses himself, directed him to the

* Presumed German statistics.

right path for restoring him to a pleasant and happy existence. He found the right guide in the person of Dr. William Harvey, who ultimately delivered him from his troubles. I am sorry that I have been unable to ascertain whether this William Harvey is a descendant of the great William Harvey, who, in the 17th century, by discovering the circulation of the blood, laid the foundation of our present physiological system.* It has never occurred to Mr. Banting to claim the least merit for the system of cure which now universally bears his name. On the contrary, in every page of his pamphlet we find touching expressions of gratitude to his deliverer. It is only because in the first editions of his pamphlet, he withheld the name of this physician, that the new system has been called the "Banting cure" or "Banting system."

He was at first much surprised at Mr. Harvey's instructions. He had formerly endeavoured to live as low as possible, and had been earnestly recommended by every one to use "moderation and light nourishment." Now he was told to live well, and to follow a diet which every one must consider to be particularly rich and nourishing. Mr. Banting minutely describes to us the bill of fare prescribed by his doctor.

He takes at breakfast 8 to 10 ounces of meat, 2 ounces of biscuit or toast, and a large cup of tea, but without milk or sugar. His dinner consists of 10 to 12 ounces of any fish, except salmon—any vegetable, except potatoes—any kind of poultry or venison, a little pastry,† and 2 ounces of toasted bread. With it he drinks 2 or 3 glasses of good red wine, sherry, or madeira, and avoids only champagne, port, and beer. In the afternoon he takes 4 to 6 ounces of fruit, 1 or 2 large biscuits, and again a large cup of tea without milk or sugar. His supper consists of 6 to 8 ounces of meat or fish, and 1 or 2 glasses of red wine. In order to ensure a good night's rest, he often, before going to bed, drinks a glass of grog without sugar, or else 1 or 2 glasses of sherry or red wine. If the bread or biscuit at his meals is too dry, he moistens it with a spoonful of brandy. In fact, I cannot but agree with Mr. Banting when he says that his bill of fare is splendid and luxurious, and that any man who desired a more liberal allowance must be a regular glutton.

After a week's trial of his doctor's system, which consisted in the above-mentioned diet, and in the daily use of a spoonful of alkaline mixture, Mr. Banting felt himself lighter and better. He made steady progress, and each time that he was weighed, he found a pleasant result. In May, 1863, nine months after he had com-

* He is not.

† I avoided pastry.—W.B.

menced this system, he writes:—"I never felt so well for 20 years; I have lost many inches in circumference, and 35 lbs. in weight: I have not suffered in the least from the dietary which I adopted: my corporeal infirmities are greatly mitigated, indeed, have almost disappeared."

He concludes his pamphlet with the announcement that he has given £50 to his medical man to be distributed amongst different hospitals as a thank-offering, and that he has resolved to publish the particulars of his case in order to show his thankfulness to Almighty Providence for the grace granted to him.

The second and third editions of Mr. Banting's pamphlet, dated December, 1863, and May, 1864, do not contain any important additions. His improvement had been uninterrupted and he had made more progress. The entire loss of weight up to September, 1863, was 46 lbs., and the circumference of his body, round the waist, tailor's measurement, was less by 12 inches.

Mr. Banting much regrets that he was not photographed before he commenced his "system," in order to show more forcibly the contrast between his former and his present appearance; it would have amused many, and astonished and convinced everyone.

In the preface to the third edition, Mr. Banting states that he had received numerous gratifying letters of thanks from all parts of Great Britain, and that these results have surpassed his most sanguine hopes.

He adds that he felt most grateful to Providence for having made him the instrument of spreading such a blessing.

I should have much liked to have been able to add some particulars about the position in life and personal appearance of Mr. Banting; but the time has been too short for me to receive authentic information from England, and I must, therefore, limit myself to the following brief, but well-authenticated remarks.

Until a few years ago, Mr. Banting carried on the business of an undertaker. Funerals, as is well known, are conducted with much pomp in England: and he held the appointment "to H.R.H. the Prince of Wales."*

The circumstance that the same man whose business it was to place people underground, should take so much trouble to prolong the life of his fellow-men, has given rise to many a joke in England. Mr. Banting's business is apparently in high repute, and his firm

* I held no such appointment, but was Cabinetmaker, Upholsterer, and Decorator to the Royal Family. Funerals in England are frequently conducted by this class.—W.B.

lately conducted the splendid funeral of Lord Palmerston. The contents of his pamphlet and many anecdotes show Mr. Banting to be a kind-hearted and pious man, with a decided tendency to humour. A most amusing scene, in which the Princess Mary of Cambridge played a part, appears to be authentic, and is highly characteristic. Her Royal Highness requested to see Mr. Banting. He presented himself before her, first in his former clothes in order to show her the old Banting, and then metamorphosed himself before her eyes into the present Banting, by throwing off one coat after another.*

It may appear almost comical, but it is indicative of Mr. Banting's good feeling that, whilst complaining of his other sufferings, he expresses his regret that he was unable without much personal exertion to perform many of those little social acts, which good breeding and gallantry require.

The sensation which Mr. Banting's pamphlet created in England was truly astonishing.

Shortly after its appearance the name of Banting was in every mouth, and many persons who suffered from corpulence began diligently and successfully to practise his system. Others even, who desired a greater circumference of body, in like manner adopted the Anti-Banting system. At grand dinners, the guests were offered a choice of dishes prepared according to both systems: whilst a verb was even formed from the name of Banting, and the question "Do you bant?" became of common occurrence in England.

Mr. Banting's pamphlet caused almost as much sensation on the Continent, as soon as it became known by means of translations, &c., and edition after edition made its appearance. The new doctrine found many advocates and zealous disciples amongst us. Numerous living proofs of the success of the Banting system already wander about our streets.

I believe that I have now shown you that I was justified in designating the appearance of Mr. Banting's pamphlet as an interesting and important event.

I will now endeavour to explain to you the contents of Mr. Banting's pamphlet from a scientific point of view, and to indicate how far the facts which he communicates are in harmony with, and how far they deviate from the present opinions of physiologists, and medical men.

In order to solve this problem, it is especially essential to examine more minutely the system of cure to which Mr. Banting owes his

* This was not true, but a mere *jeu d'esprit* of the public journals.

recovery, and to answer the question, whether the various principles advocated can be viewed as a whole, and recognised as one system.

It can, indeed, be easily proved that in drawing up the bill of fare for his patient, and also indicating precisely what should be avoided, Mr. Harvey acted from conviction, and followed certain consistent principles. If we compare those aliments of which Mr. Banting was allowed an unlimited use, with those of which he was only allowed to take a small quantity, we shall see that by such a diet, the body would receive essential nourishment from the former in very plentiful, but from the latter in very limited proportions.

Those aliments, of which a plentiful use was permitted to Mr. Banting, are classed by Baron Liebig among the "plastic" means of nourishment, whilst those of which he was only to partake sparingly, are called the "means of respiration." (There is, however, much to object to in this nomenclature.)

As I mentioned just now, these two alimentary elements are indispensable for the continuance of life, and, in order to prove this assertion, I will shortly allude to the organic requirements of the body, and to the manner in which these means of nourishment operate. The organs and tissues of which the body consists, are constantly becoming worn out and used up; and in order, therefore, to prevent the dissolution of the body, it is absolutely necessary that the loss which thus arises, should be constantly replaced by new material. Equally indispensable for the continuance of life is the maintenance of the body at a certain temperature. The fluctuations of temperature to which the skin is exposed, do not affect the interior of the body. Man can live and prosper at the poles or under the equator, and notwithstanding the icy cold of the one or the glowing heat of the other, the normal temperature of his body may be always maintained.

In order to meet the first necessity, viz., to replace the loss of the worn-out tissues, it is necessary to assimilate the substances of which those tissues consist, or of which they may be formed. Now, the most important organic tissues of the body consist principally of the so-called albuminous bodies, *i.e.*, of the white of egg itself: of the muscular fibre, &c. It is, therefore, necessary that the body should be constantly supplied with albumen; and neither man nor animal can exist, if albumen be entirely withheld from them for any length of time.

The second condition necessary for the support of life, viz., the maintenance of the normal temperature of the body is attained by our body undergoing a continual process of combustion. Although no flames, such as accompany the burning of wood in the open air,

arise from this combustion, yet heat is still developed, and thus the body is continually supplied with warmth.

The oxygen of the air, which we breathe, and the connection of which with the component parts of the body in developing heat, we just now called combustion, has much less relation to the above-mentioned albuminous bodies, than to certain other parts of the organic system, which are therefore consumed quicker and in larger quantities. The constant use (principally in producing warmth) of these component parts of the body must be replaced by new material, and this is accomplished chiefly by additions of fat, starch, vegetable gum, sugar, and other similar substances. If the aliments absorbed have not for some time contained any such substances, the body suffers precisely the same process of dissolution as if no albuminous matter had been taken in nourishment.

There have been many direct experiments made on animals, which have been fed exclusively on the one or the other of these last-mentioned simple aliments, in order to ascertain whether they could be kept alive for any length of time.

All these experiments have had negative results, and every one of the animals succumbed after a shorter or longer period.

From these experiments it is evident that none of the ordinary alimentary substances contain exclusively either the one or the other of the elementary materials of nourishment. Nay, more: however much the various alimentary substances which are absorbed by man and all classes of animals may differ in their composition, yet they all contain substances belonging to the class of "plastic" matter, as well as to the class of "the means of respiration." For instance, in eating meat, besides the albumen and the material forming the fibres of the muscles, we absorb a certain quantity of fat—a representative of the second class of substances.

In like manner, we consume the starch and the albumen contained in bread and potatoes.

Although all ordinary alimentary substances contain elements from these two principal classes, there is still a great difference in the proportions of the "plastic" nutriment, and the "means of respiration." Generally speaking, the "plastic" nutriment predominates in the aliments derived from the animal world, whilst in those of vegetable growth, "the means of respiration," such as starch, sugar, &c. prevail.

You are now in a position to judge for yourselves whether Mr. Harvey was logical and followed a definite principle in drawing up Mr. Banting's bill of fare.

You will perceive that whilst he allowed Mr. Banting to eat

great quantities of meat, he forbade fat, potatoes, sugar, and milk ; that he reduced the allowance of bread to a very small quantity, that he increased the supply of "plastic" nutriment and lessened the supply of "the means of respiration."

According to the theory held by some distinguished savants, especially Liebig and Moleschott, respecting the absorption of alcohol by the human body the only illogical error with which Mr. Harvey can be taxed, is, that he allowed his patient a comparatively large supply of spirituous liquors. Liebig and Moleschott classify alcohol under "the means of respiration;" for it is burned up in the body and serves for the purpose of obtaining warmth. But Mr. Harvey must be absolved even from this apparent error. The theory that alcohol undergoes a process of combustion in the body, is not founded upon direct experiment, but belongs to the region of hypothesis. I am further supported in making this assertion by the fact that the experiments of my friend and colleague, Mr. Hoppe-Seyler, and of Messrs. Setchenow, Buchheim, and others, have proved that alcohol is not burned up in the human body, but is thrown out (at any rate the greatest part of it) in an undecomposed state. My own convictions also confirm the soundness of the opinions held by Messrs. Hoppe-Seyler, Setchenow, and Buchheim, for, in thoroughly intoxicated individuals, the temperature of the body is by no means abnormally high, but abnormally low, notwithstanding the full veins and reddened head.

I must, therefore, repeat that I consider the permission to drink wine and even brandy perfectly logical.

It was also perfectly correct and logical for Mr. Harvey, whilst allowing the use of wine, to forbid the use of beer, especially the highly malted English beer. From the stronger descriptions of beer, the body absorbs not only alcohol, but likewise considerable "means of respiration."

However, the fact that Mr. Harvey did not follow Liebig's theory, but forbade beer, and allowed wine, has doubtless been productive of important practical consequences. Had he likewise forbidden the use of wine, it is possible and indeed not improbable, that the energetic Mr. Banting would have conscientiously followed this prescription, but I much doubt whether the Banting system would then have gained so many adherents. The sacrifice of drinking wine instead of beer is much easier than the sacrifice of abstaining from all spirituous liquors.

Having now analysed the diet which Mr. Banting followed and reduced it to a definite principle, let us compare these results with

those at which physiologists and the investigators of physiological chemistry have arrived in their researches concerning the changes in the elements of nourishment and the influence of aliments in the production of fat. This question has been examined with particular attention, and in this field science has achieved great triumphs. It would occupy too much time if I were to describe the details of all these researches; I will, therefore, only bring before you a few simple facts.

It is well known that the bodies of carnivorous animals, in whose nourishments "plastic" aliments predominate, contain very little fat, whilst the bodies of ruminating animals in whose food the "means of respiration" prevail, are much fatter, and can easily be fattened by plentifully administering to them the "means of respiration." I have only to point to animals of the cat and dog species: in their wild state they live only on flesh and yet remain thin and lean, in spite of the rich nature of their nourishment: but they gradually become fat when tamed and accustomed to a mixed diet, such as potatoes, bread, &c.

I can also mention the prevalence of corpulence in certain castes, who live exclusively on milk, rice, and fat: their religion forbidding them to eat meat or eggs; and these may be contrasted with the muscular, but thin, bodies of those tribes, whose only means of subsistence is derived from hunting and fishing. These few examples may suffice. From similar facts, ascertained after careful and exact experiment, physiologists have arrived at the conviction, that the production of fat bears a certain ratio to the amount of "the means of respiration," and scientific men have no hesitation whatever in designating "the means of respiration" to be the depositor of fat.

We may see the proof of this, in the fact that Mr. Banting became fatter as long as he lived, what is called "low," *i.e.*, when he ate principally bread and potatoes, with the addition of large quantities of beer, milk, and sugar; whilst, when he lived "well," *i.e.*, principally on meat, he became thinner.

This fact corresponds exactly with the laws for the production of fat which the observations and experiments of physiologists have established.

I will however remark, that, notwithstanding the satisfactory progress of science, and the accurately ascertained proportions of the "plastic" aliments and "means of respiration" required to produce a great amount of fat, the precise process of producing fat from these substances is by no means defined.

Most scientific men (and Liebig among others), who have

examined the subject, have no doubt whatever that the fat producers are transformed into fat, and that this fat passes into the tissues; but there is another theory advocated likewise by many distinguished men, which deserves attention. According to this theory, the fat itself, as well as the fat producers, which we absorb with our aliments, are consumed in the blood, and used as the means for producing heat, and likewise the fat which is formed in the body, is produced from the fleshy or albuminous substances in the system. Numerous examples may be adduced in favour of this last explanation of the production of fat.

There is no doubt whatever, that in the organism of the body, especially in cases of disease, albuminous substances are frequently transformed into fat.

The fact already mentioned, that only those animals can be fattened, which, in addition to a plentiful supply of starch, vegetable, gum, &c., eat a certain proportion of albuminous substances, is much more easily explained by this theory than by the theory of Liebig.

I will finally draw your attention to the well-known fact, that the nourishment of the muscles suffers considerably from an immoderate development of fat, corpulent men are, therefore, generally not only not powerful, but often feeble. And the diseases most feared by these persons, such as enlargement of the heart and dropsy, arise principally from the muscular tissue of the heart being deprived of its normal nourishment, and being also partially expended in the production of fat.

Whichever hypothesis is correct, it is a fact universally admitted by the scientific world, that by freely supplying the "means of respiration," an extensive development of fat is produced in the body, and that, by reducing that supply, not only no new fat is deposited, but that which has been deposited is consumed as material for heat, and vanishes out of the tissues.

I think that I have shown you that the results communicated by Mr. Banting are in perfect harmony with the opinions and experience of physiologists, and I have now only to draw your attention to the explanation of those results, according to the principles of my own special profession, viz., that of practical medicine.

I shall, therefore, attempt to describe the relation which the principles of the Banting system bear to those principles which are followed by the faculty. Although the expression is hardly appropriate, it is unnecessary to correct Mr. Banting, when he calls his immoderate corpulence a "tiresome parasite." The correct idea

was in his mind, that corpulence could not properly be called an illness, so long as the functions of the body did not materially suffer from it. Medical science likewise hesitates to designate every little increase in the normal production of fat as an illness, although the dangers which arise from an excessive degree of fat have always been sufficiently appreciated by the physicians of antiquity.

Medical men have always treated corpulence more by a system of diet, than by prescribing drugs. Galen, one of the greatest physicians of ancient times, who lived in the second century after Christ, has written a work specially on "the fat and lean mode of life." And we find in the works of Hippocrates (who lived at an earlier period, and was contemporary of Pericles), and of Celsus (who lived in the time of Emperor Augustus), precise dietetic prescriptions for those who are corpulent and who desire to become thin. At the present day also, certain specified rules of diet, form the most important part in the treatment of corpulence, and we may confidently assert, that our modes of treatment are founded entirely upon rational principles.

Scientific medical men have always endeavoured to discover the laws according to which the remedies applied may lessen or modify the progress of disease, but our knowledge of the intricate processes, which it is necessary to follow in most diseases, is still too superficial, and our experience of the changes, produced by medicine in the economy of the body, is too limited to permit us to say that great results have yet been attained. The treatment of many, indeed I may say of most, diseases is therefore still merely empirical. But the treatment of corpulence is different. The object to be attained is much more definite, and our knowledge of the means and result is much more accurate than in the case of most diseases. The physiological effect of the agents employed is much better ascertained than that of most drugs. For this reason we are justified in saying that the treatment of corpulence, which is now taught, is a strictly rational treatment.

The object which the scientific physician has to consider in the treatment of corpulence is twofold.

1st. He must increase the process of combustion, which the body is constantly undergoing, to such a degree that all superfluous fat shall be consumed.

2ndly. He must reduce the addition of fresh "materials" of combustion until the accumulated surplus fat is absorbed. The means by which the production of heat can be increased are pretty well

known to us, and we can develop most of them artificially. Fever, an illness with which many of you are acquainted, is caused by a too highly increased production of warmth. The body is overheated, and its normal temperature, about 30 degrees Réaumur, is raised several degrees, and this it is that causes the patient to complain of glowing heat, burning thirst, and which accounts for the reddened face, heated appearance, galloping pulse, and other visible symptoms of fever. Naturally more material is required to sustain this overheating of the body, than for maintaining it at its normal temperature.

Fever "consumes" in the fullest sense of the word, for it consumes by means of the combustion of the component parts of the body in addition to the accumulated fatty portions. Every one knows that with persons suffering from fever the fat disappears, and they become thin. In a short time they lose many pounds in weight, and thus the artificial production of fever would prove an infallible method of quickly reducing immoderate corpulence: but such a method would be a wanton attack on the organism of the body, of which no one would be guilty. It would be a direct violation of the only motto, "to cure if possible, *'cito, tuto et jucunde:'*" that is quickly, safely, and pleasantly.

There are fortunately other means at our disposal by which the same end can be surely though slowly attained (*non cito sed tuto*).

Every motion of the muscles produces a certain proportion of heat, or to speak scientifically liberates a certain number of particles of warmth, which are thus lost to the body. This loss is, however, immediately made good by an increased development of warmth and an increased process of combustion.

By every physical exertion or movement of the muscles we use up, in proportion to the violence of that exertion, a certain amount of the corporeal fuel of combustion, just as a locomotive engine, in order to run a certain distance, consumes so much wood or coal. But long before one of our intelligent countrymen discovered this law, according to which a certain amount of heat is converted into a corresponding amount of mechanical exertion, the facts which now enable us to understand this discovery, were well known and frequently used by physicians in the treatment of corpulence. Every one must have noticed that violent muscular exertion and excessive hard work checks the development of fat, that men and animals become lean from hard work, and that agricultural labourers, blacksmiths, and all men who undertake rough work are generally thin, although they absorb a plentiful supply of "the means of respiration."

In many villages, the inhabitants live chiefly on potatoes and cider, and only eat meat occasionally in the course of the year, and yet in spite of this plentiful supply of the "means of respiration," we seldom meet a "Banting figure" amongst them. It can easily, therefore, be understood why medical men have always earnestly recommended all corpulent people to take much exercise, to sleep little, and to undertake some mechanical labour.

It may interest you to hear that the numerous corpulent persons who yearly visit Karlsbad, Marienbad, Kissingen, and other similar places, even now minutely follow the rules which were established by Hippocrates more than 2,000 years ago for the cure of his fellow-creatures who then suffered from similar complaints.

The morning walk of an hour's duration exactly corresponds with the precepts of the followers of Esculapius, who ordered corpulent people to take a long walk before their breakfast.

It is true that poor Mr. Banting derived no benefit from his rowing: indeed, whilst taking that exercise, he became still more corpulent, but you must remember that his appetite then increased to a fabulous extent, and you know with what kind of nourishment he satisfied it. We can, however, confidently assert that Mr. Banting would soon have become thin if he had again tried rowing, when he later adopted his system of diet.

I will only mention one more mode of accelerating combustion, or as it is ordinarily called "the waste of the body," viz., by the application of cold, in the form of fresh and salt water baths, shower baths, and cold sponging. It has been ascertained by testing the temperature of the body during a cold bath or shower bath, that during these processes, although giving out a considerable amount of heat, it retains its normal temperature: which fact proves that a violent expenditure of heat, caused by the combustion of the constituent parts of the body, considerably stimulates the production of warmth. At any rate, cold baths and similar applications were recommended in cases of corpulence long before the principles were discovered which accounted for their favourable effect, and explained the results attained by them.

I shall not allude to other methods which are used for accelerating combustion and promoting the absorption of food. From all that I have said you must be convinced that there are powerful means at our disposal, to enable us to accomplish the first task which science has placed before us in the treatment of corpulence. Those methods of cure of the success of which there is no doubt, are not alluded to in the prescriptions of the "Banting system."

I will now shortly allude to the second principle which, as you know, requires that the supply of new materials of combustion should be withheld, until the accumulated fat in the body has been consumed. It cannot be positively stated, that this principle, although its correctness is generally acknowledged, has yet received in practice the attention which it deserves. In order precisely to carry out its principles, it would seem to be necessary to reduce, as much as possible, the supply of all those "means of respiration" which I have already mentioned, such as fat, sugar, starch, vegetable gum, and those substances, which during the process of digestion are converted into sugar. It is true that more than 1,800 years ago, on purely empiric grounds, Celsus recommended to thin persons "*pinguia et dulcia*," *i.e.*, fat and sweet [aliments, and forbade the same to corpulent persons.

This maxim of the old Roman savant, has by no means been overlooked. Gerhard Van Swieten, who in the last century was summoned by the Empress Maria Theresa from Leyden to Vienna, and who transferred the splendour of that Dutch University to the Imperial metropolis, expressly mentions this dictum of Celsus in his celebrated commentaries on the aphorisms of his great teacher, Boerhaave; and Van Swieten endeavoured to explain it upon the then known scientific principles, and to account for the fact, that the use of vegetable aliments has a tendency to produce fat. He maintains that there must be a great amount of secreted fat in vegetable food: for cows, which feed only on hay and water, are able to produce such a fatty substance as milk, and when the secretion of milk ceases, they have a tendency to become immoderately fat from the same nourishment. One would think that this simple and evident fact which Van Swieten quotes, would have suggested to all thinking medical men the prohibition of the immoderate use of bread and potatoes, as well as of fat, to corpulent persons. At any rate, when Liebig's discoveries of the laws of nourishment, and the production of fat became known to every scientific man, one would be inclined to think, that rich aliments containing starch and sugar would have been generally forbidden in the treatment of corpulence. But it is not so.

Although reasoning upon sound principles, thin persons were recommended to take a plentiful supply of fat, and also of other "means of respiration," such as soups, chocolate, sweet grapes, extract of malt, and strong malt liquors, yet, until lately, it was thought sufficient in order to obtain the reverse effect, *i.e.*, to make persons thin, merely to forbid the use of fat—and not to recommend

an abstention from other means of respiration, such as the so-called fat producers. I will here give a striking example. At Carlsbad, that refuge for all corpulent persons, it is considered a crime to eat butter or fat gravies, but the patient is allowed to drink coffee with milk and sugar, and to partake freely of pastry and sweet puddings.

I am unwilling to quote the apposite, but well-worn comparison of the egg of Columbus. You will, however, clearly perceive what the great service is, which Mr. Harvey has rendered to medical science. A principle, the correctness of which has long been generally acknowledged, but which until now has never been thoroughly applied, has now become a benefit and a blessing from the success which Mr. Harvey has attained through his perseverance and consistent reasoning.

Medical science has been essentially benefited by Mr. Harvey, but Mr. Banting has also rendered much service to science, for, by the publication of his pamphlet, he has made public some very important empirical facts, which would, without it, have been known only to a small circle.

Such, in a few words, is the relation in which science stands to the "Banting system."

I have thought it my duty to select the subject of this lecture which their Majesties the King and Queen, and this distinguished audience, have condescended to listen to, from the realms of that science which I have the honour to represent at our University. But I have not considered it desirable in this lecture to give any practical advice; my aim has been to draw your attention to an interesting event in all its details, and to elucidate the important bearing of it from a scientific point of view.

WILLIAM BANTING TO THE PUBLIC.

THE following Scheme may be considered visionary, but as I believe that many thousands have benefited by the extensive circulation of my experience and gratuitous efforts in the cause of my fellow-creatures, and that thousands more have heard of the benefits derived through friends and acquaintance, I am not without hope of adequate aid and consideration.

The vast importance of Convalescent Institutions to receive poor people when discharged cured from hospitals, but still weak and feeble from the effects of their illness, and the necessity of affording them a few weeks' good rest and nourishing food, is much impressed on the public mind. From the public generally, therefore, I expect a large amount of support.

From a large circle of personal friends and acquaintance I also look for considerable help and encouragement.

There will be little risk to the public in honouring me with "a conditional promise," as I am quite persuaded that those who kindly consent will only be too glad to complete the engagement, if I can but fulfil the

condition upon which alone I ask them to make such promise.

As I am actuated solely by the desire to be useful in my generation, I should be highly gratified could I but inaugurate the elements of so useful a charity. It is to the many rather than to the few that I look for support; and although the course I have adopted may be novel, it appears to me to be the only means by which I can hope to work out the desired result.

Should the Scheme ultimately fail, I shall only have had my pains and trouble for my recompense; whilst, in a pecuniary sense, I shall be a gainer by saving my own subscription.

PROSPECTUS

FOR THE PURPOSE OF

FOUNDING AND ENDOWING A NEW INSTITUTION IN
THE SERVICE OF HUMANITY,

TO BE CALLED

The Middlesex County Convalescent Hospital.

MANY most admirable Hospitals for the medical and surgical treatment of every complaint or disease "that flesh is heir to," are to be found in the metropolis, and indeed throughout the United Kingdom. When, however, disease or accident has been effectually alleviated or cured, there is still a period of weary probation wherein the patient requires change of air and scene, with more liberal and special dietary than ordinary hospitals have the means of providing, while so many unrelieved sufferers are waiting anxiously for admission to their wards. It is at this crisis that a few weeks of change are imperatively needed to invigorate the exhausted frame and restore it to its accustomed strength.

The able medical authorities in our hospitals are fully aware of this fact, and the small Home at Walton-on-Thames, though possibly insufficient in many respects, has thoroughly proved the great utility of such institutions for the labouring and working

classes, who have neither friends, nor means to obtain elsewhere the comforts which their state requires, and who, in too many instances, after hospitals have done for them all that the utmost skill can perform or medicine afford, have relapsed into sickness under far less favourable circumstances for recovery *through being compelled prematurely to resume their usual labour for existence.*

Such an institution, founded for the purpose of completing the good work that our hospitals have commenced, would, so far as curative charities are concerned, form the connecting link in this chain of Christian benevolence ; and it is to be hoped that the "Middlesex County Convalescent Hospital" would not long be the only one of its kind, but that other counties would soon establish similar Institutions for themselves.

The propounder of this Scheme for the service and comfort of humanity believes the present moment to be very opportune for its inauguration, and proposes to provide the first nest egg of £500 as his thank-offering for the blessing and comfort he has received in redemption from disease and restoration to health. He suggests that the Institution should secure a Charter of Incorporation, and be governed by :—

A VISITOR (one of the high dignitaries of the Church if possible) ; .

A PRESIDENT ; and at least

TWELVE VICE-PRESIDENTS, from which body a
TREASURER shall be chosen.

TWELVE LADY PATRONESSES.

A COMMITTEE of twenty-four persons, namely, three medical, three legal, three scientific, three clerical, and twelve laymen.

That the building should have one wing for 200 males, and another for 200 females, properly separated.

That those persons only should be eligible for the benefits of the Institution who have been discharged from hospitals in Middlesex, cured; and belong to the mechanical and labouring classes, having no means or friends to provide the comforts which a convalescent requires.

That the extreme limit of residence should not, under any circumstances, exceed eight weeks, and that every Patient should pay at the rate of 5s. a-week during his stay in the Hospital. This small sum, it is presumed, might always be obtained from benevolent or even hospital resources for so worthy a purpose, and would form part of the income of the Institution, unless the public response should be so liberal as to secure a sufficient Endowment Fund to allow the admissions to be gratuitous for ever, *which is most earnestly desired.*

That there should be a Chapel and a resident Clergyman of the Church of England, but that there should be no compulsory attendance on the services or any restraint placed upon those who belong to other persuasions.

That there should be a general Library, with comfortable convenient Reading Rooms.

That there should be a Steward and a Stewardess, and a resident Medical Officer.

That there should be a Laundry and Wash-house, with all necessary appliances, and a proper Staff; a Dairy with proper appurtenances and Stock; proper and convenient Hot and Cold Baths.

It is estimated that a site of forty or fifty acres will be required to erect the Hospital and its appendages; to purchase which and to form the necessary Endowment Fund, a very large sum of money will be needed; it is also calculated that to support 400 Patients, and to meet the general expenditure, an income of £12,000 a-year will be indispensable; £5,000 only of which will arise from the payments (at 5s. a-week each) of the Patients themselves when the Hospital is full.

It is not intended that the Subscribers shall pay any promised donation until at least £100,000 shall be guaranteed. When that fact has been ascertained, it is proposed to seek the countenance, patronage, and support of Royalty, the Nobility, and other influential persons, and then to appoint a President, Vice-Presidents, Treasurer, Banker, and Committee of Management, to carry out the proposed object.

I do not desire to claim any honour or credit as one of the pioneers in convalescent schemes, but the foregoing appeal was published five years ago, and at that time I received several of the conditional

promises as per list annexed, but did not then further press the subject on public attention, as I found that each succeeding week added to my list of friends, and I resolved consequently to defer any further effort in the cause until I could publish a fourth edition of my Pamphlet. Happily in the meantime several Convalescent Establishments have been generated, which however will not deter me from earnest efforts to form a kindred Institution, as I believe there is still an ample field for such an object in the cause of humanity.

I feel deeply sensible of my own inherent weakness and incapacity for the task of insuring your sympathy by touching words like those which flow so freely and directly to the mind and heart when penned by a Dickens or a Thackeray, and therefore can only rely on the importance of the object, and any respect and esteem my late faint but earnest efforts in the cause of humanity may have engendered, for your assistance to create the sinew, muscle, and nerve, to give vitality to this (perhaps too prolix) skeleton sketch, and to consummate an act of Christian benevolence, that hereafter may be a source of proud satisfaction to all concerned.

I entreat you to assist me in this good work, and that you will be pleased to let me know to what extent you will honour my Scheme by a promise, a copy of which is printed at the foot hereof, and send it to me at your earliest convenience. I will in due course advertise any further promised aid, as a preliminary step, but will not ask or expect you to pay until the

appointments of Treasurer, Banker, and Committee are made, of whose worth and integrity you shall be perfectly satisfied, and into whose hands *only* the contributions shall pass, as I do not desire one farthing to come into mine, or to exercise any personal control over the expenditure.

WILLIAM BANTING.

4, *The Terrace, Kensington, W.*,
May, 1869.

MEMORANDUM.

*I promise to contribute the sum of £ for the
Middlesex County Convalescent Hospital, whenever
Mr. Banting secures promises for the amount of
subscription named in the Prospectus (£100,000) as
necessary to be raised before his scheme of Charity can
be undertaken.*

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