

Ten golden rules of health : No.1 explained : reducing the meat ration / by Sir W. Arbuthnot Lane, Bart.

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TEN GOLDEN RULES OF HEALTH.

NO. 1 EXPLAINED.

REDUCING THE MEAT RATION.

Sir William Arbuthnot Lane in an article in *The Daily Mail* on August 23 laid down ten golden rules for health and avoiding the danger of cancer. Among them were: Reduce the meat ration; eat whole-meal bread; avoid over-refined food; drink at least six tumblers of water a day; get plenty of open air; wear light underclothing; exercise night and morning; bathe daily; brush the teeth twice a day.

In view of the interest they aroused Sir William is now dealing with the rules in detail, and in the article printed below discusses the reduction of meat eating.

By SIR W. ARBUTHNOT LANE, Bart.

Rule 1.—Reduce your meat ration to an absolute minimum, and if possible cut it out of the diet altogether. Fish is a good and sufficient substitute.

The reason why it is essential, in the large majority of instances, to reduce the meat ration to a minimum, or even to exclude it altogether, is that, owing to the habit that has been inculcated from early infancy of retaining the foul products of digestion for twenty-four hours in the large bowel, the food contents of the small intestine from which the nutrition of the body is obtained are contaminated by poisonous micro-organisms, which have extended from the stagnating and decomposing material in the human cesspool.

It is therefore exceedingly unwise to put into what is practically a warm moist safe full of flies any material which, in such circumstances, can produce a deadly poison.

VEGETARIAN ATHLETES.

It is to this that vegetarianism owes its empirical origin, since people brought up in the usual insanitary manner found immense benefit from avoiding any animal matter. If the gastrointestinal tract acts normally any food can be digested, but such a condition is exceedingly rare in civilisation.

The very fact that non-meat eating peoples are capable of remarkable feats of endurance and enjoy wonderful health, living to a great age, is enough to show how unnecessary is meat in the diet.

Further, the number of events won by vegetarian athletes in this country is formidable and entirely out of proportion to their small numbers compared with the rest of the competitors.