acter, we were merely muddling along. In his opinion, therefore, the time was ripe for a Government inquiry into the whole subject of the methods of treatment of the consumptive poor.

The following resolution was passed:—"That in view of the importance of the subject the Government be urged to appoint a Royal Commission to deal with the sanatorium treatment of tuberculosis for the poor and industrial classes."

Housing of the Working Classes.

Mr. T. B. Simmons declared that the greatest stumbling block in the way of making progress in providing reasonable dwellings for the labouring classes was the present unbendable by-laws. The class of house required to accommodate a certain section of the community and fit in with their wage was not generally built by the private speculator, and the local sanitary authority had not the power to specify that a certain area of its district should be provided with cottage property at a certain maximum rental. He considered that the Housing of the Working Classes Act, 1890, should be extended so as to give such powers. The Local Government Board should make such alterations in its rural building by-laws as would reasonably reduce the cost of building healthy and wholesome cottages for farm labourers.

Mr. Ralph Neville, K.C., in a paper on "Garden Cities," said assuming that the physique of masses of town dwellers indicated deterioration, and that that state of things was largely due to overcrowding, he said the proposal to get the people back to the land was an exception to the schemes for town improvement. The classes whom it was desired to affect had resorted to the towns mainly in consequence of the increasing demand for labour in the mechanical industries carried on in towns. The problem of bringing the town into the country resolved itself into the question of obtaining the settlement of manufacturers there, and that, he thought, could be brought about by the combination of advantages offered by the Garden City Company.

Diet and Disease.

Dr. Haddon contended that we were beginning to suspect that many diseases whose secondary cause might depend on insanitary conditions were primarily caused by our present way of living, and that diet was responsible for many of the diseases which still baffled doctors. It was to the Greeks that we had to look for the dawn of a scientific study of diet, and Pythagoras concludes from that study that a man ought to be ashamed of being ill, except from accident or climatic influences. He might be regarded as the father of vegetarianism. After a lengthy examination of the history of dietetics, the lecturer discussed the establishment of vegetarian societies, and declared that though it was difficult to estimate the influence of these societies there could be little doubt that they had had an educating influence, not only on the laity but on the medical profession. The paramount importance of food in making us what we were was known, and it had been said with truth that we were digging our graves with our teeth. He declared that personally, since he had lived on one meal a day, eating no animal product except butter, his health had improved, and he had learned how good the plainest food could taste. He had also learned the true meaning of hunger, which was that state of the palate in which a dry crust tasted as good as the richest dish, and not the craving for food which was the agony of a misguided stomach. His sense of taste had improved, and he believed that we should return to the ancient method of one meal a day. That would save much trouble, and perhaps solve the servant difficulty. Buddhist monks and the Trappists ate only one meal a day, and that a vegetarian meal, and they were exceptionally healthy communities. We might at any rate lessen the number of our meals with advantage. Two meals were quite sufficient and the "no-breakfast" system was not a bad one. Then, too, animal food was not necessary to maintain our health and vigour, and a vegetarian diet enabled him to avoid the feeling of languor common to eaters of flesh. He had come to regard fat as a disease, marking the beginning of the failure of some of our organs. Diet would prevent the accumulation of fat, and he believed would also cure many diseases, even infectious diseases. If ever the medical profession came to believe that medicine was a mere corollary to dietetics, students would require to be taught as much about food as about drugs. No greater tax was put on the nervous system than that of digesting food, and on the nervous system the welfare of the body depended. With over-eating, the nervous system got no rest and might break down. He would, therefore, in cases of disease rest the nervous system by stopping the supply of food to the stomach, and allow the surplus food and unnecessary fat to be used up by the system. He believed that the human system would use up any adventitious products before calling on the natural tissues for the supply of nutritive material.

Medical Inspection in Schools.

Professor Kenwood warmly advocated the medical inspection of school-children, and said that permanent harm was being inflicted on thousands of scholars by endeavouring to educate those who were unfit. Eyes and ears were the two great channels of education, and if these were defective there was a tremendous loss of the education imparted. Mental deficiency, nervous conditions, over-pressure, commencing deformities, were also matters which it was desirable that medical inspection should detect. An almost incredible amount of illness was discovered among the children when a doctor examined a whole school. In New York during a recent year 41,000 children were excluded from school attendance as a result of medical inspection. Dr. Kenwood explained the system of inspection prevailing in America, which aimed not at cure in the school, but detection. He considered that at least every child should be medically examined on commencing school life, and favoured examinations of all school children twice a year. Medical inspection in schools was not a new thing. It was done thirty years ago in Brussels, and 120 years ago in Poland. Nearly every European country except Great Britain had adopted this necessary measure, and of course every school in Japan, and they realised its great benefit. Cost was suggested as the one real objection, but surely what was borne by Austria, Germany, Japan, and Belgium could be borne by Great Britain.

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