

## A NEW BEGINNING.



GREAT writer has said that "life consists of an infinite number of new beginnings." The realisation of such a thought is like a trusty oaken staff to lean upon in the hour of temptation and the moment of failure.

What matters it though the foot has slipped and the steps have strayed, keep the eye fixed on the goal, and *make a new beginning.*

At the opening of a new year such a thought is necessarily present to the mind, but I bid you give it scope, not in mind or in profession, but in daily life and in daily practice. As my thoughts stray over the reforms which might be made this year, I can conceive of nothing which would have a greater impress on the human race for good in its evolutionary development than the radical reformation from an artificial to a natural diet.

As a man eats, so shall he be. By the laws of metabolism all the tissues of the body, all the organic media by which thought is formed and developed—aye, and even the machinery through which morality itself is manifested, and by which it is in part conditioned—are day by day being built up out of the food we eat.

The food we eat to-day is, therefore, the most important factor in determining of which shall be the muscles, the minds, and the morality of men of ages to come.

Vegetarianism points to the food, which, as the natural food of man, will aid him to develop towards that Ideal up to which the best men in all ages have ever looked.

"With the new year, new beginnings," but let them be new beginnings of *deeds*, and not of empty *protestations* or *words*; and since Vegetarianism is essentially difficult in that it demands personal self-sacrifice, I would offer a thought of comfort and cheer to every wavering heart that longs to begin, and yet doubts how far he dare venture, by saying, "With a new year definitely make the great new beginning, and though at first it will be hard, yet will it grow pleasanter and more delightful as time passes on, until at length the sweet crown and rich reward of happiness and health shall thousand-fold repay the cost of initial sacrifice."

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