

THE VEGETARIAN MESSENGER AND REVIEW.

VEGETARIANISM (V. E. M.)

THAT IS, THE PRACTICE OF LIVING ON
THE PRODUCTS OF THE VEGETABLE
KINGDOM, WITH OR WITHOUT THE ADDITION
OF EGGS AND MILK AND ITS PRODUCTS
(BUTTER AND CHEESE), TO THE EXCLUSION OF
FISH, FLESH, AND FOWL.



*“Fix upon that course of life which is best; custom
will render it most delightful.”*

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The “**New Century Review**” for October, contains a paper on the “**Dietary of the Twentieth Century**,” from the pen of Dr. Josiah Oldfield, who seems to have succeeded to the position, so long held by Mr. H. S. Salt, of defender of Vegetarianism in the pages of the serious “**Reviews**.” Dr. Oldfield’s paper is brightly written, and consists of a further reply to Sir Henry Thompson’s *Nineteenth Century* articles, which, if they have done no other good, have given Vegetarians many chances of bringing their principles forward. An interesting feature of the article is the series of extracts from recent books of travel, showing “that the hardy, healthy, backbone of the world is made up of those who are really Vegetarian in practice.” Dr. Oldfield believes that “the dietary of the twentieth century will be the result of a combination of experience, science, instinct, and ethics. Experience proves that the best physique is obtained, and the best and most sustained work is done, by that part of the human race which subsists upon fruits, grains, nuts, pulses, vegetables, and animal products. It proves that, for spasmodic efforts of leonine strength, a flesh dietary is best fitted, but for untiring, patient energy, and real sustained stamina, the Vege-

tarian animal carries away the palm. Science proves that man, by his anatomy, should be classed at the head of the anthropoid apes, among the frugivores, and not with the carnivorous tiger, or the omnivorous hog. The type remains permanent, even after centuries of experimenting with flesh foods. If these foods had been for the good of the human race, we should have expected to have found a gradual adaptation towards the carnivorous type. Instinct remains as the guide of every child that is born. Instinct bids the kitten to eat flesh, the lamb to eat grass, and the child to eat fruits ! Finally, ethics are pleading with a voice growing daily in force as in sweetness, for a realization of the dreams of prophet, poet, and painter alike—pleading for the in coming of the Golden Age of Humanity, when the lion, in man, shall lie down beside the lamb, and no longer thirst for its flesh and its blood—when affection shall take beneath the human ægis all that can suffer pain, and when the kinship of all beautiful lives shall be recognized and revered."