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DR. OSLER'S RECIPE FOR A LIFE OF HAPPINESS.

Professor Osler delivered a lecture at the Working Men's College at Camden Town on Saturday evening, in which he compared the human body to a steam engine. "The engine wants fuel," he said. "So does the human body. But give them the wrong sort, and both cease to work. While the engine has only one furnace, and a large one, the human body consists of myriads of little furnaces—that is, cells. Milk was the original food of man, not meat. Many people get on without meat if they eat porridge, which is just as good, but the trouble is that most people eat too much of both, and so injure the works. Vegetarianism is all right in its way, but vegetarians are not always as robust mentally and physically. The human engine is frequently put out of repair by people who persist in eating improperly-cooked food, added to which they make the mistake of chewing and digesting improperly. Like locomotives, people are made to last a certain time, and, like them, they require repairs. Small repairs can be done inside, but for large repairs they have to go to the doctor. Sometimes this is successful, sometimes not." On the subject of alcohol or tobacco, Professor Osler proved himself to be revolutionary in the extreme. "Throw all the beer and spirits into the Irish Channel, the English Channel, and the North Sea for a year," he exclaimed, "and people in England would be infinitely better. It would certainly solve all the problems with which the philanthropists, the physicians and the politicians have to deal. Do you suppose you need tobacco? On the day after you had dumped all the tobacco into the sea you would find that it was very good for you and hard on the fishes. Tea and coffee, like alcohol and tobacco, are really not necessary; in fact, they merely disturb the furnaces of the body." In conclusion, the Professor pleaded for the simple life, with plenty of fresh air and lots of good, hard work as the only means of attaining comfort and peace.