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"The Care of the Body."

Professor Osler delivered a lecture on "The Care of the Body," on Saturday evening at the Working Men's College, Crowndale-Road, N.W. Mr. Lionel Jacob presided, in the absence of Professor Dicey, the Principal, and there was a large audience. Professor Osler drew a parallel between the life of a steam engine and that of a human body, and observed that both required fuel and air to produce energy; both were designed for a life of usefulness and both had to be treated with care. People ate too much meat; indeed they took in too much fuel for the energy taken out. Food should be of the right kind, properly prepared and well masticated. One-half of the diseases people suffered from were due to hurried and over feeding. Neither alcohol nor tobacco were necessaries, and tea and coffee should be taken only in moderation. In the case of the majority, a man's foes were those of his own making. To sum up, his advice for the care of the body was this - no alcohol, less tobacco, less tea and coffee, good plain food, cleanliness, plenty of fresh air, and plenty of hard work.