

## **ANIMAL OR VEGETABLE FOOD?**

### **Another Contention That Man Does Not Need to Eat Flesh.**

*To the Editor of The New York Times:*

Why does THE TIMES, so welcome at breakfast tables—usually so fair a dealer in hard facts and common sense—wander, at times, into by-paths and write in support of theories which have not been conclusively proved?

This query is incited by the strictures in your issue of the 4th Inst. on Mr. Ernest H. Crosby's advocacy of vegetarianism. Unfortunately, perhaps, the term vegetarian is popularly used to designate one who subsists mostly on vegetables—vegetables in the restricted meaning of the word—whereas, with many—the writer among the number—they are of minor importance in the daily diet.

Physiology has not demonstrated man's need of flesh food. Assuming that it has, we cannot ignore the fact that recent discoveries in science may compel its entire reconstruction. And, speaking of animals, what is meant by "most successful"? What carnivorous animal, aside from the dog, whose real utility is narrowly limited, has succeeded as the friend of and coworker with man? Are not the horse, ox, cow, sheep, and reindeer worthy of passing recognition? Why cite the elephant only? How about the camel?

Mr. Crosby is right. As a medical practitioner and investigator, I have proved, beyond cavil, the truth of his statements, and I could add much more in corroboration of his testimony if our genial "Topics" would relax his hold on some deep-seated but erroneous beliefs—beliefs, I regret to say, shared by many of my professional confreres—and listen without prejudice.

To me, whatever Mr. Crosby has said or may say is not "an added grievance against the packers that their horrible deeds are likely to drive not a few foolish and hasty people into the vegetarian quagmire"—but is, and, I am sure, will be, a timely warning and a judicious appeal to our race to forsake an inhuman, unhealthy, and unnecessary diet for one that is nourishing, sustaining, and void of offense to inoffensive and intelligent creatures.

**EDWARD GARDINER DAY, M. D.**

New York, June 6, 1906.