

their children inoculated even by the hand of a physician; yet nothing is more certain than that of late many of them have performed this operation with their own hands and . . . there is little reason to doubt that the practice will become general. Whenever this shall be the case, more lives will be saved by inoculation alone than are at present by all the endeavours of the Faculty." (It will be remembered that Edward Jenner first vaccinated from cow pox in 1796 and published his first work on vaccination in 1798).

Buchan was not only not a quack, he was much in advance of the body of the profession in many ways. He strikes the key note of his treatise in the introduction. After noting the well-known saying of Dr. John Arbuthnot, the celebrated wit and physician, and himself a pioneer "that by diet alone all the intentions of medicine may be answered",²⁶ he says, "No doubt a great many of them may, but there are other things besides diet which ought by us means to be neglected. Many hurtful and destructive prejudices with regard to the treatment of the sick still prevail . . . To guard . . . against these prejudices and to instil . . . some just ideas of the importance of proper food, fresh air, cleanliness and other regimen necessary in disease, would be a great work and productive of many happy consequences. A proper regimen in most diseases is equal to medicine, and in many of them it is greatly superior."

Probably the most useful and certainly the most modern part of the work is Part I, "Of the General Causes of Disease". Beginning with the child and saying that "almost half of the children born in Great Britain die under 12 years of age" he lays down most sensible rules for the care of children, clothing—he ridicules and condemns the tight and thick swaddling band; "a child should have no more clothes than are necessary to keep it warm and they should be easy for its body"; food—"it is strange how people came to think that the first thing given to a child should be drugs", "wines are universally mixed with the first food of children, "some parents teach their children to guzzle ale and other fermented liquor . . . such a practice cannot fail to do mischief. All strong liquor are hurtful to children . . . Milk water, buttermilk, or whey are the most proper for children to drink." The food should not be sweetened to entice them to eat more than they should.²⁷ Tight lacing for child or adult is deprecated—"the human shape does not solely depend upon the whalebone and bend leather".²⁸ Exercise, in sane ways, is also insisted upon. He is the first, so far as I know, to recommend golf. He says "Golf is a diversion very common in North Britain. It is well calculated for exercising the body and may always be taken in such moderation as neither to overheat nor fatigue. It has greatly the preference