

most part, purposeless work, inducing early senescence. So a part of your duty will be to teach your patient to cultivate the *festina lente*, the cheerful habit of mind, contentment, and self control. I have said enough to direct your attention to the duty you owe to your patients and fellow-citizens, in speaking in season and out of season, against the fierce struggle for wealth and supremacy. The millions may come (not, however, to many, though the struggle be for all) but with little power to enjoy them.

*Temperance.*—It is given to few persons to have the natural, normal balance, which causes them to lead temperate lives. We have been accustomed to think of temperance, as the very limited use, or total abstinence from alcohol. Now, while no body of men have more reason to deplore that terrible scourge—the abuse of alcohol—than physicians have, so also no other body should so fully realize that temperance runs along other lines than abstinence from whiskey consumption. Intoxications take place from too much nitrogenous food, from constipation, from mental worry, from over-work, from tobacco, because of a jaded and worn-out nervous system, from the exigencies of social life, etc.

I do not speak of uric acid, that scape-goat in medicine, which some of our brethren used to demonstrate to admiring patients in their blood, by means of a pocket lens. Recent investigations discredit this product entirely as the causative agent in gout, and so in arterio-sclerosis. In the *Lancet* of January, 1903, Professor Woods Hutchinson shows “that uric acid is no longer regarded as a product of the improper combustion of proteids into urea”—also, “that uric acid is innocuous, and that variations in its excretion are purely symptomatic.” This is a blow to many a practitioner who gives uric acid as a cause for hosts of complaints, for which the pathology is nebulous, from ingrowing toe-nail to appendicitis; all going to show that we still, as in the days of Job, “a vain counsel by words without knowledge.”

I fear that there is much intemperance of a sexual nature; and that sexual neurasthenia is quite common, both among men and women. At any rate we know that intemperance along any line tends to arterio-sclerosis; here, again, prophylaxis is of much more importance than drugging.

I need proceed no further in this direction, having briefly called your attention to the necessity of practising temperance in every phase of life, if the sum of the years is to be complete, and the machine to do its best work to the end of the chapter.

To speak more definitely, let me urge that the patient suffering from this disease should live a quiet, well-regulated life, and avoid excess in everything—eating, drinking, pleasure