

in every detail of their physical and mental lives. Time of course, is a large element in the successful issue of such cases, where the plan of treatment is carried out as proposed, viz., a very gradual but accurate reduction in every dose and carried down as far as  $\frac{1}{8000}$  of a grain. But it should be distinctly remembered that we have an entire human body to reconstruct and so long as the minutest fraction of a drug is necessary to restful sleep or bodily comfort, the cure is far from complete.

Again I wish to add that by an intelligent and gradual reduction, proper feeding and nutrition, etc., we reconstruct and rebuild tissues which constantly require less and less narcotics, and when the last dose is given we have a normal, well-balanced mind, a vigorous strong body, and restored self respect which is equal to any suffering which the ordinary human can stand without an opiate, and possibly a better one.

That the plan outlined here calls loudly for two things, not always at hand, is evident. I mean to specify, however, and state essentials, a proper man and a proper place. But as we do not hesitate to call to our aid the sanatorium and hospital, the surgeon and the ophthalmologist as we need him, so do not let us hesitate, particularly in these "habit cases" to place our patients out of the harmful and damaging surroundings in to a haven of rest and safety. And further let the pages of our text books and our journals bearing the shibboleth "once an opium eater always an opium eater," or any modification of its false and untrue notes be torn from them, cast out, re-written! And let the newer one be illumined with the device, "Faith, Hope, and Charity."

Let us in our advice and handling of these bodies primarily lost in the start of life's race, so act that we may restore to the bed-side, the hospital ward, the pulpit, and the bar, men once again their own masters, and to civilization a corps whose mentality and conduct will surely add to the store of human happiness on the globe!

---