

have been suppressed and the patient apparently cured, or if not absolutely cured, greatly relieved for a long period of time, the patient will sometimes tell you that after all he would prefer not to continue treatment any longer. Not because dissatisfied with your methods or measures, but because he felt so much better when the disease was allowed to run its natural course, and because an explosion or convulsion at certain stated intervals seemed to give absolute relief, showing that the wisest and best therapeutical methods [or what appears to us to be wisest and best] may nevertheless absolutely fail in giving to the patient that degree of comfort and satisfaction which we desire and which nature knew how to bestow." So that it is sometimes better to bear the ills we have than to fly to others we know not of. True, if the cause or causes of the diseased state which gives rise to these explosive convulsions as a means of relief were first removed instead of the mere symptoms being treated, the result would be quite different.

Permit me then just to mention here in this connection, as a reminder, and we all need frequent reminders, the fact that, in the treatment of disease, there are two most important points, to bear in mind : first, to ascertain, if possible, by the most careful and thorough examination, the cause or causes of the diseased condition or symptoms we are called upon to treat ; and second, to remove the cause or causes or prevent the recurrence of the same. Then, in very many cases, if we provide the ordinary essentials of health and life—pure air, water and sunlight, securing the utilization through the respiratory organs of abundance of oxygen, with suitable food, clothing and rest, or it may be exercise, probably partial, passive exercise, as in passive movements by another person or in massage, with the means of absolute cleanliness—abundance of water, dirt being so common a cause of disease, then usually benign nature "will do the rest." Hence a very much larger proportion of the time given to the study of medicine should be devoted to the study of pathological conditions, and especially to the causes of these conditions.

The application of these natural remedies, the essentials of