

Bacteriology has directed the attention of the medical world to the importance of preventing the dissemination of disease germs by the agency of earth, air or water. Experiments have shown the tenacity to life of the tubercle bacillus, its life, history and most favorite soil. May we not, in our eagerness to destroy these insinuating sources of disease, by methods which are too apt to include the patient in a common fate, be apt to neglect the best preventative we have, best because the most under our control; I refer to the rearing of a strong and healthy army of phagocytes begotten of good food, sufficient rest, and plenty of exercise.

The most fertile soil for the insidious microbe, is a puny and debilitated organism in which the life processes are slow and feeble; on the other hand if there be strength and activity, disease will not obtain its first foothold or even if it has already entered the body, will be attacked and speedily ejected from a system ready and able to combat such a danger to its well-being. "The physician is only the servant of nature; not its master." He can give the most favourable conditions but the healing power of nature does the rest. Fixity to a broken limb while repair goes on. Rest to the stomach while the ulcer heals. Extra nourishment or stimulants till the system again takes up its accustomed work.

It is along these lines that progress has been made in the past, and will be made in the future, rather than by the discovery of the Elixer of Life, the search for which has occupied so many great minds even to the present day. This search however, may be productive of as great good to humanity as was that for the philosopher's stone whose magic touch was to turn everything to gold. From that vain dream the science of Chemistry received its greatest impulse and may not the equally fantastic search for this life-giving compound incidentally reveal the great physiological laws that govern the life processes? So with increased knowledge we may determine the *proportions* of water, food and exercise, the three ingredients of the true *elixer vitae*.

"He who eats without taking exercise cannot be well," said