

duty of the physician to discourage undue mental exertion. From our ancestors, who might generally be described as a hardy race of men with great stomachs and no brains, we are developing into a physically inferior race with large brains and irritable digestive apparatus.

A judicious exercise of mind and body should be the aim of the man who would make the most of himself. As I write there is too much athletics in the air, but doubtless it may do good by enticing the bookworm from his books and by making the pale student breathe the cold, exhilarating air and exercise his flabby muscles. At any rate, if we must have an extreme in Canada, by all means let us raise muscular, eupeptic, broad-chested, good-natured samples of Anglo-Saxon mediocrity, rather than dyspeptic, myopic, anæmic geniuses, with abnormal brains and endless stores of knowledge.

The *Popular Science Monthly* indirectly touches upon this subject when it refers to the action of the American Council of Education in the matter of school recesses.

The committee appointed to report upon the subject, summed up the *pros* and *cons* as follows: The opponents of the recess claim that the adoption of their measure will conserve the health of pupils by preventing exposure; that it will tend to refinement by removing opportunities for rude behavior and boisterous play; that it will take away the opportunity for association with the vicious and consequent corruption of morals, and that it will make things easier for the teachers. The report replies to these allegations in this style, an answer which most of us will, I think, believe to be ample: exposure to the weather during recess is beneficial, not hurtful: it gives a change from the close, foul air of the school room to the free air, with opportunity to relieve physical wants, and affords a means of ventilating the schoolroom without chilling the scholars; that the "rude and boisterous play" of recess is only a rehearsal of what is indulged in outside of the schoolroom, with the advantage that the teacher is present to prevent excess, and that it gives needed exercise; that moral corruption is not generated in the open practice of recess, but in secret intercourse; and that the teacher's office is not to make things easy

for himself, but by every means in his power to promote the well-being of his pupils:

Prof. Austin Flint's admirable address on "Medicinal and Non-Medicinal Therapeutic" has been widely copied and much extolled, but it appears to me that much of the material of the address can be shown to have been derived from well-known sources.

For example, his denunciation of that domestic superstition commonly called "catching cold" is almost an exact reproduction of Felix Oswald's ideas upon the subject. I have not the latter author's "Physical Education" before me nor all of his papers on "Remedial Education" (*vide Popular Science Monthly*, 1883 and 1884) but I know that it will be found in either or both of the places indicated. At any rate Dr. Flint's address is but an indication of the return all along the line of surgery and medicine to "natural" therapeutics; already hygienic precautions and the common-sense pharmacopeia bid fair to take the place of a blind faith in the efficacy of drugs. In the meantime the cool-headed doctor will neither be a partisan of men like Bartholow, "the drug worshipper," nor a follower of "drug despisers," like Dr. Oswald. It is well to recognize the value of such pharmacopeial preparations that have stood the test of time and experience, giving them only when necessary, and refusing at the same time to dose a patient because some enthusiast has declared that miracles have been wrought thereby.

Peculiarly difficult is it, it appears to me, to place anything like a proper value on proposed remedies about which there has not been for years a consensus of approval. Temporary enthusiasm should not count for much with those who have not an opportunity to judge for themselves in hospital practice or elsewhere. Wait a year or so. All of us will remember the contrast between the predictions and results in the case of croton-chloral-hydrate, nitrite of amyl, bromoform, cundeango, electricity, salicylic acid, the antiseptic spray, and other remedies too numerous to recount. Of course this is true of other things besides medicine; it is only a fair sample of the tendency of human mind to run to extremes.