

increasing periods of alertness as well as periods of absolute repose. Had this been more generally done by the profession there had not arisen in the land a cult who appeal to the mystical to heal disease.

I shall not stay to discuss the relation, which exercise, inflammation, hypertrophy, atrophy and repair bear to this hypothesis. You will doubtless see that our attention must be fixed on cells, and the best method of securing their fitness to fight morbid changes. Chemistry and physics give many phenomena a meaning adaptive to our understanding, yet there are innate properties in cells put there by evolutionary factors that must be baffling to all science.

As one understands more of the whole biology of the human body he turns less to drugs for curative agencies. The body must be considered as a community of cells, and as a united state possessed of a wonderful ability to organize its land and sea forces. All therapy must be measured by its effect on the organization of these forces. In treatment, the great object is to make the human body into the very best fighting machine against the invading enemy, primary or terminal infections. More terrible to a waiting camp than the enemy's weapons are water and food famine and stagnant sewerage. Mal-nutrition and stagnant lymph mean to the human body what famine, polluted sewerage, and destroyed ammunition mean to a regular army, capitulation without terms.

In conclusion, I trust your curiosity has been aroused, for my attempt has been merely to lead you to a hill-top in this new continent of thought, and to point out the complex landscape and the open roads. It may be true the valleys are hidden with mist, and the mountains with clouds and the soil is yet to be enriched by the growth and decomposition of thousands of ideas, but, nevertheless, this is the land that will yield us fruit, the eternal biological verities.

#### REFERENCES.

1. *Elements of Physiology*, Baly's trans., Vol. 1, p. 248.
2. *Arch. Anat. v. Phys. anat. abthg.*, 1880 and 1887.
3. *Human Physiology*, Edition 1893, p. 116.
4. *American Journal of Anatomy*, May 26th, 1902.
5. *British Medical Journal*, August 20, 1892.
6. *Jour. Physio.*, Vol. XXIX, No. 3, page 234.
7. Tscherskwow *Arch. F. D. Ges. Physiol.*, 1895. Bd. Ch. 12, S. 391; Lazarus Barlow and Starling, *Journal Physiology*, Vol. 16.
8. *Canadian Practitioner*, Oct. 1902.
9. *Philadelphia Med. Journal*, Jan. 13, 1900.
10. Langley and Anderson, *Journal Physio.*, Vol. 20, p. 85.
11. *Brain*, London, 1893, Vol. 16, p. 129.
12. *N. Y. Med. Journal*, Jan. 13, 1900.