

was sufficient to give the child the proper diet, free from any noxious ingredient, in order to dispel those digestive troubles which so frequently endanger the health and existence of the young organism. The mere sterilisation of milk has done more towards the preservation of infants than all the most highly recommended treatments for gastro-enteritis.

What hygiene has accomplished for children it has also accomplished for adults. I know it is difficult to control the feeding of grown up children, but nevertheless, hygiene must not be excluded from the house, it is on the contrary, in middle age that hygiene is most required. Take any badly heated, badly ventilated, and above all, any badly drained dwelling, and not even the most vigorous can resist. Without the prompt intervention of hygiene, they will soon become a prey to anæmia and cachexia, in spite of all the chalybeate or other tonics you might prescribe. Diet, in all ages, will have to be regulated by wise and well established measures, to prevent complications arising from alimentary intoxication, and serious disturbance of nutrition due to repeated errors of diet, finally degenerating in gout, obesity and Bright's disease. And while you will unsuccessfully try upon your patients the limited resources of a seldom effective therapeutic treatment, they will, if ever better enlightened, bitterly regret the advice which you have not given them, and which might have induced them to be more careful. And what will I say of the old man whose arteries are encrusted with the rust of arterio-sclerosis, and whose least transgression means cerebral apoplexy? Would not a proper diet, regulating intestinal functions and preventing ptomain formation, be worth a hundred times more than the best attendance, once his brain is furrowed by a severe hæmorrhage?

Hygiene is required at any and every age, and tends to promote happiness and comfort in the family circle, more so than luxury and expenditure. How often will you not be consulted upon this subject? Will you always be ready to answer? Let us hope so, gentlemen, if you have at heart the fulfilment of the duties incumbent upon your calling. Upon you only will devolve the solution of these problems. In this respect you are the natural adviser of the family, its best friend. Teach your patients to appreciate your advice; you will be looked upon as belonging to the inner circle of the family, and called to share to a certain extent its home life; and you will be no longer considered as the dreaded being who only crosses the threshold, treading in the footsteps of disease, and whose presence seems the forerunner of death.

*Special Hygiene*.—I, by no means, intend to convey the idea, that the physician's relation towards his patient is to be despised. It would not