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THE THERAPEUTIC USES OF EXERCISE.\*

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In a recent lecture Dr. Wm. Osler told a popular audience that a desire to take medicine is the great feature that distinguishes man from the other animals, and he went on to say that instead of relying on "a tablespoonful three times a day," he should pay more attention to the principles of hygiene and their application.

Investigation has brought to light new facts from which laws have been formulated. The vital processes are becoming better understood, and diet, heat, cold, rest and exercise, have supplanted to a great extent the exclusive treatment by drugs of most forms of disease. The prescription of drugs is becoming largely supplementary to these other and more important agents. "As a physician advances in age," said the late Sir Andrew Clarke, "he generally places less confidence in the ordinary medicinal treatment than he did, not only during his early but even during his middle period of life." The modern doctor does not as often attempt to perform what Voltaire wittily defined as the miracle of reconciling health with intemperance.

The marvellous progress of the comparatively new science of

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\* Read before the Montreal Clinical Society, November, 1893.