

pathological specimens in our museums could be made interesting and instructive. The x-ray and lantern slides, in brief everything that can help elucidate the mysteries of morbid conditions should be utilized to the full.

The social features have their value too. How often do we find men bound together by much stronger ties of friendship, after an acquaintance formed at any of these social outings. The program for the recreations to be furnished this year, is in the hands of a very efficient committee and no doubt the outings will be both varied and enjoyable.

In conclusion, whatever can be said in favor of making the Ontario Medical Association a success, can be faithfully reiterated in regard to the coming meeting of the Canadian Medical Association at London. The President, Dr. Moorehouse, and his associates, are most efficient officers and London is one of the most attractive cities in Canada. Both meetings are worthy of the heartiest support of every member of our profession.

SOME INDICATIONS FOR THE USE OF ARSENIC AND SODIUM BENZOATE.*

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ARSENIC, one of the greatest poisons, is also one of the greatest remedies. Recent investigations by some French observers have shown that arsenic is not only present in every normal human organism, but it is absolutely necessary to the health of that organism. This statement does not mean that we are to eat arsenic for our healths, for the amount in the body, though important to the functions of nutrition is almost inappreciable, and is practically concentrated in one single organ—the thyroid gland. The result of these investigations has gone to show that the arsenic of the thyroid gland is there as a constituent part of the phosphorated substances called nucleins which form the chief part of the nuclei of cells. At the same time these arsenical nucleins contain nearly all the iodine present in the thyroid. It has also been shown that in this gland there exists one or more nucleo-proteids. They are always present in health. They are decreased or modified in certain diseased states. Iodine and arsenic enter into these combinations in the thyroid gland and the nucleo-proteids that they form are discharged into the lymphatics and make nutrition more active. They are eliminated with regularity through the hair, skin, etc. This explains the role of

*Read before N.S. Medical Association.