

that article of food, the next day I suffer tortures. On no account let patients have these things." I remember many years ago a man who has since become an eminent scientist, who had very plain features, and who walked with a slouching gait, telling me in a burst of confidence that his figure corresponded in every detail with that of the Apollo Belvidere. I was once called into a household where I found the family in a state of seething revolt. The father of the family had become a vegetarian, and had become convinced that the essence of good living consisted in restricting himself to one special brand of cereal food, and had given forth the command that the whole household must live upon this mawkish and unappetizing meal. I found him one of those self-righteous people who take a crooked view of life, and who are not only a law unto themselves but unto all over whom they have authority. As he told me the reason of the family discontent he talked of uric acid, and took the opportunity of impressing upon me the virtues of the unappetizing meal in question, and of how he had been a dyspeptic sufferer for thirty years and that this was the food that agreed with him, and consequently, he being a perfect man, the whole household must needs feed upon it. I examined him and found an enormously dilated stomach, and when I shook him he splashed like a half-filled beer barrel, and with a loudness that startled him. From the history there was evidently pyloric stenosis, and I had much satisfaction in pointing out that he was subjecting the healthy appetites of young men and women to the caprices of a man with a morbid stomach and a morbid imagination. Although this particular individual found that his particular diet afforded him, by and by, no relief, and that ultimately he had to submit to gastro-enterostomy, which has practically cured him, yet he clings to his morbid views and attributes his recovery to his latest dietic fad. But you all know this kind of man.

In making observations on treatment we should keep our minds clear in regard to the influences at work in promoting recovery. The majority of our patients get well, and many doctors attribute their recovery to the drugs they prescribe. The chief factor is often overlooked, viz., the *Vis medicatrix naturæ*. The natural power of recovery is often so great that all that is needed