

unless a clear necessity is recognized for its employment.

That this necessity may arise from the patient's physical condition, from the patient's mental condition, or from the mental condition of others.

That in all cases the least disturbing remedies that will meet the indications should be prescribed.

That in all illnesses nature is the grand factor in restoring health; the role of art is that of auxiliary and assistant.

That much thought and talk about disorders may be a cause of ill-health in the parties so thinking and talking, and is at least a mark of ill-breeding, and a lack of good manners.

That details of personal distempers should only be made to the physician for his guidance, or to attendants, as an aid to nursing.

That routine in practice is never scientific, and is liable to be mischievous.

That fashions in therapeutics should be followed only when the new mode has the sanction of one's scientific knowledge, or is sustained by unimpeachable testimony.

That the guiding motto of every medical practitioner should be, "All diseases should be trusted to nature when art cannot declare an assured benefit by intervening."

That evolution in the direction pleaded for in this paper must come through the experience of the gray-beards in the profession; the young physician must practice what he has been taught, and he neither sees in a text-book nor hears from a professor's chair a remembered plea for simplicity in medical practice.



THE PHYLLOXERA, according to accounts from Oporto, is causing such devastation in Portugal as to threaten the very existence of the vineyard.

THE OTTAWA SANITARY CONVENTION

Under the auspices of the Provincial Board of Health a sanitary convention was held in Ottawa on the 11th and 12th of the present month. The attendance was fair as to numbers, and of a most intelligent class. The proceedings were opened by Rev. Mr. Longley, who read an appropriate portion of Scripture and offered prayer. Dr. Sweetland, Sheriff of Carleton, occupied the chair, and had very great pleasure in welcoming the gentlemen who had decided to have their annual meeting in Ottawa. His Worship the Mayor of Ottawa was present, and he also had great pleasure in extending a welcome.

Dr. Oldright, of Toronto, chairman of the Provincial Board of Health, in his introductory address, said one of the objects of the convention was hard work. He referred to the importance of sanitary work and the saving of life and money which could be thereby effected. The rev. gentleman who had opened the meeting, he said, had given us the grandest and noblest example in that of our Saviour saving life. Some people said sanitarians were riding a hobby, but if they never rode any worse hobby they would do very well. The Dominion must eventually have a sanitary board, and he hoped that "eventually" would not be in the distant future. We had a great deal of disease imported with immigrants, and the Dominion Government alone could prevent this. The adulteration of food was another matter which came within the ken of the Dominion Government, as also did the work of preventing so far as possible loss of life in factories. He referred to the work of the Provincial Board, and of the urgent necessity for local boards throughout the province.

Dr. Coverton, of Toronto, drew attention to some further statistics concerning