

experiment was recently conducted in the Japanese navy. All the crew of a battleship upon a certain voyage were put upon a diet containing 91 grams per day of proteid. A second ship was sent upon the same voyage at the same time, and the crew of it were given 155 grams of proteid per diem. It was found that that dread disease beri-beri was much more rampant among the men upon the restricted diet. And now the Japanese sailors enjoy 155 grams of proteids per day. It has been shown that infants at the breast consume some ten times as much nitrogen as is necessary to maintain their nitrogen equilibrium. Is it likely that all children are born greedy and wasteful? Surely rather we may conclude that they act under the wise direction of mother Nature, who slowly teaches a race, by the law of the survival of the fittest, how to act here, as under many other circumstances.

Put a horse, a dog, and a fowl into an enclosure in which are a number of different kinds of foods. Will they all eat the same viands and to the same extent? No; each, under the direction of instinct, will pick out the right amount of what suits it best.

Who taught the nations of the field and wood
To shun their poison and to choose their food?

If we add a man, a human animal, to the party, will he alone err, and poison himself with what nature never meant him to eat? He may err sometimes, having, under his artificial surroundings, acquired certain bad habits, but generally speaking it is likely that man, in spite of his follies and excesses, has still an instinct which leads him to take what is on the whole best for him. His tissues call with a voice that he calls appetite for what they need for their obscure chemical changes.

A change that has crept in very much in the last few years has been in the manner of our prescribing for patients. I do not quite know whether we owe a debt of gratitude or not to the various drug firms, whose agents haunt our consulting rooms armed with samples of new drugs and mixtures, each with their accompanying literature. Certainly we have much to thank them for in the increased palatability of preparations, and for a few synthetic bodies which have proved of value. But what of the hosts of these new remedies, which are dumped upon the market, each with its attractive literature of quasi-scientific ring? I suppose they are all tried upon some patients and yet how few of these drugs survive even a few months of trial.

The Council of Pharmacy and Chemistry of the American Medical Association are doing good work in trying to select those of them that are worthy of attention. Their recent showing up of that preparation