

of fresh air and a carefully regulated dietary; he found that these latter with no specific vaccines had their defences aroused quite as quickly and as fully as those who received vaccines. On the other hand, in a few who received the vaccine treatment, but in whom no attention was paid to conditions of general hygiene and careful upbuilding of the strength, it was noted that the vaccines of themselves did not bring forth much of a response.

The importance of a dietary arranged to suit the digestive capabilities of the sick was recognized by Hippocrates, but it is only in recent years that physicians have appreciated the value of an estimation of the actual number of calories daily consumed by the patient in his food as compared with his actual requirements, and have recognized the benefits to be derived from such a modification of the amount of proteid, carbohydrate and fat as to supply efficiently these requirements without overtaxing any damaged organ. Still more recently they have been shown, how much can be effected by a high caloric feeding on the one hand and by a brief starvation period on the other. Unquestionably this triad of fresh air, rest, and careful dietary should occupy the first place in our system of therapeutics at the present.

In the limited time at my disposal it is impossible to make more than a brief reference to vaccine and serum therapy, which now threatens to lessen yet further the need for drugs and thus to relegate them to a position of still minor importance in therapeutics. Two decades ago the profession hailed the introduction of this new method of treatment with the greatest optimism. It was hoped that by its means we should be able so to strengthen and hasten the development of the body's natural defences, that we could promptly antagonize the causes of disease and combat infection with its own weapons. These natural defences, however, have proved much more complex and multiple than at first even the scientists reckoned upon, and progress has been difficult and slow. Unfortunately, while scientific medicine has been earnestly and perseveringly working at these most intricate problems, many commercial houses by the introduction of practices not in harmony either with the conditions demanded by the primary hypothesis or with the teachings of bacteriology, and also by the publication of extravagant statements founded on no scientific evidence, have misled many in the profession into the use of mixed vaccines and semi-secret unstandardizable mixtures of bacterial products.

While it may perhaps be said that clinical investigation indicates that some temporary benefit may follow the injection of many protein substances in chronic infections, the general results obtained under observation have been most unsatisfactory. "Fundamental principles demand