

of Hygiene are sadly neglected almost everywhere. Even this famed city has few, appallingly few, houses, even of the wealthy and intelligent, the hygienic arrangements of which are anything like perfect.

The public generally, and our aldermen in particular, need to be aroused at this time to the great principles of Sanitation.

It will be ours, too, to relieve the suffering of our fellows. What task can be more inspiring and draw more largely upon our better natures than that. If we are true to ourselves and our profession many a suffering one will bless our coming and many an anxious heart will find relief in our words of cheer. But, above all things, let us learn to be loyal to truth. Oliver Wendell Holmes says a physician's first duty is to his patient—himself second always. Strong temptations lie before us. The temptations of empiricism and quackery. A "Rule of Thumb" practice is the easiest thing in the world to fall into, and is most disastrous to the profession and dishonest to the patient. He has a right to our best thoughts, our most painstaking care and research even though he be too poor to remunerate us with anything but thanks, and too careless even to do that.

If we undertake his case we are bound by every law, human and divine, to devote our whole energies to his welfare, every phase of the disease and every symptom of the malady should be carefully guarded, and untiring efforts should be put forth for his recovery. We shall be tempted to deceive. Who is not? every profession lies open to the temptation. The most earnest minister may plead guilty to keeping back part of the truth, not because he fears a trial for heterodoxy perhaps but because he firmly believes the whole truth is hardly best for his congregation in its present condition, and the greatest good to the greatest number is accomplished by but a partial unfolding of the truth—strong meat being reserved for the more mature. Perhaps he is wise, but is he honest?

The lawyer faces men sworn to tell the truth the whole truth, and nothing but the truth, and yet he uses all his powers to extort from him only that portion of the truth which is most advantageous to his client. Perhaps he is wise, but is he honest?

The Physician, too, will be tempted. He

must give a prescription with three ingredients and a vehicle. It would not be orthodox else, even though he knows full well that what his patient needs is fresh air and clean water and soap. Perhaps he is wise, but is he honest?

He must give a diagnosis, though the case is undeveloped and involved. Pathognomonic symptoms have not yet revealed themselves, nevertheless anxious eyes are upon him, appealing accents ring his ear. He must look learned and confident and serene. Perhaps he is wise, but is he honest?

He must give a prognosis, even though he knows a true prognosis will hasten the last act of life's great tragedy, throw gloom over a happy home, and strike dismay into loving hearts; he hesitates, falters, prevaricates, fabricates false hopes, and invents a prognosis to suit the occasion. Perhaps he is wise, but is he honest?

Well, let us resolve, whatever comes, we will be honest, and if we cannot be honest at least let us resolve to be as honest as we can. And now, right here our paths diverge. But we shall travel in cycles, and, however divergent they may be, be sure they will converge at last to the feet of the Infinite.

Let us act, then, so that in that moment our retrospect will bring us at least these thoughts; that we have done our part to chase away vice and crime, to dispel ignorance, to lift opinion to a loftier seat, to blot the era of oppression and superstition out and lead an universal freedom in.

Progress of Science.

TREATMENT OF DISEASES OF THE STOMACH.

BY DR. M'CALL ANDERSON.

In the first rank must be placed diet and regimen, as many disorders can be cured by attention to them alone, while few can be treated successfully without them.

As an instance of a disease in which they are indispensable, let us take the case of ulceration of the stomach. In this affection absolute rest in bed is generally indicated, although I am by no means prepared to deny that many can and do recover without it. Here the diet must be of the simplest kind, given in small quantities, and at short intervals; and a good rule for our guidance is, that *anything which causes pain or sickness*, and this remark applies almost universally to all affections