

day was in the emphasis laid upon diet, gymnastics, bathing and mode of life in general. Who but has read and appreciated the Charmides of Plato, that exquisite dialogue in which the principles of Greek temperance are embodied. For a long time after Hippocrates this personal hygiene was accentuated. The visits of young men to the temples of Æsculapius, there to be instructed as to how to live, were continued for centuries. Walter Pater's appreciation of visits of this sort described in Marius the Epicurean will be recalled by many of you.

In Galena's time theory and gross empiricism reigned supreme. The idea of the four elements, heat, cold, dryness and moisture influenced the giving of drugs. These elements in a sense correspond to the four cardinal juices of the human body; blood, mucus, yellow bile and black bile. The therapeutic ideas of Galen, like his medical ideas in general, dominated medicine for a thousand years. With the advent of Vesalius and the development of the human anatomy one might have hoped for rapid improvement in therapy, but this improvement was not immediately forthcoming. Even Harvey's discovery of the circulation of the blood, and Malpighi's studies of physiology and pathology were not immediately fruitful in a therapeutic way. Paracelsus alone stands out as a reformer and internal medicine and therapeutic effort. He bravely opposed the authority of Galen, recognized the fallacy of trusting to knowledge obtained from books, and relied rather upon personal observation and experience. Analysis shows, however, that even Paracelsus did but little to advance the actual knowledge of therapy. About this time there was a widespread awakening in all the natural sciences. Descriptive natural science and systematization ruled the thought of the day. During the period which followed a series of medical systems developed based upon one-sided theories and badly based generalizations. Haller's doctrine of irritability, Brown's doctrine of stimuli, Hahnemann's homeopathy, Gall's phrenology, along with many other schools, came at this period to their development.

Real progress in therapy dates from the time when natural sciences became an exact study. Rigidly accurate observation followed by mature reflection has led to experimentation. Medicine of this sort is only a century old. It was almost synchronous with the widening of the chemical discovery, and of the working out by physicists of the principles which underlie many natural phenomena which up to the time had been entirely obscure that microscopic studies began to be prosecuted seriously. Histology developed with Bichat; the cell doctrine with Schleiden and Schwann, the pupils of the celebrated Johannes Muller. The French and the Germans became