

that no special diet was ordered or that the direction was general and often epigrammatic in terms such as, "Slops" or possibly if the physician is a specialist in some city, a printed list of "May take" and "May not take" is added to the prescription list. But there is something uninspiring, unappetising, and dead about a printed diet list; it is a trifle machine made, is it not? Makes a patient feel so much like a wooden case instead of a real live person, like, well, like the doctor himself. Moreover, the printed list tells you, too much; it alludes to a whole lot of things like sweet-breads and red wines, for example, which, like jack-rabbits, most of our western population never touch. There are, of course, certain diseases which hoary custom bids us to diet after the manner of the old masters such as Jenner, Bright, or Von Noorden, but even these diseases are liable to be dieted mechanically when the dietary should be adjusted to the personal equation. After all, is not this dieting a real bore? Does it not take up too much time and effort? Let us eat and drink and to-morrow appendectomy! Patients too are rather impatient of interference with their habits of eating. This is often the line of unconscious argument followed by many medical men; yet here is a very little explored field of treatment which actually needs homesteading. Indeed, it is simply marvellous that this matter of diet is so often left out of consideration when one bears in mind that auto-intoxication is the unseen autocrat of the breakfast and other tables, a demon both subtle and sure if allowed to take hold of our patients, in whose trail are found more mental and physical wreckage than accompanies any other malign influence. For what produces auto-intoxication but the failure of the digestive tract to get rid of either excess food or of improper foods introduced at the breakfast and other tables? It is, of course, perfectly absurd to maintain that auto-intoxication is at the base of all diseases, but, the more you reflect on the causes of disease, the more do you realize what an extraordinary number of complaints are dependent on the influence of auto-intoxication so that, whether you have to deal with "our landlady" or "our landlady's youngest called Benjamin Fran-