

For us the explanation is quite clear: they have nothing in their blood to make the little sharp pointed crystals of uric acid out of, for to these latter is due the severe pain of articular and the dull pain of muscular rheumatism. Uric acid crystals cannot be made without an immense surplus of nitrogen in the blood, for if there is just enough nitrogen for the quantity of work done and oxygen inspired, all the nitrogen will be converted into urea. These lumbermen perform the hardest kind of muscular work, and yet they consume less nitrogen than a city clerk who is carried to his office in the morning, breathes the smallest quantity of bad air necessary to sustain life all day, and is carried home again at night. The lumberman on the one hand consumes large quantities of hydrocarbons in the shape of starch and fat, but very little nitrogen, for the fat pork contains almost none, the main supply being found in the gluten of the bread. He has no milk for his tea and he never tastes cheese. His luxuries are dried apples and molasses, and in some cases baked beans which mostly consist of starch. As Sir James Grant says, these facts point to the importance of simplicity of diet. Our progenitors frequently attained the age of three-score and ten, nourished by grain ground between two stones." To us rheumatism is a disease of diet, not of climate, and we are therefore neither surprised at the immunity from it of the lumberman, as observed by Sir James Grant, nor do we expect anything else but rheumatism to result for the man of sedentary occupation deprived of sufficient oxygen who gorges himself with meat and milk and cheese three times a day. It would be interesting to hear from some of our confrères practising in other and distant sections of the country, down South for instance, where the negro lives largely on hog and hominy, whether he enjoys the same freedom from rheumatism as does the wood chopper in the ice-bound forests of the far North. We have always been astonished at the treatment of rheumatism practised by our leading hospital physicians in this city, who, with the absolute control of the patient's diet in their own hands, deliberately place the suffering rheumatic on an almost exclusively nitrogen diet, as found in the cheese of two quarts of milk a day. No wonder the urine continues to be high colored and loaded with uric acid and

urates, and that he takes an average of six weeks to be cured. To add insult to injury, as it were, he is by some deprived of water. We trust, for the sake of the sufferers, that these lines may lead the physicians to put them on an exclusive hydrocarbon diet, with an abundance of water. When a few days with or without the aid of salicylate of soda or bicarbonate of potash the sharp little uric acid crystals will soon be dissolved out of the blood, and the patient will be cured.

Lest any may say that cold certainly has something to do with the disease, we must of course admit that given a blood liquid at a temperature of 100 degrees F, super-saturated with a given solid, this solid will be precipitated in a shoulder or hand or knee joint, if the temperature of the latter should fall to ninety degrees. But when the blood is free from uric acid there is nothing to be precipitated in the joints, no matter how cold they become.

IMPERIAL HONORS FOR THE CANADIAN MEDICAL PROFESSION.

When we glance over the list of Canadians who have received imperial honors, we cannot fail to be struck with the small number of physicians in comparison with the lawyers and politicians, a condition of things very different from that which exists in Great Britain and Ireland. There are at present more than five thousand physicians practising in Canada, nearly every one of whom has more than once performed an act of heroism, although it may have been unnoticed and unrecorded in the book of fame, but none the less the equal of any deed of valor on the field of battle. Of these many have reached a high degree of eminence, and some have become celebrated not only throughout our own land but even throughout Europe. Apart from that, the profession as a whole stands high throughout the world. And yet so far but one Canadian physician as such has ever received an imperial honor. Dr. Taché and Dr. Tupper, it is true, were knighted, but that was for political services and not as medical men. Many people attach but slight importance to these distinctions, but so long as they are conferred somewhat lavishly upon judges and lawyers, we must protest against this continued slight to a profession which, it cannot be denied, renders services which are in-