

nervous system by long hours and worry is much more dangerous than over-taxing the body by too long hours; and that both are disastrous in the highest degree.

Much attention should be paid in education to the fundamental laws of physiology, so as to avoid overloading the organs of the body with the effete and waste products of faulty metabolism. This would be an easy lesson for all to learn, and, if learned, would be observed by many.

The whole subject is one of much importance, and is bound to come in for its due share of attention, as soon as people really begin to realize its importance.

NATURE'S ANTISEPTICS.

The keen observer must have been struck by the fact that the lower animals do not suffer much from septic wounds. This is due to several reasons. In the first place the wounds are left open to the air and the sunlight. In the next place the blood of the lower animals evidently can more rapidly react and produce immunity. Their constitutions are stronger, due to their method of life.

In the case of man, germs find their main field of development. What must be aimed at is how best to enable him to defend himself against these invisible foes. The present war is bringing out some very important points, which bear out what many had already observed.

When a part of the body is injured or infected there is a determination of blood to that part. This brings an increased supply of nature's defenders to the part in the form of leucocytes and anti-bodies. The latter are very important. The famous John Hunter was the first to point out that fresh blood arrested putrefaction.

Sir Almroth Wright, who usually brings to bear on all problems a scientific mind, has suggested that the best form of antiseptic for the wounds of the soldiers would be the serum from their own blood. With this end in view he applies to the wounds non-irritating saline solutions of stronger saturation than the blood, which has the effect of causing a free exudate of fresh serum. The result has justified the reasoning, and has exceeded the most sanguine expectation. Here science comes in to point the way to new and better methods. To such men as Sir Almroth Wright the words of Homer are peculiarly applicable:

The physician skilled our wounds to heal
Is more than armies to the nation's weal.