

misery and wretchedness that arises from dyspepsia? It has been claimed that simple indigestion is answerable for more unhappiness, and has done more to lessen the proper enjoyment of life, than any other malady. What a number of persons one meets with suffering from this perfectly preventible disorder! I do not suppose that ten per cent. of the Anglo-American race are entirely free from it. Think of what such a statement means—of the bright and hopeful dispositions spoiled—of tempers soured—of lives rendered miserable! But sadder yet it is to know that dyspeptics, in the vast majority of cases, have only themselves to blame. They have not been content to eat too much, and too often, and too fast, but they have heaped insult upon injury by devouring what they know perfectly well cannot agree with them! Need we wonder if, after years of indulgence in this species of folly, the much abused stomach finally refuses to put up with further outrage? As you know, there are cases of hereditary dyspepsia, where the invalid cannot be held accountable for the sins of his ancestor, but they are exceptions to the rule. In pleasing contrast to these unwelcome facts stand the agreeable truths that most cases of indigestion are capable of being cured—and, let me add, a still larger number might have been altogether prevented. But who will do the work of teaching the people what they shall eat and how and when they shall eat it? My answer is—the members of our profession; and you graduates of Bishop's College must not forget this duty in the seemingly more important business of your daily life. No body of men could be more desirous than the Medical Faculty of this University of seeing a perfect system of sewage introduced into every city and town of Canada. It was they who first made hygiene one of the compulsory subjects of examination, and I am sure none of you will neglect to urge the adoption of public sanitary measures upon the community you have chosen as your future sphere of usefulness; but there are other hygienic laws of almost equal importance, which should not be overlooked, since their observance will conduce still further to the health, comfort and happiness of those who obey them, while neglect is certain to be followed by those penalties nature never fails to inflict. I refer to personal hygiene, for in guarding against dan-

gers from without the social-encampment let us beware of troubles arising within. Such matters as proper dress, exercise, correct amount of sleep, bathing, quantity and quality of breathing air, the cleanliness of the house and its temperature—these are by no means subjects of minor importance, and you must not consider them beneath your notice, because the density of the ignorance that everywhere prevails regarding them is equalled only by the difficulties you will encounter if you attempt to inaugurate a better state of affairs. For instance, sad experience will shortly teach you that not a few people will take no exercise worth speaking of, who keep their houses at a temperature daily varying from 40° to 85° Fahrenheit, and who abuse their minds and bodies in every conceivable manner—that these are the first to work themselves into an extreme state of excitement over a defective drain or a suspicious subterranean smell. I strongly suspect that the medical profession is chiefly to blame for this *hysteron proteron* aspect of affairs; and while on this subject, that there may be no misconception as to the exact relation sewage odours bear to contagious and infectious diseases, I ask your attention to an extract from a report of Mr. Simon, Medical Officer to the English Privy Council, as he may be considered a very high authority. "An important suggestion," he writes, "of modern science, with regard to the nature of the operations by which filth, attacking the human body, is able to disorder or destroy it, is, that the chief mortific agencies in filth are other than those chemically identified stinking gaseous products or organic decomposition which force themselves on popular attention. Exposure to the sufficiently concentrated forms of organic decomposition (as for instance, in an unventilated old cesspool, or longblocked sewer) may, no doubt, prove immediately fatal, by reason of some large quantity of sulphide of ammonium, or other like poisonous and fetid gas, which the sufferer suddenly inhales; and far smaller doses of these fetid gases as breathed with extreme dilutions in ordinary atmospheres, both give immediate headache and general discomfort to sensitive persons temporarily exposed to them, and also appear to keep in a vague state of health many who habitually breathe them; but here, so far as we yet know, is the end of the potency of these stinking