

Dr. Bettridge, of Strathroy, has been spending a few weeks fishing in the St. Clair River.

Dr. W. H. Groves, of Burnhamthorpe, has been spending the past few months in New York, attending the Polyclinic there.

We are pleased to hear that Dr. H. L. Barber, of Emsdale, who has been in the Toronto General Hospital for the past eight weeks suffering from typhoid fever, is well on his way towards recovery.

Dr. S. Pozzi, of Paris, has been commissioned by the French Ministry to proceed to the United States and to study the organization and installation of surgical laboratories, instruments used in practice of surgery, as well as general questions of the teaching of medicine and surgery.

Miscellaneous.

Liebig says: "The vivifying agency of the blood must ever be considered to be the most important condition in the restoration of a disturbed equilibrium. The blood, therefore, must be constantly

considered and kept in view as the ultimate and most powerful cause of a lasting vital resistance, as well in the diseased as in the normal portions of the body."

Purity of the blood is thus recognized by Liebig as a vital necessity, if it is to be able to vivify the body. Purity of the blood depends upon the due performance of those functions that furnish it with the proper material to replace those portions exhausted by use. Said material is supplied by the food taken, properly *assimilated* or digested.

Vegetables, including bread, enter most largely into the average diet of the human, and as this class of food contains a large amount of starch, it is of first importance that *all* this starch is converted from an insoluble, innutritious body to a soluble and nutritious one. As you well know, this is intended by nature to be accomplished by a peculiar ferment, *Ptyalin*, contained in the saliva, which has intense activity and if in a healthy state changes starch into sugar or maltose, which is always the result of starch hydrolyzed by either the ferment of the saliva or the pancreas. These sugar products are easily absorbed, and have

[OVER.]

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