

tion, and in these days of wear and tear and carking care the less of useless work to be done because of faulty diet the more of energy to spare for life's duties. He emphasized the importance of a fuller knowledge of dietary standards. It was safe to say, too, that with less proteid food, less uric acid would be formed. And while rheumatism was due to the agency of a special microbe, the congenial soil for its operation might be greatly reduced. There should be some boon for the legion of rheumatic subjects, for while not so deadly as the white plague, rheumatism caused more pain and misery than tuberculosis. The question of nutrition concerns all mankind and the right food for infants and adolescents was of more moment than that for adults, and the wise physician will not forget that the young were more apt to err in ignorance and to be sinned against, while older folk are wont to transgress in spite of light. It will be well when the teachings of the laboratory and college halls have become common property. There will be then more plain living and high thinking, and less repining on the part of the masses on account of their enforced moderation. It is the prerogative of the profession to show that nature's laws, rightly interpreted and adopted, are the only safe guide to good living, not men's whims, fads and fickle appetites or ingrained habits, and that much of the money spent for patent goods and patent medicines (so-called) are, as a rule, mis-spent. Thirty-five per cent. of all deaths are under five years, and a large proportion of infants and other very young folk who die would be saved if properly fed. Proper food and hygiene are the hope of future generations.

The importance of furnishing clean, pure milk to communities as one of the greatest boons to humanity and the good service of the pediatric societies in the United States was recognized, and there was a great field for missionary work by the profession. There were many infants' foods, and not a few of these good ones, but there were some which were not; some so-called meat extract had little nutritive value, and the need of care was shown by the warning of Sir Thomas Barlow, given in 1894, that "condensed milk, or even sterilized milk, is not an efficient substitute for the natural food of the infant, and that infantile scurvy may be caused by their sole use." And animals have been found to rapidly die when fed on a mixture of all the supposed constituents of milk. There is an "unknown quantity" even here.

The past decade had been marked by an increase in the debt medicine owes to physiology and physiological chemistry and by a sense of the growing importance of the latter. It would be strange if these relations were ignored, since, as Prof. Newell Martin pointed out, three great advances in medical thought had been due to researches in physi-