

tive people did not produce large families; the production of such is as unnatural as the present-day small family.

As a race becomes more artificial in its mode of life, it becomes a more sexually-inclined race; every factor in life is then sought as a source of pleasure. The civilized man too often lives to eat. The sexual element becomes adapted to the new state, and heredity hands down an increasing function of the ovarian portion of the system until menstruation is a monthly phenomenon, and the lesser cycle predominates.

The sexual, social, and religious life of a people are closely interwoven. Among primitive races religious festivals were little more than sexual orgies; in our civilized pride we refuse to recognize any relation between the three, but it surely exists. What effect the moon may have had in determining this monthly ovulation is uncertain; but moonlight nights are those chosen for pleasure and for bringing the sexes together.

If preventative medicine is to be practised, a physiological understanding of the human body must be possessed by the profession; and we, the physical leaders of the people, must teach them according to natural law. The effect of mind upon matter, and matter upon mind, is daily becoming more apparent to the leaders in scientific thought. The body must be studied from a psychological, as well as from a physiological standpoint. Gynecological disorders have their psychological causes as well as those of other parts of the body. The sexual element is so interwoven in the being of all that it must influence the organism in many ways. Delicate subjects are often neglected, but ignorance is no excuse for the laity, nor is false modesty any excuse for us.

#### THE MEDICAL TREATMENT OF DISEASES OF THE NOSE AND THROAT.

By John Hunter, Toronto.

He believed that the patient should be carefully examined for trouble in other organs, and that we should treat our cases of nose and throat disease on the same principles as we treat disease in general. He strongly advocated the morning bath and friction, followed by gymnastic exercise to remove waste products. The diet and eliminative functions should be carefully studied.

*Local Treatment.*—Before using the nasal douche, the absence of obstruction to the return flow should be ascertained. Alkaline and slightly astringent solutions were the best. The