

the normal. And we may lay down three fundamental principles which govern the whole therapeutic art: (1) To stimulate or sedate, as may be necessary, the various vital functions; (2) to antagonize, directly or indirectly, invading organisms; (3) to aid in the elimination of waste products.

Most likely there will be several abnormal states which we wish to correct, and to this end we combine the appropriate remedies for each, endeavoring as far as possible to use single remedies or simple combinations.

These remedies must be in solution before they can be absorbed or exert any action; they must get into the circulation, no matter whether administered by mouth or hypodermically.

Then the question of dosage is an important one. For acute conditions the obviously rational method is to give small doses at frequent intervals, and repeated till the desired effect is obtained. In chronic cases give larger doses three or four times a day, but always in any case continue the administration until the required result is produced, or until it is seen by the absence of this that we are on the wrong track, and must go back and start afresh along some other line.

As autotoxæmia plays such an important role in nearly all diseased states it is imperatively necessary at the outset of treatment to thoroughly clear out the alimentary canal, and keep it clean, rendering it and its contents as unsuitable a habitat as possible for pathogenic organisms by the use of some safe, effective intestinal disinfectant.

As I have already stated, we have now many reliable remedial agents; and the advantages of the use of these definite uniformly-acting substances are:—

- (1) We know their exact physiological effect,
- (2) We know their quantitative effect, *i.e.*, how much effect will be produced by a given amount of the remedy,
- (3) Exactness of dosage,
- (4) Rapidity of action, depending on their solubility and ready absorption,
- (5) They may be used in many cases hypodermically as well as by mouth.

If these methods be followed in the early stages of many acute diseases we will be surprised to see how many of them will fail to run their natural course, and we need not hesitate to say, that we are able to abort or cut short the duration of acute diseases like common colds, pneumonia, typhoid fever, etc.

I may now briefly summarize the points I have tried to bring out:—