

peutic Committee of the British Medical Association ; and to the possibility that "ill effects from the repeated administration of almost any drug may be considerable, even serious, and not be manifested even on close observation, just as we know to be the case with certain kinds of food consumed."

Experiments have shown that mice under the influence of chloral contract infections the more readily ; the chloral probably depressing or embarrassing the action of the phagocytes. Who could weigh the mere trace of some one or more of the depressing or soothing drug remedies, commonly given in infectious pneumonia or the sthenic stage of the infectious fevers, which might possibly *so* interfere with the formation or action of the natural germicides in the body of the patient as to lessen the chances of recovery, or possibly to favor auto-infection ? Nor must we meddle too far with benign nature, even with our more natural remedies ; as in compensating hypertrophy of the heart, and in certain cases of epilepsy in which an explosion or convulsion at certain intervals seems to give absolute relief. If the cause of the diseased state giving rise to the convulsion, as nature's means of relief, were first removed, the result would be different. When the causes of disease are removed, then, in very many cases--indeed nearly all--if the ordinary essentials of health and life be provided--pure air, water and sunlight, suitable food, clothing and rest, or it may be exercise, probably partial, passive exercise, with the means of absolute cleanliness, then, usually, benign nature "will do the rest." Hence, a very much larger proportion of the time given to the study of medicine should be devoted to the study of pathological conditions, and, especially, to the causes of these conditions.

Physiotherapy is the term given to the application of these natural remedies. The most valuable remedies, pure air and sunlight, are rarely prescribed therapeutically. Were they costly remedies, it might be otherwise. Many people did not know how to breathe and get the full benefit of the fresh air. In modifications of diet, as in feeding and fasting, is a powerful remedy, and also in rest. Mental influence and electricity were referred to. The latter is becoming an important remedy ; but Dr. Playter, in his practice, has so far found the electrical effects of massage to be sufficient.

Kinesitherapy--passive local movements, massage and the manual or mechanical movements termed Swedish--is a most valuable remedy, the action of which we can easily understand and control, and the effects of which are "sometimes almost phenomenal." The quickened pulse of the consumptive may be lowered by passive action of the extremities ; and the blood corpuscles stagnant in various organs and tissues forced into the general circulation, and so through the lungs and utilized in nutrition.

Dr. Playter then comes to the "last and on the whole perhaps most important therapeutic agent, water, in its various forms of application, as in Hydrotherapy."

When we consider the broad fact that many diseases, functional and organic, if indeed there be any real distinction, are caused more or less directly by dirt--dirt outside the body or within it--we can at once comprehend the value of water as a therapeutic remedy, in its simplest form of application, water in which to wash and be clean. I need hardly refer to its value, as confirmed by the highest authorities, in washing out, with copious water or salt and water injections, the intestines, in cases of cholera. I believe it would have an equally good effect in typhoid fever ; nor to its value when copiously swallowed, as at certain "springs," in washing out the entire internal economy, to the minutest recesses, as when the organism has become loaded with the debris--