

over cricket, tennis or any of those games which cannot be played without violence". So say we all of us, but some would object to calling golf a diversion, when it is really a religious exercise.

Dr. Buchan then considers the causes of disease in various classes of the community. His practice is sound; if his ætiology is at fault, it is the fault of his time. He thinks erysipelas and the iliac passion (which we call appendicitis) due to drinking cold water when the body is warm, wet feet and like causes—but it was only yesterday that pneumonia was considered due to the like causes; putrid and malignant fevers were due to want of cleanliness, and, "if dirty people can not be removed as a common nuisance, they ought, at least, to be avoided as infectious." Buchan is wholly right when he says "Nothing is more apt to convey infection than the excrements of the diseased," though he may be wrong in his reason, that "it tends to pollute the air." He is an ardent advocate of cleanliness of body, dwelling and environment.

His remarks on infection are equally sane, if equally unscientific—as are those on the passions, dwellings, etc.

He passes on to treat of disease and, first, of fevers because "more than one half of mankind are said to perish by fevers." Agues are occasioned "by effluvia from putrid, stagnating water", and are treated by purging and the Peruvian Bark. "Many dirty things are extolled for the cure of intermitting fevers, as spiders, cobwebs, snuffing of candles, etc.," but "their very nastiness is sufficient to set them aside"—a modern touch! and the only patient whom Buchan lost in an intermittent fever "killed himself by drinking strong liquor which some person had persuaded him would prove an infallible remedy."²⁹

For acute continual fever (a somewhat generic name) with a hard, full, quick pulse, "bleeding is of the greatest importance . . . if the fever should increase . . . there will be a necessity for repeating it a second and, perhaps, a third, or even a fourth time . . . at a distance of 12, 18 or 24 hours from each other." Pleurisy also calls for "a large quantity of blood let at once in the beginning of the attack . . . 12 or 14 ounces as soon as it is certain that the patient has pleurisy"—in Peripneumony or Inflammation of the Lungs, "if the patient does not spit, he must be bled according as his strength will permit": "blistering plasters have generally a good effect in this disease and should be applied pretty freely."

Consumption, then a much more general term than it afterwards became,³⁰ was treated by diet, horse back exercise and change of air. "Some extraordinary cures in consumption cases have been performed by women's milk³¹ . . . some prefer buttermilk . . . cow's milk . . . though it