

and excitement of all kinds. Alcohol should, in my opinion, be entirely interdicted, though some physicians think light wines may be allowed. I would like to say, that in the vast majority of cases where the patient takes a stimulant, it is the alcohol he is after, and not the particular flavor which he may enjoy, more or less, and it is the alcohol that does the injury, whether it be in the guise of beer, wines, spirits or liqueurs. I do not deny that the use of light wines is less injurious than that of heavy spirits, but the difference is largely due to the diminished amount of alcohol taken.

As to food, it should be light and easily digested, so that no irritating products formed from decomposition of meat nutrition, whether uric acid or xanthin bases, or poisonous ptomanies, shall act upon the vessel walls, stimulating them to proliferative processes, or anatomically injuring them, as do lead, ergotin, etc.

Rumpf advocates a diet low in lime salts. His suggestion is one which does not include milk. It is: Meat, 250 grm.; potatoes, 100 grm.; bread, 100 grm.; fruit, 100 grm.; fish, 100 grm.; along with butter and sugar. The patient may take vegetables instead of fruit, but is not allowed cheese, eggs, rice or spinach. This diet contains ten times less lime salts than a meat diet. He allows only distilled or boiled water as a beverage. It would seem that this plan of Rumpf's is reasonable, if the arteries show signs of calcification, but arterio-sclerosis is not necessarily calcification, and so every case could not come under this line of treatment. It has been observed that certain diseases, notably epilepsy and arterio-sclerosis, are rare, if not quite absent in herbivorous animals. The hint is taken, and I believe with good results, in respect to the treatment of epilepsy. Why should it not be taken in regard to arterio-sclerosis, and a vegetable diet prove equally prophylactic and curative as in epilepsy? Unfortunately, the large ingestion of vegetables would tend to the deposition of lime salts. So it seems that there is no rule that will apply to all cases and at all stages, except this one: Less food, and of a bland unirritating character, easily digested; in other words, temperance again in the matter of food.

*Now, as to Syphilis.*—May I say that I think a symposium at some future meeting of this society on the old subject of enthetic disease would be productive of much benefit. We all see syphilis mentioned constantly, as present among us, and as causative of many and varied lesions, especially of the nervous system. But I think a heresy has crept in during the past two decades as to the necessary treatment of this disease. Owing to imperfect therapeutics, the awful effects of syphilis show years after, and I have no doubt that every one who hears me