

in the interests of science and humanity, and the various laboratories that now existed marked the dawn of a brighter era. There was much to be done ere the millennium came. Nursing had become a fine art, diphtheria had been largely robbed of its terrors; the mortality of typhoid had been reduced one-half, but the fatality of cancer had largely increased; the white plague stalked through the land and the death rate of infants, owing mostly to intestinal troubles, was still very high and not on the decrease. One might surmise with what surprise old Hippocrates would rise and enquire if there were any sickness left, but the hoary sage would possibly not know that the masses of mankind require to be protected against themselves. As an example, at Jenner's centenary, the city where his method of vaccination had come into vogue was in the throes of an epidemic of smallpox, due to the ignoring of his great discovery. There was yet ample scope for state medicine to ply its persuasive powers until men thought aright about matters which affected the well-being of the community, and the presumed welfare of the individual should not stand against the weal of the masses. But it would seem in the matter of vaccination people deliberately closed their eyes to the plain force of facts, and cherished the delusion that "it were better to bear the ills we have than fly to others we know not of." Compulsory vaccination seemed a harsh and doubtful expedient, but what it had done in Germany it could do the world over, and the dictates of wise prudence and the lessons of ample experience showed conclusively that it should be enforced. Done under the rules of asepsis, as it always should be, and with the use of pure vaccine, now always to be had, the risk was practically nil.

The work of the decade had given the profession itself some new ideas in regard to the mechanical and chemical processes of digestion. That the first part of the stomach is a mere receptacle and the second part a kind of "mill," which is perforce the more common seat of mischief requiring surgical treatment, had been established. Time has served to emphasize the value of thorough mastication, and the necessity of the avoidance of mental states which would divert nervous energy, and interfere with the digestion by cutting off the appetite juices had been shown by Pawlow's studies.

A notable work was that by Chittenden, of Yale, on "Physiological Economy in Nutrition." Too much food not only meant loss of vitality in the disposal of it, but a positive risk from the resulting poisons (toxins) ere these products of metabolism are finally disposed of. Chittenden showed that one-half or one-third of the nitrogenous foods ordinarily taken would suffice, and with a minimal tax upon liver, kidneys and digestive tract. Much of the joy of life depends upon a good diges-