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## EDITORIAL

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### PUBLIC HEALTH.

In years gone by the efforts made for the public welfare was almost invariably an individual affair. This was slow, and often disappointing, though too much praise cannot be awarded to those early pioneers in sanitary science and preventive medicine; but they were frequently sort of John the Baptists, like unto persons crying in the wilderness. Now, however, we are passing through the age of conventions, conferences, congresses, etc. When some reform is sought, or some needed improvement desired, usually it is taken up by some influential body, and pushed forward. This method has accomplished much.

One of the influential organizations in this country is the Canadian Public Health Association. This association is not old when measured by years, but is most honorable when estimated by deeds. The meeting which was held in the latter part of May did very fine work, and laid down much solid ground for future building.

Lieut.-Col. J. W. S. McCullough, Chief Officer of Health for Ontario, mentioned that the epidemic of influenza had caused about 10,000 deaths in Ontario. He also said that sanitary science had wrought wonders by preventing disease in the army. In the recent war the deaths caused by disease and bullets had been reversed as compared with former wars. In this work the Canadian Army Medical Corps was entitled to much credit. He directed attention to the need for a stern fight against venereal diseases, and also spoke of what had already been done by legislation in this regard. Much good was bound to come from the establishment of public health laboratories in a number of places.

Dr. Steele, M.P., of Tavistock, went fully into the question of what the Federal Department of Health could accomplish. It is well known that Dr. Steele has always taken much interest in the creating of a de-

partment of health at Ottawa, with someone in charge of the country's health affairs. He was mainly instrumental in having the Act passed that created such a department. Among other duties of this department the following may be mentioned: The inspection and medical care of immigrants and seamen, and administration of marine hospitals; the supervision as regards public health of railways, boats, ships and all means of transportation; the supervision of federal public buildings and offices with regard to the health of civil servants and other Government employes therein. The department also takes over the administration of certain Dominion Acts relating to health, such as Quarantine, Adulteration, Public Works Health, Leprosy and Proprietary or Patent Medicine Acts. With a thoroughly capable Deputy Minister, the department can have an enormous influence in moulding the future political, social and commercial life of Canada.

Dr. Steele said that much attention would have to be paid to the question of immigration. Up to 1917, the total number of persons admitted to the asylums were 40,681, and of these 16,229 were foreign born. In 1917 1,414 were committed, and 494 of them were foreigners. This was a very heavy percentage when compared with the total foreign population in the country. It was urged by Dr. Cruikshank that the inspection should be done on the other side of the sea, as it was easier to stop poor immigrants there than to send them home after landing in this country. We agree with this. An empty house is better than a bad tenant; and this country is not in such need for people as to allow into it what will prove to be bad tenants of its land and liberties.

Dr. J. A. Hutchinson, Montreal, the president of the association, put in a plea that before persons are granted permission to marry they should furnish certificates of health. He thought that this would make for a better race, and would be practical eugenics. But both sides of such a question must be weighed. In the first place, such a law would increase the number of illegitimate births, and force many couples to live together outside of legal marriage. In the case of syphilis, the person might deny any taint, and refuse the scientific test. Nothing could be done, and, yet, the person infected. The public feeling would be very decidedly against any such law. This is a case where the law-makers must go slowly. It will always be impossible to breed people the way we breed animals. Education is the true remedy.

There was a lengthy discussion on the recent epidemic of influenza but no new facts were brought out. Dr. J. W. S. McCullough was opposed to the closing of schools, theatres, churches, etc., in cities as a means of controlling the disease. With this view we agree. We are quite of the opinion that such measures did not lessen the spread of the disease.

Col. Salmon, M.D., medical director, U.S. National Committee for Mental Hygiene, took up the subject of the proper management of nervous and mental cases. He advanced the opinion that hospitals should establish wards for the treatment of mental diseases. He contended that these cases should be cared for in this way rather than finding their way into police courts. Neurotics and shell shock cases were in most instances amenable to treatment. By proper management thousands of men had been saved to the army.

With this view of Dr. Salmon we are in accord, but we wish to state that shell-shock is an unfortunate term and has led to much confusion. The fact is that shell shock is a neurosis arising out of the stress of war apart altogether from the bursting of shells. Very many cases of what may be called shell shock have happened when the persons were not near where shells exploded. In wars of bygone times the same form of nervous trouble was found and when shells had not come into use.

Dr. C. J. O. Hastings spoke on the importance of State Health Insurance. He was of the opinion that it would be of use in this country. By paying into a common fund about 50 cents weekly a working man could receive \$7 a week if sick and \$100 as a funeral benefit if he died. He said that there were 2,500,000 wage earners in Canada, and that the loss through sickness would be about \$67,000,000.

Dr. Wadsworth took up the subject of vaccines and sera in influenza. He held that vaccines did not give complete immunity, though it did appear that some immunity was obtained by their use.

On the matter of serum therapy Sir James Grant, Ottawa, mentioned that he had contributed a paper on this subject 27 years earlier than the writings of Ehrlich that had won for the latter the Nobel prize. In this contention the Canada Lancet is in a position to verify the claim of Sir James Grant to priority.

The oft discussed topic of the prevention of venereal disease was taken up by Col. Dr. E. L. Keyes, of New York, and Mr. R. Russel, of the American Sociological Association, also of New York. Mr. Russel said that the segregation areas had been closed from the standpoint of hygiene and not of morals. Dr. Keyes declared that venereal diseases had removed more men from the ranks of the army than had casualties. The problem of prevention, however, remains unsolved; and comes back to someone or other of the well-known methods of licensed houses under inspection, the free treatment of the infected, the severe punishment of anyone who spreads the disease, and persistent education.

Dr. Gordon Bates, of Toronto, stated that there were in Canada 500,000 suffering from the worst form of these diseases, and the one that

was filling our asylums. It would be interesting to know how this figure has been arrived at. We fear that there is a good deal of bulk guessing in some of this way of estimating, by judging the entire community by what may be found in a group of soldiers under close observation, or at the clinic of a hospital where scientific tests are made. Results so obtained cannot be applied to the population as a whole. But venereal diseases are the cause of terrible ravages to the health of many people. The prevention is summed up in a word or two—Get the people to be good.

Dr. Mary Sherwood, of Baltimore, took up the subject of Child Welfare. The chief feature of her address was the emphasis paid to the comfort of the home as secured by an adequate income. When the wages were too low there was neglect. Many persons were impaired throughout life because of some remediable condition when a child that had not been treated. The lecturer thought there should be centres for the distribution of proper information. It was also contended that the mother should be provided with proper care during confinement. Dr. Sherwood said that syphilis was the cause of many still-births, and remarked that this disease only attracted proper attention when it interfered with the man as a fighter rather than as a father.

On the subject of still-births, Dr. Gordon Gallie said that they were much more frequent in the poor districts of cities than in those where proper attention could be secured. He said that out of 230,000 births in Canada there were 11,000 still births, or at the rate of 1 in 21. Greater attention to the mother prior to the birth of the child would prevent many deaths among the babies.

Hon. William F. Roberts, M.D., Minister of Health for New Brunswick, spoke on Our Canadian Girl, Some Suggestions in the Reconstruction of Her Adolescence. He expressed the belief that the existing educational system as far as girls between the ages of 14 and 16 years are concerned has a considerable tendency to impair their ability to carry out their greatest function, that of motherhood. He suggested dividing the education of girls into three periods, namely from 6 to 13 years, from 14 to 16 years, and from 16 on. Between the ages of 14 and 16, one of the most critical periods in a woman's life, he said, most attention should be paid to her physical well-being, besides which such subjects as motherhood, domestic science, home-making, the care of babies and social hygiene should be taught under the direction of a woman of high moral character. Education in such subjects, he declared, is vitally needed.

The closing address of the convention was given by Dr. F.C. Middleton, Bureau of Health, Regina, and his subject was Nursing, Medical and Hospital Problems in the Rural West. Dr. Middleton paid tribute

to the work of the Royal Victorian Order, which had been largely instrumental in establishing small hospitals in the sparsely-settled districts of the West, where maternity cases could be properly handled. Although the rural nursing staffs are still inadequately manned, the system in Saskatchewan made provision for retaining nurses in all municipalities and districts. More nurses were needed, especially for looking after maternity cases in outlying districts, where medical attention was hard to get, he said. The speaker suggested that a special course in maternity be established.

A resolution, moved by Dr. J. P. Maloney, Cornwall, favoring the manufacture by provincial authorities of salvarsan, a drug much needed in the fight against venereal diseases, was unanimously passed. The resolution set forth that the manufacture of this drug by only two Canadian companies was a monopoly detrimental to the supply and sale of salvarsan; and it called upon the Government either to take over the manufacture or allow free competition by other companies.

So far as Ontario is concerned, the purport of this resolution has been accomplished.

The officers elected for the coming year were:—Hon. President, Lieut.-Governor R. J. Brett, Edmonton; President, Dr. H. E. Young, Victoria; Vice-Presidents, Drs. J. A. Amyot, Toronto; Hon. Dr. Wm. F. Roberts, St. John, N.B., and Mrs. Colin Campbell, Montreal; Secretary, Dr. R. D. Defries, Toronto; Treasurer, Dr. F. A. Adams, Toronto.

The association will meet next year in Edmonton.

#### HON. JUSTICE LOGIE ON MEDICAL MEN.

We regret very much the remarks of Mr. Justice Logie on the medical profession. It may be true at times that a medical man may lend himself to the giving of evidence that may not stand close criticism. This, however, is very rare, and our experience of the medical profession is that it has a very high regard for the responsibility of being called upon to give evidence on matters of medical opinion. There may be differences, this is consistent with honesty and conscientiousness.

Lawyers sometimes do improper things, but this does not condemn the entire legal profession. Nor does it condemn all ministers of the Gospel because sometimes one of their number goes astray.

In a recent interview in the press Drs. Colin Campbell, Herbert Bruce and Frederick Marlow disagree with the opinion of Justice Logie. Dr. Marlow put the matter very well in these words:—

“I think quite probably that he did not mean just exactly what he said, and if he did mean it he is certainly laboring under a false impression of the medical men of Toronto.”

## ORIGINAL CONTRIBUTIONS

SHAKESPEARE AS AN AID IN THE ART AND PRACTISE OF  
MEDICINE.\*

BY SIR ST. CLAIR THOMPSON, M.D., F.R.C.P., F.R.C.S., London, Eng.

*Syphilis*.—It has been suggested that this disease was frequent, and the symptoms familiar, since the common name for it is so frequently used in the plays as a form of oath. Falstaff exclaims:—

A pox of this gout! or, a gout of this pox!

*Henry IV*, Part II, i, 2.

and even ladies used it, as when Katharine exclaims—

A pox of that jest!

*Love's Labour's Lost*, v, 2.

Syphilis was frequently called the "French disease", as in the following lines:—

*Pistol*. Doth fortune play the huswife with me now?  
News have I that my Nell is dead i' the spital  
Of malady of France.

*Henry V*, v, 1.

*Lucio*. Behold, behold, where Madam Mitigation comes!

I have purchased as many diseases under her roof as come to—

*2nd Gent*. To what, I pray?

*Lucio*. Judge.

*2nd Gent*. To three thousand dollars a year:

*1st Gent*. Ay, and more

*Lucio*. A French crown more.

*Measure for Measure*, i, 2.

The expression the "French crown", so often introduced in the description of syphilis, not only meant the "French disease", but indicated the common rupia, or the arrangement of syphilides on the temples, forehead, or neck, so frequently arranged in the form of a ring or crown that in France it has been called "le chapelet". This French crown is spoken of again, associated with the alopecia of syphilis:—

*Quince*. Some of your French crowns have no hair at all, and then you will play bare-faced.

*Midsummer Night's Dream*, i, 2.

Also:

*Clown*. As fit as ten groats is for the hand of an attorney, as your French crown for your taffetapunk.

*All's Well that Ends Well*, ii, 2.

Syphilis was also called the Neapolitan disease, as I have already mentioned when discussing the voice (p. 284)—

*Thersites*. After this, the vengeance on the whole camp! or rather, the Neapolitan bone-ache! for that, methinks, is the curse dependant on those that war for a placket.\*

*Troilus and Cressida*, ii, 3.

\* Read at the meeting of the Ontario Medical Association, 28th May, 1919.

Here is still another name,—

Now the rotten diseases of the south.

*Troilus and Cressida*, v, 1.

\* A placket is the slit or opening in a woman's under garment. See *Love's Labour's Lost*, iii, 1. and *Troilus and Cressida*, ii, 3.

Timon of Athens calls syphilis the "infinite malady" when he refers to rupia—

Of man and beast the infinite maladie  
Crust you quite o'er!

*Timon of Athens*, iii, 6.

Tertiary syphilitic bone affections are undoubtedly referred to in the two following quotations:—

*Lucio*. Nay, not as one would say, healthy; but so sound, as things that are hollow; thy bones are hollow: impiety has made a feast of thee.

*Measure for Measure*, i, 2.

After this, the vengeance on the whole camp! or, rather, the bone-ache! for that, methinks, is the curse dependant on those that war for a placket.

*Troilus and Cressida*, ii, 3.

The Duke in *As You Like It* tells the melancholy Jacques pretty plainly that his anxiety to speak his mind and blow on whom he pleases is but the result of his dissolute youth and the venereal disease he then contracted.

Thou thyself has been a libertine  
As sensual as the brutish sting itself;  
And all th'embossed sores and headed evils,  
That thou with license of free foot has caught,  
Would'st thou disgorge into the general world.

*As You Like It*, ii, 7.

It is evidently syphilis that the Grave-digger in *Hamlet* refers to—

*Hamlet*. How long will a man lie i' the earth ere he rot?

*1st Clown*. 'Faith, if he be not rotten before he die (as we have many pocky courses now-a-days, that will scarce hold the laying in), he will last you some eight year, or nine year: a tanner will last you nine year.

*Hamlet*, v, 1.

In the speech to the two rapacious courtesans by Timon of Athens, the mad misanthropist, there is a most vivid description of some of the characteristic lesions of tertiary syphilis—

*Timon*. Consumption sow  
In hollow bones of man: strike their sharp shins,  
And mar men's spurring. Crack the lawyer's voice,  
That he may never more false title plead,  
Nor sound his quilllets shrilly; hoar the flamen  
That scolds against the quality of flesh,  
And not believes himself; down with the nose,  
Down with it flat; take the bridge quite away  
Of him, that, his particular to foresee,  
Smells from the general weal; make curl'd-pate ruffians bald;  
And let the unscarr'd braggarts of the war  
Derive some pain from you; plague all;  
That your activity may defeat and quell  
The source of all erection—There's more gold—  
Do you damn others, and let this damn you,  
And ditches grave you all!

*Timon of Athens*, iv, 3.

This wonderfully correct picture of tibial nodes, laryngeal syphilis, tertiary syphilides, specific disease of the nose, alopecia, and impotence—could only have been portrayed by a layman who had particularly studied this disease.

The disease, though so common, was dreaded, as is evident from these two passages—

O hound of Crete, think'st thou my spouse to get?  
No; to the spital go,  
And from the powdering tub of infamy  
Fetch forth the lazar kite of Cressid's kind,  
Doll Tear-sheet she by name, and her espouse.

*Henry V*, ii, 1.

Also:

*King*. But like the owner of a foul disease,  
To keep it from divulging let it feed  
Even on the pith of life.

*Hamlet*, iv, 1.

Vicious living brings its own retribution:—

The gods are just, and of our pleasant vices  
Make instruments to plague us.

*King Lear*, v, 3.

The contagiousness of the disease is referred to—

This fell whore of thine  
Hath in her more destruction than they sword,  
For all her cherubin look.

*Phry*. Thy lips rot off!

*Tim*. I will not kiss thee: then the rot returns  
To thine own lips again.

*Timon of Athens*, iv, 3.

And Falstaff discusses the subject—

*Fal*. You make fat rascals, Mistress Doll.

*Doll*. I make them! Gluttony and diseases make them; I make them not.

*Fal*. If the cook help to make the gluttony, you help to make the diseases, Doll: we catch of you, Doll, we catch of you; grant that, my poor virtue, grant that.

*Henry IV*, Part II, ii, 4.

The power of gold to gild over the loathsomeness of syphilis is described by Timon—

This yellow slave  
Will knit and break religions; bless the accurs'd;  
Make the hoar leprosy ador'd; place thieves,  
And give them title, knee, and approbation,  
With senators on the bench: this is it,  
That makes the wappen'd widow wed again;  
She, whom the spital-house, and ulcerous sores  
Would cast the gorge at, this embalms and spices  
To the April day again.\*

*Timon of Athens*, iv, 3.

As regards treatment it is curious that mercury, although introduced as a remedy before Shakespeare's day, is not actually mentioned in any one of the plays. The treatment referred to is that by diet, sweating, and the "tub", or the "powdering tub"—

*Lucio*. How doth my dear morsel, thy mistress? Procures she still, ha?

*Pom*. Troth, Sir, she has eaten up all her beef, and she is herself in the tub.

*Measure for Measure*, iii, 2.

\* "Wappen'd" here means decayed or diseased.

Treatment by "baths", "tub-fast", and "the diet" are all mentioned by Timon when he apostrophises the two courtesans—

*Tim.* Be a whore still! they love thee not that use thee;  
Give them diseases, leaving with thee their lust.  
Make use of thy salt hours; season the slaves  
For tubs and baths; bring down rose-cheek'd youth  
To the tub-fast and the diet.

*Clown.* Why, very well: I telling you then, if you be remembered, that such a one, and such a one, were past curse of the thing you wot of, unless they kept very good diet, as I told you.

*Timon of Athens*, iv, 3.

*Measure for Measure*, ii, 1.

And the cure by sweating is thus referred to:

Till then I'll sweat, and seek about for eases,  
And, at that time, bequeath you my diseases.

*Troilus and Cressida*, v, 11.

In spite of the frankness with which Shakespeare has pictured this terrible disease—one of the three principal and removable curses of humanity (alcoholism and tuberculosis being the other two)—and in spite of the horror with which he depicts its power of "more destruction than the sword", we have had to wait 300 years for a Royal Commission to drag it again into the light of day, where, it is to be hoped, it will now be attacked and exterminated.

*Cancer* is not mentioned anywhere in Shakespeare. I have only met with the word once, and then it is as one of the signs of the Zodiac (*Troilus and Cressida*, ii, 3). The disease is nowhere quoted. This is strange, but time does not permit of my attempting to explain what the omission may portend.

*Obstetrics.*—The following matters, pertaining to the specialty of obstetrics, are given by Moyes as mentioned in the plays of Shakespeare:

"Premature births, quickening, altered appetite of pregnancy, deformity of the fœtus, eruption of the teeth before birth, death of fœtus and its retention in utero, retarded labour from deformity of child, foot presentation, Cæsarean section, twin births, suckling, weaning."

The mere mention of these various occurrences has, in the majority of cases, nothing extraordinary to attract our attention, and I will only stop to consider a few points which are noteworthy.

The first cry of the new-born child is thus described—

Thou must be patient; we came crying hither;  
Thou know'st, the first time that we smell the air,  
We wawl and cry. I will preach to thee; mark me,  
When we are born, we cry that we are come  
To this great stage of fools.

*King Lear*, iv, 6.

In the prayer of *Pericles* it is noteworthy that Shakespeare had noted that the majority of labours terminate in the night, in "the wee sma' hours ayint the twelve"\*—

Lucina, O,  
 Divinest patroness, and midwife gentle,  
 To those that cry by night, convey thy deity  
 Aboard our dancing boat; make swift the pangs  
 Of my queen's travails!

*Pericles*, iii, 1.

\* In the majority of cases labour terminates during the night (1.19 labours take place between 9 p.m. and 9 a.m. to every one occurring during the other half of the day), the maximum frequency occurring in the morning hours from 12 to 3 a.m. (Otto Spigleberg. "A Text Book of Midwifery". London: The New Sydenham Society, 1887, vol. i, p. 187).

Strangulation by the umbilical cord is suggested in the line—  
 Finger of birth-strangled babe.

*Macbeth*, iv, 1.

Gloster, according to his own account, came into the world with as "untimely ripped" suggests, before term.

Indeed, 'tis true, that Henry told me of;  
 For I have often heard my mother say  
 I came into the world with my legs forward.

*Henry VI*, Part III, v, 6.

*Macbeth*. I bear a charmed life, which must not yield  
 To one of woman born.

*Macduff*. Despair thy charm,  
 And let the angel whom thou still hast serv'd  
 Tell thee, Macduff was from his mother's womb  
 Untimely ripp'd.

*Macbeth*, v, 7.

while in *Cymbeline*, the name given to the infant, Posthumus, indicates that abdominal section was carried out after the mother's death—

*Sicilius*. I died, while in the womb he stay'd  
 Attending nature's law.

*Mother*. Lucina lent not me her aid,  
 But took me in her throes;  
 That from me was Posthumus ripp'd,  
 Came crying 'mongst his foes,  
 Athing of pity!

*Cymbeline*, v, 4.

The merciful view of English law that the unborn child should be exempt from the punishment of a condemned mother is referred to in *Winter's Tale* (ii, 2), and in the following speech were Joan of Arc, on being condemned to the stake as a sorceress, claims the privileges of a reprieve on this ground—

*Pucelle*. Will nothing turn your unrelenting hearts?  
 Then, Joan, discover thine infirmity,  
 That warranteth by law to be thy privilege:  
 I am with child, ye bloody homicides:  
 Murder not then the fruit within the womb,  
 Although ye hale me to a violent death.

*Henry VI*, Part I, v, 4.

Juliet, according to her old Nurse, was weaned when she was nearly three years of age. This, in our present-day custom, seems passing strange, and I must leave a full consideration of it to students of Shakespeare and of the history of the period. The method of giving the child a distaste for the breast, viz., putting wormwood on the nipple, is also referred to—

But, as I said,  
 On Lammas-eve at night shall she be fourteen:  
 That shall she, marry; I remember it well.  
 'Tis since the earthquake now eleven years;  
 And she was wean'd,—I shall never forget it,—  
 Of all the days of the year, upon that day;  
 For I had then laid wormwood to my dug,  
 Sitting in the sun under the dove-house wall,  
 My lord and you were then at Mantua:—  
 Nay, I do bear a brain:—but, as I said,  
 When it did taste the wormwood on the nipple  
 Of my dug, and felt it bitter, pretty fool!  
 To see it tetchy, and fall out with the dug.

*Romeo and Juliet*, i, 3.

The precocity of southern women is well known; Capulet says of his daughter Juliet—

My child is yet a stranger in the world,  
 She hath not seen the change of fourteen years;  
 Let two more summers wither in their pride,  
 Ere we may think her ripe to be a bride.

*Paris.* Younger than she are happy mothers made.

*Capulet.* And too soon marr'd are those so early made.

*Romeo and Juliet*, i, 2.

Lady Capulet tells us she was a mother at 14:—

Younger than you,  
 Here in Verona, ladies of esteem  
 Are made already mothers; by my count,  
 I was your mother, much upon these years  
 That you are now a maid.

*Romeo and Juliet*, i, 3.

*Public Health.*—It is very remarkable that cleanliness of the hands in milkers should have been commended by a poet 300 years ago:—*Item*: “She can milk; look you, a sweet virtue in a maid with clean hands.” It is also striking that Shakespeare should recognise the infectiousness of so many diseases—

It is certain, their either wise bearing, or ignorant carriage, is caught, as men take diseases, one of another; therefore let men take heed of their company.

*Henry VI*, Part II, v, 1.

Even so quickly may one catch the plague?

*Twelfth Night*, i, 4.

Sickness is catching; O, were favour so!  
 Yours would I catch, fair Hermia! ere I go.

*Midsummer Night's Dream*, i, 1.

Further allusions to infection and contagion are found in the following—

*Sands.* 'Tis time to give them physic, their diseases  
 Are grown so catching.

*Henry VIII*, i, 3.

*Mar.* All the contagion of the south light on you,  
 You shames of Rome! You herd of—Boils and plagues  
 Plaster you o'er; that you may be abhorr'd  
 Farther than seen, and one infect another  
 Against the wind a mile! You souls of geese!

*Coriolanus*, i, 4.

The particular susceptibility of youth to infectious fevers is noticed—

In the morn and liquid dew of youth  
Contagious blastments are most imminent.

*Hamlet*, i, 3.

The escape from air-borne infection is mentioned by John of Gaunt—

Suppose  
Devouring pestilence hangs in our air,  
And thou art flying to a fresher clime.

*Richard II*, i, 3.

And again—

He shall not breathe infection in this air.

*Henry IV*, Part II, iii, 2.

As a simile it is said of Olivia that—

Methought she purg'd the air of pestilence.

*Twelfth Night*, i, 1.

Two opposite methods of limiting infection are described. In the first, the patient is forcibly removed from his own dwelling, presumably to be shut up in some pest house—

Pursue him to his house and pluck him thence;  
Lest his infection, being of catching nature,  
Spread further.

*Coriolanus*, iii, 2.

In the second method the suspected microbe-carriers are as forcibly interned in the infected dwelling—

The searchers of the town  
Suspecting that we both were in a house,  
Where the infectious pestilence did reign,  
Seal'd up the doors, and would not let us forth.

*Romeo and Juliet*, v, 2.

In his praise and love of "this blessed plot, this earth, this realm, this England", Shakespeare recognises how fortunate is our island position in enabling us to carry out quarantine—

This royal throne of kings, this scepter'd isle,  
This earth of majesty, this seat of Mars,  
This other Eden, demi-paradise;  
This fortress built by nature for herself  
Against infection and the hand of war.

*Richard II*, ii, 1.

*Mental and Nervous Diseases.*—Next to the great themes of love and ambition, no subject is so fully written about by Shakespeare as abnormal mental states. We have but to recall the neurasthenia of Hamlet, the melancholy of Jaques, the coxcombry of Malvolio, the hallucinations of Macbeth, the insane ambition of Lady Macbeth, the insanity of Ophelia, the maniacal misanthropy of Timon of Athens, the blind fury of Othello, the frenzy of Constance, the mania of King Lear, the foolish imbecility of Simple, Shallow, and Speed, and the silliness and cunning of the various fools. As I am but poorly qualified to submit to you an opinion on Shakespeare's marvellous insight in this department of medicine, I will limit myself to quoting some authorities on the subject. Maudsley refers to "the psychological wonder which Shakespeare is", and Bucknill ex-

presses the opinion that he is "the most truthful analyst of human action". From this author's book, "The Mad Folk of Shakespeare", I take the following quotations:

"Shakespeare not only possesses more psychological insight than all other poets, but more than all other writers."—J. C. Bucknill, 'The Mad Folk of Shakespeare', London, 1867, p. 3.

"His profound knowledge of mental disease, not only in its symptomatology, but in its causation an development".—*Ibid.*, p. 195.

"Our wonder at his profound knowledge of mental disease increases, the more carefully we study his works; here (*i.e.*, in *King Lear*) and elsewhere he displays with prolific carelessness a knowledge of principles, half of which would make the reputation of a modern psychologist."—*Ibid.*, p. 196.

Shakespeare's knowledge of nervous and mental diseases is more than sufficient to fill an entire Oration. I will only give here his tender treatment of the early stage of insanity:—

When Cordelia was overcome with the pitifulness of the insanity of her father, that "foolish, fond old man", King Lear, she invited help, but asked dubiously:—

What can man's wisdom  
In the restoring of his bereaved sense?  
Her patient doctor replied:—

There is means, Madam;  
Our foster-nurse of nature is repose,  
The which he lacks; that to provoke in him  
Are many simples operative, whose power  
Will close the eye of anguish.

How different from Macbeth is the tender Cordelia's reply to this good doctor:—

Seek, seek for him;  
Lest his ungovern'd rage dissolve the life  
That wants the means to lead it.

She had already named the physician's honorarium:—

He, that helps him, take all my outward worth.

There is no mention that his fee was paid! Possibly gratitude was as short-lived 300 years ago as it often is to-day!

Blow, blow, thou winter wind,  
Thou art not so unkind  
As man's ingratitude.

Three centuries ago insane persons were at large in the world, unless—poor creatures—they were kept chained up. For, in Shakespeare's time, no asylum for the insane existed in this country except Bethlehem Hospital, which had been taken from the monks by Henry VIII and presented to the City of London, only 17 years before the poet's birth.

*As You Like It*, ii, 7.

Unless their symptoms were violent or dangerous, the insane in those days joined in the daily life of the world, and so afforded opportunities for a quick observer, such as are unknown nowadays.

The treatment of lunatics in the 16th century is reflected in the plays:—

Not mad, but bound more than a madman is;  
Shut up in prison, kept without my food,  
Whipp'd and tormented.

*Romeo and Juliet*, i, 2.

Love is merely a madness, and, I tell you, deserves as well a dark house and a whip as madmen do.

*As You Like It*, iii, 2.

From the pitiful, and sometimes ludicrous, references to it, it would seem that Shakespeare felt the cruelty and folly of the treatment meted out to lunatics in his time, and in *Much Ado About Nothing* he even appears to have a vision of our modern humane methods when he proposes to—

Fetter strong madness in a silken thread,  
Charm ache with air, and agony with words.

*Much Ado About Nothing*, v, 1.

I am indebted to my friend Dr. Claye Shaw for calling my attention to the fact that Shakespeare, 300 years ago, recognised the characteristics of *general paralysis of the insane*. When Achilles was sulking in his tent—in *Troilus and Cressida*, ii, 3—Ajax said it was due to his being “sick of proud heart”, and Agamemnon thought him—

Over-proud

And under-honest; in self-assumption greater  
Than in the note of judgment.

But Ulysses said “he is not sick”, and then gives the following wonderful description of the symptoms of general paralysis—

Things small as nothing, for request's sake only,  
He makes important, possess'd he is with greatness:  
And speaks not to himself, but with a pride  
That quarrels at self-breath: imagin'd worth  
Holds in his blood such swoln and hot discourse,  
That, 'twixt his mental and his active parts,  
Kingdom'd Achilles in commotion rages,  
And batters down himself: what should I say?  
He is so plaguy proud, that the death-tokens of it  
Cry—“No recovery.”

Syphilis, as I have already said, was evidently very common in Elizabethan times, and there would be plentiful opportunities for an observing genius like Shakespeare to note the mental characters of the general paralytic, although, of course, the association of the disease with syphilis was not established until our own days.

*Epilepsy*.—The correct and vivid description which Shakespeare gives of epileptic attacks is quite astonishing. The genius of a poet might observe and record the physical signs of a fit such as he may often

have seen in the street, but that he should be aware of the mental confusion preceding it, and of the lethargy or post-epileptic mania following it, warrants the presumption of particular medical knowledge.

Casca's description of Cæsar's epilepsy is as terse as it well can be—  
The rabblement hooted, and clapped their chopped hands, and threw up their sweaty night-caps, and uttered such a deal of stinking breath because Cæsar refused the crown, that it had almost choked Cæsar; for he swooned, and fell down at it; and for my own part, I durst not laugh, for fear of opening my lips, and receiving the bad air.

*Cassius.* But, soft, I pray you; What? did Cæsar swoon?

*Casca.* He fell down in the market-place, and foamed at mouth and was speechless.

*Brutus.* 'Tis very like;—he hath the falling sickness.

Act 1, Sc. 2.

The mental confusion which often follows an epileptic fit is indicated by Casca's relating that, "When he came to himself again, he said, 'If he had done or said anything amiss, he desired their worships to think it was his infirmity.'"

The description of Othello's seizure is equally striking—

*Iago.* My lord is fallen into an epilepsy;

This is his second fit, he had one yesterday.

*Cassio.* Rub him about the temples.

*Iago.*

No, forbear;

The lethargy must have his quiet course:

If not, he foams at mouth; and by and by,

breaks out to savage madness. Looke, he stirs.

*Othello*, iv, 1.

This shows remarkable knowledge of epilepsy, as it refers to the maniacal excitement which sometimes follows the fit, and Othello's staccato speech just before he falls ("It is not words that shake me thus") indicates the mental confusion before the attack.

*Suggestion.*—The influence of suggestion is strikingly illustrated:—

They'll take suggestion as a cat laps milk,

They'll tell the clock to any business that

We say befits the hour.

*The Tempest*, ii, 1.

and we all know how Hamlet fooled Polonius by suggestion. Even in the pain of surgical suffering, the influence of suggestion can be exercised:—

*Marcus.* I have some wounds upon me and they smart  
To hear themselves remember'd.

*Coriolanus*, i, 9.

and this remarkable power may be utilised to resist the onset of death:—  
Thy conceit is nearer death than thy powers. For my sake, be comfortable; hold death awhile at the arm's end.

*As You Like It*, ii, 6.

*Surgery.*—Surgery receives but scanty notice from Shakespeare, and to explain this we have to remember that it was only in the reign of Henry VIII, and in the year 1540, that the barber-surgeons were incorporated by Act of Parliament. Yet the need and value of the surgeon was well recognised—

Let me have a surgeon;  
I am cut to the brains.

*King Lear*, iv, 6.

We all remember that Portia warns Shylock to—

Have by some surgeon, Shylock, on your charge,  
To stop his wounds, lest he do bleed to death.

*Merchant of Venice*, iv, 1.

*Iago*. What, are you hurt, lieutenant?

*Cassio*. Ay, past all surgery.

*Iago*. Marry, heaven forbid!

*Othello*, ii, 3.

*Sicinius*. He's a disease, that must be cut away.

*Coriolanus*, ii, 3.

The following surgical conditions, according to Moyes, are mentioned in the pages of Shakespeare. Abscess, boils and carbuncles, gangrene, fistula, wounds and scars, fractures and dislocations, harelip, squint, pin-and-web, venereal diseases. Surgical treatment by incision, amputation, cautery, and the use of tents and setons is alluded to.

In view of the surgeon's custom of comparing incisions to certain letters of the alphabet, it is interesting to come across the following in *Antony and Cleopatra*—

*Antony*. Thou bleed'st apace.

*Scarus*. I had a wound here that was like a T  
But now 'tis made an H

*Antony and Cleopatra*, iv, 7.

Compression of an artery by an extemporised tourniquet is doubtless referred to in the following:—After he was wounded Cassio behind in the leg, Iago treacherously asks him, "How is it, my brother?" Cassio answers "My leg is cut in two". Iago exclaims "Heaven forbid," "I'll bind it with my shirt", and a few minutes after, "Lend me a garter: so.—O, for a chair, to bear him easily hence. . . . I'll fetch the general's surgeon."—*Othello*, v, 1.

Mere medical similes are common in all literature but the following sound piece of surgical lore, true for all time, rarely more so than in this era of world war, would hardly have originated with any poet who had not intimate acquaintance with the principles of surgery—

This fester'd joint cut off, the rest rests sound;  
This, let alone, will all the rest confound.

*Richard, II*, v, 3.

Whereas, the danger of amputation, and the possibilities of conservative surgery, are thus described—

*Sic*. He's a disease that must be cut away.

*Men*. O, he's a limb, that has but a disease;  
Mortal, to cut it off; to cure it, easy.

*Coriolanus*, iii, 1.

As a simile the torture of a jagged wound is compared with a clean incision—

Fell sorrow's tooth doth never rankle more,  
Than when it bites, but lanceth not the sore.

*Richard II*, i, 3.

The "tent", so frequently referred to, was a drainage dressing, made of flax or lint—

*Hector.* Modest doubt is call'd  
The beacon of the wise, the tent that searches  
To the bottom of the worst.

*Troilus and Cressida*, ii, 2.

It is noteworthy that our technical term for a healed wound should be more than once used by the poet—

Where is he wounded?  
*Vol* I' the shoulder, and i' the left arm: there will be large cicatrices to show the people, when he shall stand for his place. He received in the repulse of Tarquin, seven hurts i' the body.

*Men.* One i' the neck, and two i' the thigh—there's nine that I know.

*Coriolanus*, ii, 1.

The appearance of a recent scar is referred to metaphorically—  
Since yet thy cicatrices looks raw and red  
After the Danish sword.

*Hamlet*, iv, 3.

First principles in the sound healing of wounds are manifested in the following quotations—

It will but skin and film the ulcerous place,  
Whilst rank corruption, mining all within,  
Infects unseen.

Authority, though it errs like others,  
Hath yet a kind of medicine in itself,  
That skins the vice o' the top.

*Hamlet*, iii, 4.

Rest, care, and general treatment should all be employed—

I will not lend him stir  
Till I have us'd the approv'd means I have,  
With wholesome syrups, drugs and holy prayers,  
To make of him a formal man again.

*Measure for Measure*, ii, 2.

The callus thrown out round a fracture is evidently used as a simile in the following—

If we do now make our atonement well,  
Our peace will, like a broken limb united,  
Grow stronger for the breaking.

*Comedy of Errors*, v, 1.

Finally, whatever variety of surgical technique we may severally employ, each one of us must lay to heart, and persuade our patients to adopt, the philosophy of Iago—

How poor are they that have not patience!  
What wound did ever heal but by degrees?

*Henry IV*, Part II, iv, 1.

As to the treatment of wounds in that time we must remember that it had but little changed from the days of Hippocrates until, with the Victorian epoch, general anæsthesia reached us from America, and anti-septic surgery was brought to us from Scotland by an Englishman.

*Vivisection* is, curiously enough, proposed by a woman. The Queen in *Cymbeline* says—

*Othello*, ii, 3.

*Queen.* Now, master doctor; have you brought those drugs;  
 . . . . . I will try the forces  
 Of these thy compounds on such creatures as  
 We count not worth the hanging, (but none human),  
 To try the vigour of them, and apply  
 Allayments to their act; and by them gather  
 Their several virtues and effects.

It is not surprising that the doctor should protest against the practice of vivisection when performed, not with a humane object, but simply with the object of testing poisons with criminal intent—

*Cornelius.* Your highness  
 Shall from this practice but make hard your heart;  
 Besides, the seeing these effects will be  
 Both noisome and infectious.

*Cymbeline, i, 6.*

\* \* \* \* \*

SHAKESPEARE'S VIEWS ON:—SYMPATHY; HOPE AND PROGNOSIS; MIRTH AND DISTRACTION; ALCOHOL AND ABSTINENCE; TOBACCO AND SLEEP; OLD AGE AND DEATH.

In this concluding section I propose to refer to matters which are less technical in the practice of physic, but which require more profound and sympathetic study, for they concern the unchanging part of our art, that which in treating our frail humanity is influenced "with thoughts beyond the reaches of our souls" (*Hamlet*, i. 4) and enables us to get glimpses which show that—

Such harmony is in immortal souls,  
 But whilst this muddy vesture of decay  
 Doth grossly close it in, we cannot hear it.

*Merchant of Venice, v, 1.*

*Sympathy.*—Shakespeare's deep sympathy with the tragedy of suffering shines out from every page of his plays—

My deepest sense, how hard true sorrow hits.

The loneliness of those who suffer is chiefly alleviated by the understanding and sympathy which it is the physician's duty and happy privilege to give—

Who alone suffers, suffers most i' the mind,  
 Leaving free things and happy shows behind;  
 But then the mind much sufferance doth o'erskip  
 When grief hath mates, and bearing fellowship.

*King Lear, iii, 6.*

This may be effected by reminding a patient that—

Thou see'st we are not all alone unhappy;  
 This wide and universal theatre  
 Presents more woful pageants than the scene  
 Wherein we play in.

*The Duke, As You Like It, ii, 7.*

while we will be quicker in getting in sympathy with a sufferer if we detect in him that—

Present fears are less than horrible imaginings.

*Macbeth*, i, 3.

For—

Woes by strong imaginings lose  
The knowledge of themselves.

*King Lear*, iv, 6.

His self-resistance may be raised by reminding him that—

Our remedies oft in ourselves do lie,  
Which we ascribe to heaven.

*All's Well That Ends Well*, i, 1.

But stern philosophy such as that which tells us that—

Men must endure  
Their going hence, even as their coming hither,  
Ripeness is all.

*King Lear*, v, 2.

is best kept for ourselves and our friends in robust health.

Our efforts to persuade a patient out of his sadness by appeals to his reason may be repelled by the sufferer who is quick to recognise that his melancholy is temperamental—

*Conrade*. Why are you thus out of measure sad?

*Don John*. There is no measure in the occasion that breeds; therefore the sadness is without limit.

*Conrade*. You should hear reason.

*Don John*. And when I have heard it, what blessing bringeth it?

*Conrade*. If not a present remedy, yet a patient sufferance.

*Don John*. I wonder that thou, being (as thou sayest thou art) born under Saturn, goest about to apply a moral medicine to a mortifying mischief. I cannot hide what I am; I must be sad when I have cause, and smile at no man's jests; eat when I have a stomach, and wait for no man's leisure; sleep when I am drow-y, and tend on no man's business; laugh when I am merry, and clew no man in his humour . . . . In the meantime, let me be that I am, and seek not to alter me.

*Much Ado About Nothing*, i, 3.

The important thing is to avoid being merely platitudinous, and see that we do not attempt to "patch grief with proverbs" (*Much Ado About Nothing*, v. 1). The sympathetic physician must not incur the reproach of Pericles—

Thou speak'st like a physician, Helicanus,  
Who minister'st a potion unto me,  
That thou would'st tremble to receive thyself.

*Pericles*, i, 2.

In giving comfort we should never forget such wise saws as this—  
Well, every one can master a grief, but he that has it.

*Much Ado About Nothing*, iii, 2.

for after all—

'Tis all men's office to speak patience  
To those that wring under the load of sorrow  
But no man's virtue, nor sufficiency,  
To be so moral when he shall endure  
The like himself.

*Much Ado About Nothing*, v, 1.

We must not be niggards or laggards in giving all the sympathy we can—

*Katherine.* O, my good lord, that comfort comes too late;  
'Tis like a pardon after execution,  
That gentle physic, giv'n in time, had cur'd me,  
But now I am past all comforts here, but prayers.

*Henry VIII, iv, 2.*

We should not omit to see that a patient is completely restored to health before retiring from a case—

'Tis not enough to help the feeble up,  
But to support him after.

*Timon of Athens, i, 1.*

*Hope and Prognosis.*—When there is no hope there can be no endeavour, and we are reminded that—

The miserable have  
No other medicine, but only hope;  
I have hope to live and am prepar'd to die.

*Claudio in Measure for Measure, iii, 1.*

True hope is swift, and flies with swallow's wings;  
Kings it makes gods, and meaner creatures kings.

*Richard III, v, 2.*

On the difficult and painful duty, so often laid upon us, of giving a gloomy prognosis, what better guide of conduct can a physician have than the following—

Though it be honest, it is never good  
To bring bad news; give to a gracious message  
A host of tongues; but let ill tidings tell  
Themselves, when they be felt.

*Antony and Cleopatra, ii, 5.*

We can often spare ourselves the pain of breaking bad news, and our patients the shock of hearing it, if we do but remember that—

He that but fears the thing he would not know,  
Hath, by instinct, knowledge from others' eyes  
That what he fear'd is chanced.

*Henry IV, Part II, i, 1.*

and how often we sadly feel that—

Yet the first bringer of unwelcome news  
Hath but a losing office; and his tongue  
Sounds ever after as a sullen bell,  
Remember'd knolling a departing friend.

*Henry IV, Part II, i, 1.*

*Mirth and Distraction.*—Shakespeare lived in the joyous times of the Renaissance, and before the Puritan movement had cast its chilling influence on what undoubtedly was the "merrie England" of the spacious days of Elizabeth. We are coming round again to a just appreciation of innocent mirth and merriment, and even to a scientific investigation and approval of the distraction which is so necessary for all honest workers. Our insular hypocrisy, unfortunately, often prevents us from enjoying mirth for fear that it may degenerate into license. We may require a Minister of Public Amusement as much as we need a Minister of Educa-

tion, and it would be still better if one portfolio included both offices.

Needless to point out that Shakespeare says that our merriment must be—

Within the limit of welcoming mirth.

Jaques loved melancholy "better than laughing", but Rosalind reminded him that "those that are in extremity of either are abominable fellows" (*As You Like It*, iv, 1).

My task is limited to considering mirth in its relation to our healing art, and how well its therapeutic value is described in these two quotations—

If he be sick with joy, he will recover  
Without physic.

*Love's Labour's Lost*, ii, 1.

For so your doctors hold it very meet,  
Seeing too much sadness hath congeal'd your blood,  
And melancholy is the nurse of frenzy;  
Therefore they thought it good you hear a play  
And frame your mind to mirth and merriment,  
Which bars a thousand harms and lengthens life.

*Henry IV*, Part II, iv, 4.

How wise is the following joyous prescription—

Let me play the fool,  
With mirth and laughter let old wrinkles come;  
And let my liver rather heat with wine,  
Than my heart cool with mortifying groans.  
Why should a man, whose blood is warm within,  
Sit like his grandsire cut in alabaster?  
Sleep when he wakes? and creep into the jaundice  
By being peevish?

*Merchant of Venice*, i, 1.

This shows well Shakespeare's knowledge of the influence of the mind on the body, and is sound philosophy. I believe emotion is still accepted as a factor in the production of jaundice. It is referred to again in the line—

What grief hath set the jaundice on your cheeks?

*Troilus and Cressida*, i, 3.

The following penance was placed on a frivolous jester:—

*Rosaline*. You shall this twelvemonth term, from day o day  
Visit the speechless sick, and still converse  
With groaning wretches; and your task shall be,  
With all the fierce endeavour of your wit,  
To enforce the pained impotent to smile.

*Biron*. To move wild laughter in the throat of death!  
It cannot be; it is impossible;  
Mirth cannot move a soul in agony.

*Love's Labour's Lost*, v, 2.

The public little knows how fierce our endeavour often is in order to keep up the cheerfulness and courage of our patients.

We must frequently remind ourselves and our patients that—

The labour we delight in physicks pain.

*Macbeth*, ii, 3.

The advantages of travel, a sea voyage, change in surroundings, particularly in neurasthenia—is pithily described by the King of Denmark in speaking of the projected trip to England of his somewhat trying step-son, Hamlet:—

Haply, the seas, and countries different,  
With variable objects, shall expel  
This something-settled matter in his heart.

*Hamlet*, iii, 1.

The great Cardinal Wolsey apportioned his time between his religious offices, his duties of State, and recreation:—

For holy offices I have a time; a time  
To think upon the part of business, which  
I bear 't the state; and nature does require  
Her times of preservation, which perforce,  
I, her frail son, amongst my brethren mortal  
Must give my tendence to.

*Henry VIII*, iii, 2.

If recreation is neglected, there must ensue depression, ill-health, and susceptibility to infection and disease:—

Sweet recreation barr'd, what doth ensue  
But moody and dull melancholy,  
Kinsman to grim and comfortless despair,  
And, at her heels, a huge infectious troop  
Of pale distemperature, and foes to life?

Abess in *A Comedy of Errors*, v, 1.

[The following passages may be added to those already quoted by Sir St. Clair Thomson.

Shakespeare makes one of his characters recognize love's grief by the appearance of the afflicted person; and the remedy is suggested:—

*Claudio*. How sweetly do you minister to love,  
That lov's grief by his complexion!  
But lest my liking might too sudden seem,  
I would have salv'd it with a longer treatise.

*Much Ado About Nothing*, i, 1-323.

In *Love's Labour's Lost* (iv, 3, 171), Berowne asks questions about grief and gives its seat:—

Where is thy grief? O! tell me, good Dumaine,  
And, gentle Longaville, where lies thy pain?  
And where my lieges? All about the breast.

In *Twelfth Night* (ii, 4, 13), Viola speaks most wisely thus:—

She never told her love,  
But let concealment, like a worm 't the bud,  
Feed on damask cheek; She pin'd in thought,  
And with a green and yellow melancholy,  
Sat like Patience on a monument,  
Smiling at grief, was not this love indeed?

In the foregoing you have concealment of emotion, and its effect on the countenance and disposition. Quietly it was endured and she seemed to smile at her sorrow so nerved had she become.

The powerful stimulus that grief may give one is well brought out by Northumberland (2 Henry IV, i, 1, 140), where he refers to the person in the delirium of fever or under the impulse of grief acting with great strength:—

*North.* And as the wretch, whose fever-weaken'd joints,  
Like strengthless hinges, buckle under life,  
Impatient of his fit, breaks like a fire  
Out of his keeper's arms, even so my limbs,  
Weaken'd with grief, being now enraged with grief,  
Are thrice themselves.

We have here beautifully expressed the strength that strong emotion may bring to one.

In 2 Henry IV, (iv, 1, 197), the Archbishop directs attention to the fact that many annoyances had wearied the king—

No, no, my lord, note this: the king is weary  
Of dainty and such picking grievances.

The medical profession has become familiar with the evil effects of "carking care".

When grief is suppressed or borne in silence, the mental strain is often great. This is well told in *Macbeth* (iv, 3, 209). Macduff has just been informed that his wife and children had been murdered, and is dumb with grief. Malcolm exclaims, and how true to life!

Give sorrow words: the grief that does not speak  
Whispers the o'er fraught heart and bids it break.

In *Macbeth* (v, 1), there is a fine account of how Lady Macbeth's mind became disturbed. The doctor says of her. "What a sigh is there! The heart is sorely charged", and then exclaims—

Unnatural deeds  
Do breed unnatural troubles; infected minds  
To their deaf pillows will discharge their secrets.

In this we have one of the finest accounts ever given to the world as to how worry over wrong doing unbalances the mind.

In *King Richard III*, (v, 3), there is a terrible account of the agony of mind to which the king's villainies had brought him:—

Have mercy, Jesu! Soft! I did but dream.  
O Coward conscience, how dost thou afflict me!

\* \* \* \* \*  
Cold fearful drops stand on my trembling flesh.

\* \* \* \* \*  
Is there a murderer here? No. Yes, I am.

\* \* \* \* \*  
O! no: Alas! I rather hate myself.

\* \* \* \* \*  
My conscience hath a thousand several tongues,  
And every tongue brings in a several tale,  
And every tale condemns me for a villain.

Editor *Canada Lancet*.]

*Alcohol*.—It is difficult, if not impossible, to saddle Shakespeare with extreme views in regard to wine drinking. He is certainly no advocate of intemperance, and, although total abstainers claim him as a supporter

on the strength of his commendation of "Honest water, which ne'er left man 'i the mire" (*Timon of Athens*, i, 2), yet he mitigates this commendation with the proviso that water is "that which is too weak to be a sinner". The rigid teetotaller is also apt to be met with the well-worn quotation, "Dost thou think because thou art virtuous there shall be no more cakes and ale?" There is no encouragement anywhere to free indulgence in alcohol, and Shakespeare repeatedly paints in vivid colours the loathsomeness and degradation of excess. Evidently, he is on the side of the temperate man. How often have we to urge our patients to—

Ask God for temperance; that's th' appliance only  
Which your disease requires.

*Henry VIII*, i, 1.

Wine is praised, but always with discretion:—

Good wine is a good familiar creature, if it be well used.

*Othello*, ii, 3.

Good company, good wine, good welcome  
Can make good people.

*Henry VIII*, i, 4.

We note in these two questions that the wine must be good, and it is placed where it only should be served, viz., in the midst of good company and after a good welcome. One character, who required ~~no~~ non-treating clause to support him, says, courageously, "I'll drink no more than will do me good, for no man's pleasure".

They are happy who, like Cassio, recognise that they have no head for alcohol:—

*Iago*. Come, lieutenant, I have a stoop of wine.

*Cassio*. Not to-night, good Iago: have very poor and unhappy brains for drinking: I could well wish courtesy would invent some other custom of entertainment.

*Othello*, ii, 3.

It has taken 300 years before Cassio's wise wish was gratified by the No Treating Order.

The alcoholic beverage of the period was only commended if pure. Sir John Falstaff was quick to detect adulteration: "You rogue, here's lime in this sack, too".

"Go brew me a pottle of sack finely", he orders. "With eggs, Sir?" says Bardolph. "Simply of itself", replies Falstaff, "I'll no pullet sperm in my brewage".

The great value of alcohol as a rapid stimulant on important occasions is instanced when Antony is dying:—

*Antony*. I am dying, Egypt, dying!  
Give me some wine, and let me speak a little.

*Antony and Cleopatra*, iv, 13.

and is a help when the memory flags from fatigue—

I am weary; yea, my memory is tir'd—  
Have we no wine here?"

*Coriolanus*, i, 9.

Stephano, in proposing that Caliban should taste of his bottle, says: "If he have never drunk wine afore, it will go near to remove his fit" (*The Tempest*, ii, 2), referring to the rapid action of alcohol in those unaccustomed to it.

Good old Adam's prescription for a vigorous old age is well known—

Though I look old, yet I am strong and lusty,  
For in my youth I never did apply  
Hot and rebellious liquors in my blood;  
Nor did not with unbashful forehead woo  
The means of weakness and debility;  
Therefore my age is as a lusty winter,  
Frostey, but kindly.

*As You Like It*, ii, 3.

The social advantages of dining and having some wine with our meals are clearly stated in *Coriolanus*—

He had not dined;  
The veins unfill'd, our blood is cold, and then  
We pout upon the morning, are unapt  
To give or to forgive; but, when we have stuff'd  
These pipes and these conveyances of our blood  
With wine and feeding, we have suppler souls  
Than in our priest-like fasts; therefore I'll watch him  
Till he be dieted to my request,  
And then I'll set upon him.

*Coriolanus*, v, 1.

A "marvellous distemper" is, in the first instance, attributed to alcohol—

*Guildestern*. The king, Sir,—

*Hamlet*. Ay, Sir what of him?

*Guildestern*. Is, in his retirement, marvellous distempered.

*Hamlet*. With drink, Sir?

*Guildestern*. No, my lord, rather with choler.

*Hamlet*. Your wisdom should show itself more richer to signify this to his doctor; for, for me to put him to his purgation, would, perhaps, plunge him into far more choler.

*Hamlet*, iii, 2.

The reference to the deadly dangers of "every inordinate cup" are abundant and striking—

Every inordinate cup is unblest and the ingredient is a devil.

O thou invisible spirit of wine, if thou hast no name to be known by, let us call thee devil!

O God, that men should put an enemy in their mouths, to steal away their brains! that we should, with joy, pleasure, revel, and applause, transform ourselves into beasts!

*Othello*, ii, 3.

And the ruin of many monarchies can be traced to it—

Boundless intemperance hath been  
Th' untimely emptying of the happy throne  
And fall of many kings.

*Othello*, ii, 3.

As to excess, it is left to a clown to describe the three degrees of drunkenness—

*Olivia*. What's a drunken man like, fool?

*Clown*. Like a drown'd man, a fool, and a madman: one draught above heat makes him a fool; the second mads him; and a third drowns him.

*Macbeth*, iv, 3.

*Twelfth Night*, i, 5.

Another description is given in *Macbeth*—

*Macduff*. Was it so late, friend, ere you went to bed, that you do lie so late?  
*Port*. Faith, Sir, we were carousing till the second cock: and drink, Sir, is a

great provoker of three things.

*Macduff*... What three things does drink especially provoke?

*Port*. Marry, Sir, nose-painting, sleep, and urine. Lechery, Sir, it provokes and unprovokes; it provokes the desire, but it takes away the performance. Therefore, much drink may be said to be an equivocator with lechery: it makes him and it mars him; it sets him on and it takes him off; it persuades him, and disheartens him; makes him stand to and not stand to; in conclusion, equivocates him in a sleep and, giving him the lie, leaves him.

*Macbeth*, ii, 3.

Timon of Athens gives gold to the "rascal thieves", in order that they may, in plain English, go and drink themselves to death—

Go, suck the subtle blood o' the grape,  
 Till the high fever seethe your blood to froth,  
 And so, 'scape hanging.

*Timon of Athens*, iv, 3.

That Heine's charge of our drunken habits also applies to the Elizabethan period is shown by the discussion in *Othello*—

*Cassio*. An excellent song.

*Iago*. I learned it in England, where, indeed, they are most potent in potting: your Dane, your German, and your swag-bellied Hollander,—Drink ho!—are nothing to your English.

*Cassio*. Is your Englishman so exquisite in his drinking?

*Iago*. Why, he drinks you with facility, your Dane dead drunk; he sweats not to overthrow your Almain; he gives your Hollander a vomit, ere the next pottle can be filled.

*Othello*, ii, 3.

The only defence of drinking comes from Sir John Falstaff, who said he would teach his sons "to forswear thin potations and addict themselves to sack" (*Henry IV*, Part II, iv, 3). The views of this reprobate old knight need not be accepted as entirely trustworthy in regard to alcohol, but it is interesting to note that he endorses the views of some modern writers that the strict teetotaller is a complete abstainer simply for the very good reason that he is a feeble creature who is better without it. Indeed, an octogenarian and very reverend Dean I know, holds that it is a sign of decadence if a man cannot drink half a bottle of port in an evening. His views coincide with Falstaff who says—

But that's no marvel, he drinks no wine. There's never any one of these demure boys come to any proof; for thin drink doth so over-cool their blood, and making many fish-meals, that they fall into a kind of male green-sickness; and then, when they marry, they get wenches; they are generally fools and cowards; which some of us should be, too, but for inflammation. A good sherris-sack hath a two-fold operation in it. It ascends me into the brain; dries me there all the foolish, and dull, and crudy vapours, which environ it; makes it apprehensive, quick, forgetive, full of nimble, fiery and delectable shapes; which deliver'd o'er to the voice (the tongue), which is the birth, becomes excellent wit.

*Henry IV*, Part II, iv, 3.

Shakespeare makes mention of wine, beer, and ale, and, fortunately for the merry England of the Elizabethan age, the spirit drinking of our period was unknown. Aqua vitæ is mentioned, but on one occasion it is as a remedial agent, and on the other as a beverage of the Sarah Gamp of the period—

He has a son,—who shall be flayed alive: then 'nointed over with honey, set on the head of a wasp's nest; then stand till he be three quarters and a dram dead; then recovered again with aqua-vitæ or some other hot infusion.

*Winter's Tale*, iv, 3.

The other reference is as follows:—

*Mar.* Nay, but say true; does it work upon him?  
*Sir To.* Like aqua-vitæ with a midwife.

*Twelfth Night*, ii, 5.

*Abstinence.*—The wisdom of moderation in diet, and the equal dangers of over-eating or starvation, are preached by a woman—

*Nerissa.* For aught I see they are as sick that surfeit with too much, as they that starve with nothing. It is no mean happiness, therefore, to be seated in the mean; superfluity comes sooner by white hairs, but competency lives longer.

*Merchant of Venice*, i, 2.

Diet must be moderate—

*Sec. Lord.* But I am sure, the younger of our nature,  
That surfeit on their ease, will day by day,  
Come here for physic.

*All's Well That Ends Well*, iii, 1.

And, with our surfeiting and wanton hours  
Have brought ourselves into a burning fever,  
And we must bleed for it.

*Henry IV*, Part II, iv, 1.

The British belief in beef is somewhat shaken by Sir Andrew Ague-cheek when he says—

I am a great eater of beef, and I believe that does harm to my wit.

*Twelfth Night*, i, 3.

The young cannot bear fasting, or even abstinence, as well as their seniors—

Say, can you fast? your stomachs are too young;  
And abstinence engenders maladies.

*Love's Labour's Lost*, iv, 3.

Hot desires may be weak and can be further held in check in—

A man whose blood  
Is very snow-broth; one who never feels  
The wanton stings and motions of the sense,  
But doth rebate and blunt his natural edge  
With profits of the mind, study and fast.

*Measure for Measure*, i, 5.

But Shakespeare makes another character say that "to fast, to study, and to see no woman" is flat treason, at least for the young, for "where is any author in the world, teaches such beauty as a woman's eye?" (*Love's Labour's Lost*, iv, 3).

*Tobacco.*—How glad would we be to have Shakespeare's opinion on tobacco? I find no mention of it, though snuffing is referred to—

He was perfumed like a milliner,  
And'twixt his finger and his thumb he held  
A pouncet-box, which ever and anon  
He gave his nose and took't away again;  
Who, therewith angry, when it next came there,  
Took it in snuff.

*Henry IV*, Part I, i, 3.

*Sleep.*—In reading through the plays again, with this Oration in my mind, I am struck with Shakespeare's profound appreciation of sleep—great Nature's second course, chief nourisher in life's feast, the balm of broken senses, the best of rest, Nature's soft nurse, the season of all natures—as he lovingly describes it. He praises death because it gives us "silence and eternal sleep" (*Titus Andronicus*, i, 2). Indeed, it has been suggested that the poet must himself have suffered from sleeplessness, so vividly does he describe the horrors of insomnia, so wisely does he regard the invoking of sleep, and so warmly does he praise the value of being able to steep our senses in forgetfulness. These readings impel me to suggest that we might take a greater care and interest in this balm of hurt minds, sore labour's bath, and that we hardly appreciate the great value of Nature's second course.

Sleep that knits up the ravell'd sleeve of care,  
The death of each day's life, sore labour's bath,  
Balm of hurt minds, great nature's second course,  
Chief nourisher in life's feast.

*Macbeth*, ii, 2.

Opress'd nature sleeps;  
This rest might yet have balm'd thy broken senses,  
Which, if convenience will not allow,  
Stand in hard cure.

*King Lear*, iii, 6.

The best of rest is sleep,  
And that thou oft provok'st; yet grossly fear'st  
Thy death, which is no more.

*Measure for Measure*, iii, 1.

O sleep! O gentle sleep!  
Nature's soft nurse! how have a frighted thee,  
That thou no more wilt weigh my eyelids down  
And steep my senses in forgetfulness?

*Henry IV*, Part II, iii, 1.

O, I have passed a miserable night,  
So full of fearful dreams, of ugly sights,  
That, as I am a Christian faithful man,  
I would not spend another such a night,  
Though 'twere to buy a world of happy days.

*Richard III*, i, 4.

Cæsar liked those that slept well—

Let me have men about me that are fat;  
Sleek-headed men, and such as sleep o' nights.

*Julius Cæsar*, i, 2.

For sleep to be beneficial a man must be able to "thank God for his happy dreams", in which "the slumber of the body seems to be but the waking of the soul", as opposed to "the affliction of those terrible dreams that shake us nightly" (*Macbeth*, iii, 2).

The sweat of industry is the best soporific—

Come; our stomachs  
Will make what's homely, savoury; weariness  
Can snore upon the flint, when rusty sloth  
Finds the down pillow hard.

*Cymbeline*, iii, 6.

A king, with all his pomp and ceremony, may find it impossible to—  
 Sleep so soundly as the wretched slave,  
 Who, with a body fill'd, and vacant mind,  
 Gets him to rest, cramm'd with distressful bread;  
 Winding up days with toil and nights with sleep.

*Henry V, iv, 1.*

How well we know how worry will spoil sleep—  
 It seems his sleep were hinder'd by thy railing;  
 And therefore comes it, that his head is light.

*Abdess in Comedy of Errors, v, 1.*

How delicate and discriminating of Shakespeare to notice that a sick man's sleep is disturbed by ominous, tip-toe attentions as readily as by rough noises—

I come to bring him sleep. 'Tis such as you,—  
 That creep like shadows by him, and do sigh  
 At each his needless heavings,—such as you  
 Nourish the cause of his awaking; I  
 Do come with words as med'cinal as true;  
 Honest as either; to purge him of that humour  
 That presses him from sleep.

*Winter's Tale, ii, 3.*

Careless youth sleeps well:—

Boy! Lucius!—Fast asleep? It is no matter;  
 Enjoy the heavy honey-dew of slumber;  
 Thou hast no figures nor no fantasies,  
 Which busy care draws in the brains of men;  
 Therefore thou sleep'st so sound.

*Julius Caesar, ii, 1.*

Shakespeare recognises the tendency to insomnia, when our sixth age shifts into the lean and slipper'd pantaloons. He also appreciates that the young are greater lie-a-beds than the elderly, for when Friar Laurence is up while "the gray ey'd morn smiles on the frowning night" and "ere the sun advances his burning eye", he is surprised to meet young Romeo abroad:—

Young son, it argues a distemper'd head,  
 So soon to bid goodmorrow to thy bed;  
 Care keeps his watch in every old man's eye,  
 And where care lodges, sleep will never lie;  
 But where unbruised youth, with unstuff'd brain,  
 Doth couch his limbs, there golden sleep doth reign;  
 Therefore thy earliness doth me assure,  
 Thou art up-rous'd by some distemperature.

*Romeo and Juliet, ii, 3.*

Finding his diagnosis incorrect, the shrewd Friar quickly conjectures:—

Or if so, then here I hit it right—  
 Our Romeo hath not been in bed to-night.

*Act ii, Sc. 3.*

The knowledge of youth, its ways, and its habits of sleep, enables Friar Laurence to come rapidly to a correct opinion. The acumen is no doubt due to his practice of the art and science of medicine, for, indeed, his early rising in order to enable him to collect both "baleful weeds

and precious-juiced flowers", shows that he was something of a medicine man, and dealt in such narcotics as that which acted on Juliet.

*En passant*, it may be remarked that we know nothing of any drug which could act like the narcotic in *Cymbeline* and in *Romeo and Juliet*, able to produce all the appearances of death for "two and forty hours, and then awake as from a pleasant sleep" and even "more—fresh reviving". Dramatic license must be granted sometimes.

*Old Age*.—The characteristics of our "sad humanity" (Sonnet 65) as it falls into the "sere, the yellow leaf" (*Macbeth*, v, 3), and "declines with the vale of years" (*Othello*, iii, 3) are faithfully, wistfully, sadly, and pitifully described. "Old men forget" (*Henry V*, iv, 3), and one should be considerate for their memories. Age may reveal a "poor, infirm, weak, and despised old man", like King Lear (Act iii, Sc. 2), and we must be tender to them. They may be foolish or garrulous, and we must be tolerant—

I am a very foolish fond old man.

You must bear with me;

Pray you now, forget and forgive; I am old and foolish.

*King Lear*, iv, 7.

A good old man, Sir; he will be talking; as they say, when the age is in, the wit is out.

*Much Ado About Nothing*, iii, 5.

The physical characteristics of increasing years are not all alluring. Poor Sir John Falstaff is rudely told that his appearance of age no longer tallied with his joyous spirit—

*Chief Justice*. Do you set down your name in the scroll of youth, that are written down old with all the characters of age? Have you not a moist eye? a dry hand? a yellow cheek? a white beard? a decreasing leg? an increasing belly? Is not your voice broken? your wind short? your chin double? your wit single? and every part about you blasted with antiquity? and will you yet call yourself young? Fie, fie, fie, Sir John!

*Henry IV*, Part II, i, 2.

And Hamlet is equally discourteous to the signs of advancing age in Polonius—

Slanders, Sir; for the satirical rogue says here, that old men have gray beards; that their faces are wrinkled; their eyes purging thick amber and plum-tree gum; and that they have a plentiful lack of wit, together with most weak hams.

*Hamlet*, ii, 2.

Old age is not always beautiful. It does not necessarily attract "that which should accompany old age, as honour, love, obedience, troops of friends" (*Macbeth*, v, 3).

These old fellows

Have their ingratitude in their hereditary,  
Their blood is cak'd, 'tis cold, it seldom flows;  
'Tis lack of kindly warmth, they are not kind;  
And nature, as it grows again toward earth,  
Is fashion'd for the journey, dull and heavy.

*Timon of Athens*, ii, 2.

The incidence of disease according to age is wisely recognised, as well as the frequency with which increasing years cause avarice, that "good, old-gentlemanly vice", as Byron called it. The pithy words are put into the mouth of Falstaff—

A man can no more separate age and covetousness, than he can part young limbs and lechery; but the gout galls the one and the pox pinches the other.

*Henry IV, Part II, i, 2.*

The infirmities of feeble old age are thus described—

And then, forsooth, the faint defects of age  
Must be the scene of mirth; to cough and spit,  
And with a palsy—fumbling on his gorget,  
Shake in and out the rivet.

*Troilus and Cressida, i, 3.*

*Egeon.* Not know my voice? O, time's extremity!  
Hast thou so crack'd and splitted my poor tongue  
In seven short years, that here my only son  
Knows not my feeble key of untun'd cares?  
Though now this grained face of mine be hid  
In sap-consuming winter's drizzled snow,  
And all the conduits of my blood froze up,  
Yet hath my night of life some memory,  
My wasting lamps some fading glimmer left,  
My dull deaf ears a little use to hear.

*Comedy of Errors, v, 1.*

And we know that the—

Last scene of all  
That ends this strange eventful history,  
Is second childishness, and mere oblivion,—  
Sans teeth, sans eyes, sans taste, sans everything.

*As You Like It, ii, 7.*

[On the subject of age the following may be added to those given in the lecture.

For Shakespeare age could have its attractions as shown by the words—

"Age cannot wither, nor custom stale her infinite variety".

*Antony and Cleopatra, ii, 2.*

He contrasts youth and age in these words:—

Crabbed age and youth cannot live together;  
Youth is full of pleasure, age is full of care;  
Youth like summer morn, age like winter weather,  
Youth like summer brave, age like winter bare.

*Passionate Pilgrim, st. 12.*

Widely differing from age, as depicted in the foregoing, we have age that is fruitful and authoritative thus:—

His silver hairs  
Will purchase us a good opinion,  
And buy men's voices to commend our deeds;  
It shall be said,—his judgment rul'd our hands.

*Julius Caesar, ii, 1.*

That it ill becomes the aged to act with levity is well told in these lines (2 Henry IV, v, 5):—

I know thee not, old man: fall to thy prayer;  
How ill white hairs become a fool and jester!

The end of life is pathetically told thus (*King Lear*, ii, 2):—

You are old;  
Nature in you stands on the very verge  
Of her confine.

An old man that had struggled long and bravely against great odds tells his sad condition in these words:—

An old man, broken with the storms of State,  
Is come to lay his weary bones among ye;  
Give him a little earth for charity.

*Henry VIII*, iv, 2.

Adam in *As You Like It* (ii, 3), very beautifully tells of his own robust age thus:—

Though I look old, yet I am strong and lusty;  
For in my youth I never did apply  
Hot and rebellious liquors in my blood:  
Nor did not with unbashful forehead woo  
The means of weakness and debility;  
Therefore my age is as a lusty winter,  
Frosty, but kindly.

*As You Like It*, ii, 3.

The whole gamut of human life is epitomized by the humorously melancholy Jackes:—

All the world's a stage,  
And all the men and women merely players;  
They have their exits and their entrances;  
And one man in his time plays many parts,  
His acts being seven ages. At first the infant,  
Mewling and puking in the nurse's arms.  
And then the whining school boy, with his satchel,  
And shining morning face, creeping like snail  
Unwillingly to school. And then the lover,  
Sighing like furnace, with a woful ballad  
Made to his mistress' eye-brow. Then a soldier,  
Full of strange oaths, and bearded like the pard,  
Jealous in honour, sudden and quick in quarrel,  
Seeking the bubble reputation  
Even in the cannon's mouth. And then the justice,  
In fair round belly with a good capon lin'd,  
With eyes severe, and beard of formal cut,  
Full of wise saws and modern instances:  
And so he plays his part. The sixth age shifts  
Into the lean and slipper'd pantaloons,  
With spectacles on nose, and pouch on side;  
His youthful hose, well sav'd, a world too wide  
For his shrunk shank; and his big manly voice,  
Turning again to childish treble, pipes  
And whistles in his sound. Last scene of all,  
That ends this strange, eventful history,  
Is second childishness, and mere oblivion,—  
Sans teeth, sans eyes, sans taste, sans everything.

*As You Like It*, ii, 3. Editor *Canada Lancet*.]

*Death*.—Before “we have shuffled off this mortal coil” and start for—

The undiscover'd country, from whose bourn  
No traveller returns.

*Hamlet*, iii, 1.

we have to keep in mind that—

Yet in this life  
Lie hid more thousand deaths; yet death we fear,  
That makes these odds all even.

*Measure for Measure*, iii, 1.

The universal instinct to cling to "this brittle life" (*Henry IV*, Part I, v, 4) is so strong—

That we the pain of death would hourly die,  
Rather than die at once!

*King Lear*, v, 3.

How well we all know the diverse, and sometimes opposite, ways in which death is viewed! Thus, the drunken Barnardine in *Measure for Measure* (iv, 2) is described as "a man that apprehends death no more dreadfully, but as a drunken sleep; careless, reckless, and fearless of what's past, present, or to come; insensible of mortality and desperately mortal"; while Isabella in the same play declares that "the sense of death is most in apprehension" (*Ibid.*, iii, I). In hopeless cases, how often do we feel inclined to echo the exclamation of the Earl of Kent in regard to poor, old, worn out Lear:—

Vex not his ghost; O, let him pass! he hates him,  
That would upon the rack of this tough world  
Stretch him out longer.

*King Lear*, v, 3.

The delirium preceding death is beautifully described by Prince Henry—

It is too late; the life of all his blood  
Is touch'd corruptibly; and his pure brain  
(Which some suppose the soul's frail dwelling-house)  
Doth, by the idle comments that it makes,  
Foretell the ending of mortality.

*King John*, v, 7.

A leading article in the *Lancet* (October 13th, 1888), says that the following description of death by strangulation is "marvellously correct" in a medico-legal point of view:—

*Warwick*. See, how the blood is settled in his face!  
Oft have I seen a timely parted ghost,  
Of ashy semblance, meagre, pale, and bloodless,  
Being all descended to the labouring heart;  
Who, in the conflict that it holds with death,  
Attracts the same for aidance 'gainst the enemy;  
Which with the heart there cools, and ne'er returneth  
To blush and beautify the cheek again.  
But see, his face is black, and full of blood;  
His eye-balls farther out than when he liv'd,  
Staring full ghastly like a strangled man;  
His hair uprear'd, his nostrils stretch'd with struggling;  
His hands abroad display'd, as one that grasp'd  
And tugg'd for life, and was by strength subdu'd.  
Look on the sheets, his hair, you see, is sticking;  
His well-proportion'd beard made rough and rugged,  
Like to the summer's corn by tempest lodg'd.  
It cannot be but he was murder'd here;  
The least of all these signs were probable.

*Henry VI*, Part II, iii, 2.

The "risus sardonius" of rigor mortis is thus referred to—

See how the pangs of death do make him grin!

*Henry VI*, Part II, iii, 3.

and in the account of Falstaff's death there is a marvellous picture of floccitatio, the facies Hippocratica, and the delirium of dissolution, as described by Mistress Quickly—

For after I saw him fumble with the sheets, and play with flowers, and smile upon his fingers' ends, I knew there was but one way; for his nose was as sharp as a pen, and 'a babbled of green fields. "How now, Sir John," quoth I; "what, man! be of good cheer." So 'a cried out—"God! God! God!" three or four times; Now I, to comfort him, bid him 'a should not think of God; I hoped there was no need to trouble himself with any such thoughts yet; so 'a bade me lay more clothes on his feet; I put my hand into the bed, and felt them, and they were as cold as any stone; then I felt to his knees, and so upward and upward, and all was as cold as any stone.

*Henry V*, ii, 3.

#### CONCLUSION.

Thomas Sydenham (1624-1689), the first great physician of the 17th century to profit by the work of Harvey and the Baconian method, was asked by Sir Richard Blackmore what books of medicine he should study. "Read 'Don Quixote'," was the reply, "it is a very good book; I read it myself still". Now Sydenham was born eight years after the death of Shakespeare and of Cervantes, who both died on the same day. This story shows that our great poet was still awaiting the recognition of posterity; for if any of us, to-day, had to name the one author which every medical man should deeply study with diligence and delight, surely it would be the greatest of our great Englishmen, who died 300 years ago, William Shakespeare.

Life is short, art is long, experience is fallacious. The science of medicine progresses, but human nature remains the same, and the foundations of physiology are fixed. Shakespeare's plays will be read by physicians when every medical treatise of the present year will have been completely eclipsed, and the works of this master of medicine will continue to be studied by future generations until "there shall be no more death, neither sorrow nor crying, neither shall there be any more pain".

#### ACUTE BRONCHITIS.

Antim. et Potassii Tart .....	gr. ij
Liq. Ammonii Acetatis .....	ʒiv
Spt. Ætheris Nitrosi .....	ʒj
Tinct: Aconiti .....	ʒss
Syr. Simplicis .....	q. s. ad ʒvj
M. Sig.—A teaspoonful every two or three hours in first stage.	

## PERSONAL AND NEWS ITEMS

Dr. Emerson Bull has been elected Deputy Grand Master for the Masons of West Toronto district. Dr. Bull is a member of Lodge 369, Mimico, and was installed into his office by E. T. Malone, K.C.

Col. E. G. Davis, M.D., C.M.G., has been appointed Director of Medical Services for the Department of Soldiers' Civil Re-Establishment. A native of London, Ont., he went overseas in 1915, and after service in Greece and France, was O.C. of the Shorncliffe Hospital. Since his return to Canada he has been stationed at Regina and Montreal.

According to a statement made recently by Major Morrison, superintendent of the Toronto Municipal Farm, the drug habit is much more common than people are aware of. He said he has had as many as 26 cases at the Farm at one time. Those who sell dope keep a watch for these cases, and as soon as they are given their freedom the traffickers look them up again, to secure them as customers. There are many drug peddlers in Toronto.

Dr. Hastings, M.O.H., for Toronto, has directed attention to the fact that the application of sanitary and preventive measures saved the troops from disease. This should be the case in civil life. He also pointed out that the examination of recruits revealed the fact that many were unfit for the army. Many of these defects could have been prevented. This is another important lesson to learn for civil life.

Free medical attention for a year is due every man who served in the Canadian army. This was announced by Surgeon-Colonel H. R. Casgrain, in charge of the Militia Department's free medical clinic, at 30 West Pitt street, Windsor. Any illness, except that caused by misconduct, will be treated without charge.

Dr. Platt, Mayor of Belleville, has disposed of his medical practice in Belleville, also his residence and household effects, and purposes taking up special studies in medicine, possibly overseas. His plans in this respect have not been matured as yet. His term as Mayor being well advanced, he may not resign, but accept a leave of absence.

That no medical man in the Province of British Columbia shall issue more than 100 prescriptions for liquor in any one month is the expressed wish of the College of Physicians and Surgeons of that Province, contained in a resolution forwarded to Hon. J. D. McLean, Provincial Secretary and Minister of Education.

Dr. George Strathy begs to announce to the profession that he has returned from overseas and resumed practice at 143 College street, Toronto. He will confine his practice to internal medicine.

Dr. J. W. S. McCullough, Provincial Officer of Health, is in receipt of a license issued by the Commissioner of Patents, Ottawa, to manufacture salvarson, a drug used in fighting venereal disease. Dr. McCullough stated that the Provincial Board would immediately take steps to establish a plant in connection with the Provincial Laboratory for the manufacture of this drug. He had hoped, he said, that they would be ready to issue salvarson to the public in three or four months. The price at which it is to be sold has not yet been stated.

Capt. Hugh McDonald, who has served two and a half years overseas as a medical officer, is a son of Mr. and Mrs. Neil McDonald, of Sydenham, and a nephew of Hon. A. G. McKay, and has two brothers ex-officers in the army, who have recently returned. After service of four months at Bramshot, England, he went to France in March, 1918. With a British division he saw action on the Lens and Loos fronts. During the 'flu epidemic he was recalled from the field to hospital work and was finally returned to England. In January of this year he married Nursing Sister Irene Bradley, of Bramshott.

Capt. Wilkinson is visiting the home of his parents, Mr. and Mrs. George Wilkinson, of Owen Sound. He joined the army in Toronto in 1917 and was attached to the executive staff of the C.A.M.C. in England for some months, and was later adjutant at the Bramshott depot. He went to No. 7 hospital at Etaples, France, in March, 1918, and saw service as the M.O. of several British battalions, and was in a number of hospitals when they were raided by Hun aeroplanes. He may locate in Owen Sound and practice medicine.

No. 7 Canadian General Hospital (Queen's University), with 22 officers and 100 other ranks, sailed for home on July 2 on the S.S. Olympic.

A deputation waited on E. R. Decary, chairman of the Administration Commission, and urged the need of an institution in Montreal for the cure of early cases of pulmonary tuberculosis.

The Province of Manitoba is to be congratulated on the advanced legislation adopted along the line of social service.

The Legislature of Alberta has passed an Act empowering the Provincial Board of Health to enact regulations for any part of the province for the prevention of disease.

A number of the municipalities around Moose Jaw have practically agreed upon a plan for a hospital in that city, to cost \$250,000.

Dr. Thomas S. Cullen has received the appointment of professor of gynaecology in the University of Johns Hopkins. Dr. Cullen was educated in Toronto, and was one of the house surgeons in the Toronto General Hospital.

Dr. S. F. Tolmie has been sworn in and entered upon the duties of his department as Minister of Agriculture.

Dr. F. S. Park, who was overseas since the commencement of the war, and for some time a prisoner in Germany, has been sent by the Dominion Government to study the question of child emigration.

Dr. L. B. Williams has opened an office for the treatment of conditions of impaired metabolism, and purposes making use of electricity in the treatment of these conditions.

It is understood that Major-General J. T. Fotheringham, C.M.G., Director-General Canadian Medical Services in Canada, who saw much service in France, will accompany the Prince of Wales' party on their tour of Canada and the United States, as physician to his Royal Highness.

Brig.-General A. E. Ross, C.M.G., of Kingston, was given a rousing welcome home. The reception took place in the City Hall, which was filled with enthusiastic citizens. The City Council tendered a reception. Mayor Newman presided, and after delivering a short address, read an address on behalf of citizens of Kingston.

Dr. N. King Wilson has returned to Toronto, and resumed his practice as a nose and throat specialist. His office is at 380 Bloor St. W.

Dr. W. E. Gallie has resumed his practice as an orthopedic surgeon. His office is at 143 College St.

Dr. H. A. Bruce, of Toronto, contends that the efficiency of the medical service made the prolongation of the war possible by the prevention of disease in the army.

There were only four deaths from typhoid fever in Toronto in seven months. This is an excellent record.

Some serious charges have been made against the Asylum at Hamilton regarding the treatment received in the institution by some returned soldirs.

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## OBITUARY

JOHN A. SMITH, M.D.

Dr. John A. Smith, Collector of Customs at Windsor for the past sixteen years, died on 25th July at his residence, 77 Victoria avenue, after an illness of five weeks from paralysis. His death came as a distinct surprise to the community, as his condition was reported as improving.

Born at Ingersoll in 1851, Dr. Smith studied medicine at Toronto, but afterwards graduated in dentistry. In 1882 he commenced practise in Detroit, where he remained until 1888, when he became associated with Dr. William Revell at Windsor.

He was a candidate for the Mayoralty of Windsor in 1899, being defeated by the late Mr. John Davis in one of the most bitterly contested elections ever held there. Previous to that he served several terms in the City Council, in addition to being a member of the Water Board.

Mrs. M. Smith, his widow, survives him. His only son, the late Paul Smith, died two years ago. The funeral services took place on Monday morning, 28th, at the residence. Interment was made in Detroit.

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#### R. H. GIBSON, M.D.

Dr. Gibson, of Sault Ste. Marie, died suddenly of heart failure on 6th August at his home. The funeral was held on 8th August, and was the largest funeral ever held in the city. Archbishop Thornloe officiated and members of the Masonic Order attended in a body. The Archbishop praised the dead physician for his great services to the community and his devotion to the medical profession. Dr. Gibson was the Soo's leading surgeon. In 1913-14 he was president of the Ontario Medical Council, and at the time of his death was chief surgeon at the General Hospital there. He was medical officer for the 51st "Soo" Rifles and took a lively interest in all civic business, being chairman of the High School Board.

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#### ARCHIBALD EDWARD MALLOCH, M.D.

Archibald Edward Malloch, M.D., one of Hamilton's best-known physicians and most highly esteemed citizens, passed away at his residence, 28 Duke street, 6th August, aged 75 years. He was a son of the late Judge Malloch, of Brockville, and was a graduate of arts in Queen's University, Kingston; in medicine, of Glasgow University, coming under Lord Lister. He was in active practice in Hamilton for 45 years, and for a decade had lived retired. He was a devotee of golf, curling and shooting, and a lover of dogs. He was a member of Big Point Gun Club, Hamilton Golf Club and Thistle Club. He was also a member of St. Paul's Presbyterian Church, and had been a trustee of Queen's University for some years. He leaves a widow, who is Alice Barbara, daughter of the late Daniel MacNab, of Hamilton; three daughters, Mrs. D. D. Calvin, Toronto; Mrs. G. C. Willis, Hamilton, and Miss Grace Malloch, Hamilton; and two sons, Edmund S., Department of Mines, Ottawa, and Dr. Archibald, in England. His eldest son, George S., was a geologist with Stefansson's Arctic expedition, and lost his life on the trip in 1914. Two sisters also survive, Lady Gibson, of Hamilton, and Mrs. Stewart, of Jersey City. The remains were interred in Brockville.

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## C. W. TRICK, M.D.

Dr. Trick died at his home in Winnipeg on 3rd June. He had just recovered from an attack of pneumonia when he was seized with an attack of apoplexy. He was born in the Township of Brock, Ontario, in 1875. He graduated from Manitoba University.

## WILLIAM FOREST, B.A., M.D.

Dr. Forest died in Toronto, 10th June. He was a graduate in arts and medicine of the University of Toronto. For some time he practised in Bradford, Ontario, but gave up practice for teaching, and was principal of the Bradford High School. He had been retired for a number of years.

## THOMAS GORDON PLAYFORD, M.D.

Dr. Playford died at Olds, Alberta, from an acute attack of diabetes. He had returned from overseas service, where he had gained his captaincy and Military Cross and Bar. He was in his 23rd year, and his future had much promise in it.

## J. A. McKENNA, M.D.

Dr. McKenna was born in Prince Edward Island in 1862. At one time he was private secretary to Sir John A. Macdonald. After graduating in medicine he had much to do with the Indians in the Western Provinces. He died recently in Victoria, B.C., and left a widow and seven children.

  
MISCELLANEOUS

## VITAL STATISTICS OF ONTARIO.

An improvement in the health of the Province is indicated by the July report of the Provincial Board of Health. The reports from local boards showed a marked decrease in measles and whooping cough, with smaller reductions in the total of other communicable diseases. Diphtheria was less prevalent, but the cases were of a more virulent character, an increase of 9 deaths being reported.

There are yet no signs of a recurrence of the influenza epidemic. Only six cases were reported for the Province during July. There were no cases of influenzal pneumonia or primary pneumonia.

The number of cases of venereal disease reported shows some diminution, though the total for the month was far in excess of any other communicable disease. There were 229 cases, compared with 272 in June. Five persons died from syphilis. The detailed record shows:

	July, 1919.		July, 1918.	
	Cases	Deaths	Cases	Deaths
Smallpox .....	51	1	38	0
Scarlet fever .....	154	3	158	5
Diphtheria .....	186	19	195	10
Measles .....	83	0	748	1
Whooping cough .....	80	8	169	12
Typhoid fever .....	34	8	42	15
Tuberculosis .....	201	147	178	109
Infantile paralysis .....	7	0	1	0
Cerebro-spinal meningitis..	11	10	15	13
*Influenza .....	6	3	0	0
*Acute influenzal pneumonia .....	0	2	0	0
*Acute primary pneumonia .....	0	52	0	0
	813	253	1,544	165

\*Not reported in 1918.

#### TORONTO RELIEF DEPARTMENT.

The City Relief Department during the month of July, 1919, collected the sum of \$818.80 towards hospital maintenance. This branch of the work was inaugurated only in 1915, and from then up to and including the seven months of this year, the total of \$35,919.45 has been collected for approximately fifty months. This is an average of about \$718 a month, or \$8,616 a year. During last month seventeen applications were received for transportation, of which number sixteen were granted. This shows a great increase over the corresponding month of last year, when only seven were granted transportation. This is explained by the Department on account of the large number of people who have been sent to the asylum at Orillia, as well as to the Gravenhurst sanitarium. The following are the complete figures:—

	July, 1919.	July, 1918.
Hospital admissions .....	464	495
Admissions to Home of Incurables..	5	5
Home for Consumptives.....	66	25
Burial orders—		
Adults .....	2	5
Infants .....	3	1
Admissions to House of Industry....	1	0
Admission to Infants' Home.....	12	6
Special relief .....	1	11
Fuel, etc., House of Industry.....	21	12
Transportation granted .....	16	7
Miscellaneous .....	0	1
Total .....	591	568

# When In Practice

it becomes necessary or wise to forbid the use of coffee, the logical table drink for the patient to use is

# POSTUM

This beverage has a pleasing coffee-like flavor, but contains no coffee, no caffeine, nor any other deleterious ingredient.

Made of wheat and a small per cent of wholesome molasses, carefully processed under laboratory supervision, **Postum** provides just the pleasing, healthful drink required to bridge over any period of coffee denial.

Postum comes in two forms. **Postum Cereal**—the original form—must be well-boiled to bring out the full, true Postum flavor, so like high-grade coffee. **Instant Postum**—the soluble form—requires no boiling, but is made instantly and conveniently by placing a level teaspoonful in a cup and pouring on boiling water.

Samples of **Instant Postum**, **Grape-Nuts** and **Post Toasties**, for personal or clinical examination, will be sent on request to any physician who has not received them.

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Canadian Postum Cereal Co., Limited, Windsor, Ont.

## TORONTO DEATHS FROM INFLUENZA AND PNEUMONIA.

The following comparison between 1918 and 1919 figures shows how steady has been the decrease in deaths registered from New Year's onward. In the three months prior to New Year's there had been 1,343 deaths registered from influenza and 663 from pneumonia:—

## DEATHS FROM INFLUENZA.

	1918.	1919.
January .....	6	179
February .....	3	72
March .....	2	55
April .....	8	39
May .....	6	27
June .....	1	5
July .....	1	4
Totals .....	27	381

## DEATHS FROM PNEUMONIA.

	1918	1919.
January .....	75	99
February .....	75	56
March .....	96	108
April .....	181	90
May .....	72	71
June .....	39	30
July .....	39	18
Totals .....	577	472

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**MEDICAL PREPARATIONS**


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## SPASMODIC SUMMER COMPLAINT.

At this season when intestinal troubles are so prevalent, accompanied by the usual manifestation, Abdominal Cramps, etc., nothing seems to relieve this distressing condition so promptly as Hayden's Viburnum Compound, a true and safe anti-spasmodic. Dose: Mix two teaspoonfuls in seven of BOILING water, slightly sweetened, and drink as hot as possible. Repeat every half hour until relief is obtained. Be sure the genuine H. V. C. only is administered.

SMOKE

**SWEET CAPORAL  
CIGARETTES**

“The purest form  
in which tobacco  
can be smoked”

*Lancet.*

**SOLD  
EVERYWHERE**

**10**

*for*

**15c**



## MODERN MARTIAL THERAPY.

Amid the veritable swarm of new medicinal agents of all varieties that have been introduced to the therapist during the last twenty years, and in spite of the great advances in general medicine during the same period, there has not as yet been proposed any remedy which can successfully compete with iron in the treatment of anemic and generally de-vitalized conditions. This metallic element, in one form or another, is still the sheet anchor in such cases, and when intelligently administered in proper form and dosage can be depended upon to bring about marked improvement, provided serious incurable organic disease is not the operative cause of the existing blood impoverishment. The form in which to administer iron is, however, very important. The old, irritant, astringent martial medication has had its day, and properly so. Probably the most generally acceptable of all iron products is Pepto-Mangan (Gude), an organic combination of iron and manganese with assimilable peptones. This preparation is palatable, readily tolerable, promptly absorbable, non-irritant and still distinctly potent as a blood builder and general tonic and reconstructive.

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## A SOOTHING INFLUENCE.

Life in Canada grows more strenuous day after day, and possibly that is the reason why men are seeking the solace of tobacco to such an extent. Used in the form of chewing tobacco it undoubtedly has a soothing influence. In the olden days it was chewed from a roll, and English literature of the 16th and 17th centuries contains various references to its benefits. Samuel Pepys records in his diary that by chewing tobacco during the great plague he found relief from his worries. The famous diarist tells of walking along the streets of London on the 7th of June, 1665, the sad sights he witnessed on that day, he says "put me into an ill conception of myself, so that I was forced to buy some roll tobacco to smell and chew, which took away the apprehension." Physicians who visited the sick in those days are said to have chewed tobacco very freely, and it was popularly reported that no tobacconist or their household were afflicted by the plague.

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## SANMETTO IN SKIN DISEASES.

IN INFLAMMATORY DISEASES OF THE SKIN, especially where volumetric analysis shows defective urinary elimination, sanmetto will be found a useful remedy, owing to its direct action on the kidneys.

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