as adorned with great majesty". In watching the progress of diseases, we have in the Aphorisms a proof of how vigilant he was, and how indefatigable; no less remarkable was he for the profundity and the singular correctness of his judgment. Not only does a perusal of the Aphorisms lead the reader to the conclusion of his having to deal with the most observant of physicians, but the conviction of their author having been a profound philosopher is also forced upon him. You all know, gentlemen, how apt we are to judge of the excellency of any work by the manner in which its opening occurs. I will venture to say that no medical work of any age begins in a more majestic manner than the book of Aphorisms. Take it in the original Greek, in Latin, or in our own language, the effect it produces on the mind is eminently grand.

"Ο βίος βραχύς, ἡ τέχνη μακρὴ, ὁ καιρὸς ὄξυς, ἡ πείρα σφαλερή, ἡ κρίσις χαλεπή, δεῖ οὐ μόνον ἐκωτῶν παρέχειν τὰ δέοντα ποιεῖντα ἀλλὰ καὶ τὸν νοσέοντα, καὶ τοὺς παρόντας, καὶ τὰ ἐξωθεν."

"Vita brevis, ars longa, tempus præceps, experimentum periculosum, judicium difficile; oportet autem non solum se ipsum exhibere quæ decent facientem, sed etiam ægrotum et præsentem et quæ externa sunt."

"Life is short and the art long, the occasion fleeting, the experiment dangerous, and judgment difficult. The physician must not only be prepared to do what is right himself, but also to make the patient, the attendants, and externals co-operate."

"The exordium of this work", says Dr. Adams, "bespeaks at once the reflective philosopher and the practical physician. It commences by contrasting the shortness of human life with the extent of the medical art, the facts of which, as Theophilus the commentator remarks, are diversified, and some of them require long and tedious investigation. 'The occasion is fleeting'—that is to say, the season during which remedies may be successfully applied is soon past; as the poet says, 'Fugit irreparabile tempus.' The last part of the aphorism evinces how well he had apprehended the difficulties which beset the practitioner of medicine, who must be not only acquainted with the part which he himself has to act, but also possess the talent of making the patient, the assistants, and all around co-operate with him in the performance thereof."

There are expressions in this first Aphorism which have made it almost universally known. "Ars longa", "tempus præceps"—these are in every person's mouth: and do we not recognise the *very* sentiment of the old Greek physician in the beautiful lines of America's foremost living poet?

"Art is long, and Time is fleeting,
And our hearts, though stout and brave,
Still, like muffled drums, are beating
Funeral marches to the grave."

And may we not say of Hippocrates, in the words of the same poet—

"Lives of great men all remind us
We may make our lives sublime,
And, departing, leave behind us
Footprints on the sands of Time."

[To be continued.]

THERAPEUTIC MEMORANDA.

ANODYNE COLLOID.

I BEG to send herewith a bottle of a new colloid, which I have prescribed for some time as a topical anodyne application. It has given me very satisfactory results in neuralgia, sciatica, lumbago, all muscular pains, etc. It relieves local pain for the time, and procures a good night's rest, while, of course, the internal treatment appropriate to each case is carried on. I should wish to see its usefulness more extended. It contains—Hydride of amyl, ʒij; aconitia, gr. j; veratria, gr. vj; and ethereal collodion to ʒij. The amyl, by its rapid volatilisation, often produces, almost instantaneously, the desired result; but, should the pain continue, the alkaloids can be brought into activity by applying a piece of moist spongio-piline over the collodion film. The amyl hydride is the only new ingredient; but I think the colloid is a clean and elegant preparation.

M. H. LACKERSTEEN, M.D.

29, Queen Anne Street, W.

ANNUAL MEETING OF THE BRITISH MEDICAL ASSOCIATION IN 1873.—The Arrangement Committee of the metropolitan members have considered that the fine building of King's College would, by its site and structure, afford the most convenient place of meeting. Their application for its use has been promptly and kindly acceded to by the Council of the College.

AN ADDRESS

ON

THE SCIENTIFIC AND SOCIAL VALUE OF THE BRITISH MEDICAL ASSOCIATION.*

By RICHARD C. SHETTLE, M.D.,

Physician to the Royal Berkshire Hospital; President of the Reading Branch.

GENTLEMEN,—From the very able address delivered at our last annual meeting by our President, Mr. G. May, you were made intimately acquainted with the working of the British Medical Association during the period of its past existence. It will be my endeavour, to-day, to sketch out a few of the benefits that ought to accrue to the medical profession generally from such an Association, provided the principles upon which it is supported be sustained upon a broad and right basis. Nor does it appear to me to be necessary that I should make any apology for bringing the affairs of the Association so soon again before you; for there are, I believe, but few amongst us who give much attention to the general working of this or similar institutions. And, indeed, such apparent (though not real) indifference to these matters cannot cause much surprise; for surely the energy and mental strain of the daily routine of ordinary practice are quite sufficient to occupy the attention of men upon whom the grave responsibility rests of ministering to the relief of the bodily and mental infirmities of their fellow-men, and whose time is seldom at their own disposal for other matters. Under such circumstances, I take it, these annual meetings ought to tend to very much good, inasmuch as it is on occasions like the present that members can quietly consider and discuss any subjects which may have presented themselves to them as individual members during the previous year, and which may then, if considered advisable by the Council of the Branch, be brought prominently before the Parent Society.

It must be premised that the chief benefit derived from such institutions consists, as the name implies, in associating members of the profession together, not only for the purpose of framing laws and making rules for the guidance of the members generally, but also for the far more agreeable and pleasurable occupation of spending some few hours—and it may be days—once a year in the recreation of the mind, in the society of many of the most enlightened, intelligent, and necessarily liberal-minded, of the medical profession. But, in whatever aspect we regard the Association, we cannot lose sight of one great fact—that the chief aim and object is to consolidate the members of the profession into one great body, so that each member may act in concert with others, and it might, and should also, be added, that no member may suffer without the whole body being affected. We are well aware that the whole Association is built up upon a tolerably strong and right basis; and although there may be some defects in the general management, which some members might wish to see placed upon a more substantial and better footing, I would venture to point out that the purity of principle upon which the body is working is not materially affected injuriously (at any rate, to any great extent) by those defects, which will undoubtedly either be remedied or removed ere long. Moreover, we are quite certain that we have an executive guiding us, under whose watchful care and influence we shall be directed aright, and that, as circumstances and events occur, experience of the past will give us that prescience of the future which will undoubtedly, if we are true to ourselves, tend to solidify and perfect the British Medical Association.

It is not, however, to be supposed that this or any other society can be worked to the satisfaction of all its members; but, as a rule, I believe that, if we value the Association in a proper spirit, we ought either to seek to investigate and bring before the Council of the Parent Society those matters upon which we are not satisfied; or, if they be of a minor nature, to believe that they will right themselves. Under any circumstances, I would strongly urge upon members not to leave the Society for any grievance, unless the individual points of such grievance have been previously thoroughly investigated in all their aspects by the cool judgment of the Council of the Branch. We know full well that union is strength, and that it is by the united efforts of individual members that good can be effected which, as units only, they would be perfectly powerless to accomplish; and it is quite certain that, if we, as a pro-

* President's Address delivered at the Annual Meeting of the Reading Branch.

fession, are to take our proper stand in this, as in any other country, and desire to evince the power which we undoubtedly possess—that power, be it remembered, whose very existence consists in trying to work good and destroy evil—we can only attain it by the undivided exercise of such, in our endeavours to work for the common good as the great aim we have in view. The larger the number of good honest shoulders we can bring to the wheel of our Association, the more surely, the more certainly, and the more rapidly shall we cause that wheel to revolve, and carry our profession to that position in the State which it has a right to occupy.

Having thus touched very lightly upon the general principles upon which the Society is worked, I would now direct attention to the benefits that may be derived from the general annual meeting of the Association, both in a scientific as well as a social point of view; nor do I believe we can too highly value these gatherings, although I am persuaded that it is only by attending them, and throwing ourselves well into the work done, that we can fully estimate their benefit.

First, in a scientific point of view, we have the address delivered by the President, and the medical and surgical addresses of the year—addresses which, as a rule, embody all the improvements which have been effected in either branch of the profession during recent years, and which have had the most careful and attentive consideration of the lecturers. We also find that the work to be done is properly divided into sections, in each of which highly interesting subjects belonging to the particular branch are brought forward and discussed, for the most part, by men who have made the topic their own special study. For instance, there are sections in medicine, surgery, midwifery, medical psychology, public medicine, etc. Now, if all such matters are thus brought forward, and the various modes of treatment properly laid open and discussed, surely no one can question the fact that great benefit must arise from the friction of minds of men earnest and solicitous for the elucidation of truth, and seeking to effect that end by calmly and deliberately working for truth's sake, judiciously and quietly pointing out error in a brother's opinion where such error exists; but ever remembering that future investigations may cause them not only to modify their own opinions, but absolutely to regard their previous work from a completely different point of view from that which they now entertain, and by which they may be seeking to overthrow the opinion of another individual. In proof of this change of opinion, it is only necessary that I should point to the action of digitalis and belladonna. Until about two years since, it was generally believed that these medicines were simply and purely remedies which depressed the action of the heart. Now it is well known that they act as stimulants to that organ and the capillary circulation generally; and, indeed, the Hastings Gold Medal was awarded in 1870 to Dr. Fothergill for his admirable essay on the action of digitalis. Dr. Richardson, again, one of the most earnest and valuable workers we have of our time, wrote a long treatise some years since on the cause of the coagulation of the blood. At a later date, it is true that further investigations, both by himself and others, caused him to revoke the opinions for which he had obtained the Astley Cooper prize. Nevertheless Dr. Richardson, although proved to be in error, was well known to have honestly worked, and worked hard, in his endeavour to elucidate the truth respecting that most important operation of life. Surely, gentlemen, all such efforts after truth ought to be commended, even though they fail; and, indeed, it must be obvious to all, that none of these meetings could be held, no discussion take place upon points of vital importance, and a bar would be laid upon all scientific exploration were it otherwise; for who would dare to enter the field of investigation and discovery, if the only return he obtained for his hard work was to have the general stigma of his professional brethren thrown upon him if, perchance, he failed to perfect his work? It was only a few days since that I heard Dr. Wilks declare, in the Address on Medicine which he delivered at the late meeting at Birmingham (an address which was considered, I believe, by all who had the good fortune to hear it, as one of the best that had ever been given), that he had no conservative feelings in respect to bygone doctrines, but a strong faith in progression in medicine, as in other things. If so, then very probably the information we possess to-day may be superseded by information of a higher character to-morrow; and this information—this progress in the science of medicine and surgery—I am of opinion, is best to be attained not only by men quietly working in particular fields of the profession which they have made their own by long and patient working, but more especially by the ventilation of such subjects at the annual meetings of the Association; for it is by such means that various topics are brought prominently under the consideration of other truth-seekers, discussion is invited under different and enlarged auspices, and fresh facts brought to light which again cause the matter to be regarded in a still wider range, and thus rendered more comprehensive, better understood, and consequently

of more value to the profession generally. Under all these circumstances, I think we cannot fail to perceive the beneficial tendency of these annual gatherings in a scientific point of view.

In now referring to the benefits that may accrue from the annual meetings in their social aspects, it is unnecessary for me to say much upon this part of the subject; for there can be, I should imagine, few persons who would not confess that a medical man, of all others, absolutely requires a certain amount of rest and relaxation, as a general rule, once in a year. Medical education has lately embraced a greater knowledge of many of the collateral sciences, and is daily becoming more exhaustive in the work required; and a certain knowledge and dexterity in the use of the microscope, and even of the sphygmograph, etc., will, I believe, shortly be demanded, to say nothing of electricity and magnetism. But, independently of all such knowledge that has to be acquired, if we are desirous of keeping our information on a par with that of others, the very nature of the medical profession entails upon us an amount of mental strain and work which exceeds that of any other profession; for we must bear in mind the fact that, if the clergyman, the barrister, or the lawyer, have to work hard during their periods of work, they have also the long vacation, or more or less frequent holidays as times of rest, all of which are denied to the medical profession. To medical men, even the Sunday is frequently and of necessity as much a day of labour as any other day, so that the mental strain is often continued from year's end to year's end, without any brief interval of repose. Were it only, however, with mental fatigue that the profession had to cope, it would be bad enough; but it is quite certain that excessive mental work must be accompanied by physical effects which tell upon the structure of the brain itself. It is, however, quite unnecessary to do more than just refer to these effects here, as we are all intimately acquainted with them and their results; but I think I have said enough to prove the fact that the members of the medical profession are as much in need of rest and refreshment both of mind and body as any other members of the community, if not more so. The annual meetings certainly tend to promote and facilitate the opportunities for this change of scene and relaxation, and are, for the most part, held in such localities as possess attractions in many ways, and are thus likely to prove interesting, whilst, at the same time, they are capable of accommodating a large number of visitors. Facilities are thus given us of forming new acquaintances, and even friendships with some of the celebrities of the day—friendships which may be renewed year after year, with all those delightful interchanges of thoughts and ideas which cannot fail to be beneficial to those who have the pleasure of thus associating, and who, but for these annual meetings, might never have had the opportunity of being brought together.

At the recent gathering at Birmingham, upwards of five hundred members, I believe, were present. The reception given to the Association by the local members was exceedingly warm and cordial, and the various manufactories of the town and neighbourhood were thrown open for inspection to any one producing the card of the Association. I believe it is generally admitted that few things so open out the mind, and give us such a practical knowledge of the resources of our country, as a visit to some of our principal manufactories; for my own part, I am ready to confess that when I visited the pen-making establishment of the Messrs. Gillott, my first thought was, what could become of all the pens; for it seemed as if they had facilities for making more in one week than would suffice all the scribes in the world for a year at least. Again, on seeing the work done at the small arms manufactory at Small Heath, near Birmingham, one would be induced to suppose that all the world was going to war, and the certain destruction of all the pen-wielders was imminent. Now, when we remember the number of the manufactories for only those two branches of our trade that are at work in this kingdom, a visit to them must surely tend to enlarge our views and ideas with regard not only to the resources, but also to the requirements of the present day, and is calculated to remove some of those contracted notions we are so apt to entertain when confined only to the routine of our usual sphere of occupation for any length of time together. Last year, the Association held its meeting at Plymouth, at which time the members met with an equally kind welcome both from their professional brethren and the authorities of the three towns. Places of the greatest beauty were visited; mansions and grounds were thrown open, to which excursions were made; a Government boat was always in readiness to convey members to the Eddystone Lighthouse, or to one of the numerous men-of-war in the Sound, where gun-drill and experiments in the explosion of gun-cotton were gone through specially for the benefit of the Association; and many other advantages placed at their disposal for the recreation of mind and body.

In thus pleading for holidays for the medical profession, I have been dwelling more especially upon the cases of individuals like myself, who

I am bound to confess, are liable to become wearied with work, and who consequently find moderate relaxation a great boon; but all are not so constituted. There are giants in these days, even as in days of yore—giants in science and giants in mind—who can go on pursuing the same course, and getting through a large amount of work without fatigue or sensation of weariness, and who would feel it rather a bore than otherwise to get away from home. To these, gentlemen, what can we prescribe better than an increase of work, by taking charge of the patients of those among us who desire to absent themselves for a while, and so mutually to increase each other's pleasure? There have been times when medical men have feared to leave their patients, knowing that undue influence and rivalry have often prevailed amongst them; but we must hope those days are fast disappearing, and all such unworthy conduct will be for ever set aside; and I believe the more this Association is heartily supported and friendly intercourse kept up, the more liberal-minded and generous-hearted will the profession become, and the greater will be the endeavour to work harmoniously, not only in our own locality, but in a wider field; whilst the golden rule of doing to others as we would they should do to us will be better understood and more perfectly acted upon. With such principles actuating us, we shall be better able to combat all those trials and annoyances so often met with, when even our best intentions and efforts for good are misinterpreted and but little understood, as is now too frequently the case.

CLINICAL LECTURE ON CHOREA, AND ITS TREATMENT.

Delivered October 28th, 1872.

By WILLOUGHBY FRANCIS WADE, F.R.C.P. Lond.,
Physician to the General Hospital, Birmingham.

GENTLEMEN,—We have such a vast number of cases of chorea in this hospital, that no doubt your attention has been already attracted to it, and you have observed its ordinary and funny characteristics. You will have noticed that the great majority of these cases are those of children from six or seven up to fourteen or fifteen years of age. Cases are sometimes, but not often, seen above this age; and of those which are above twenty, most are instances of chorea developed during pregnancy.

With regard to the pathology of the disease, some very able and trustworthy physicians believe that it consists of definite disease of the corpus striatum, of an hæmorrhagic or embolic nature. Those who, with myself, are not prepared to admit that this explanation of the disease is proved, have no other alternative explanation to offer, and consider that its pathology is at present unknown. The fact that chorea is frequently associated with rheumatism and with rheumatic disease of the heart, lends support to the embolic theory, because the rheumatic vegetations which form on the valves of the heart may be, and undoubtedly sometimes are, detached therefrom, and carried by the moving blood up to the arteries of the brain, where they are arrested. On the other hand, we see many cases of chorea where, so far as we know, there are no vegetations to be detached. We see every possible relation between chorea and rheumatism—rheumatic fever or subacute rheumatism, preceding chorea, or succeeding it, either immediately or at some considerable interval, developed during the existence of chorea; or chorea developed during the existence of rheumatism, either acute or subacute. We see both forms of rheumatism, and also valvular disease, occurring in children of a suitable age, without any subsequent chorea, and chorea without any subsequent rheumatism. I am much disposed to think that the connection is accidental. Birmingham is a very rheumatic place; and feebleness is a common precursor of rheumatism, as it also is of chorea. In other places, the association of rheumatism and chorea has not always been noticed.*

There are many other interesting features about chorea—such, for example, as the frequent presence of oxalate of lime in the urine, which is often of a high specific gravity—a noteworthy fact, considering the symptoms which are often associated with oxaluria in the adult. But these I will not enter into, because I want to occupy the time at our command with the treatment of the disease.

Like all other diseases which are not necessarily fatal, cases of chorea may be primarily divided into those which die in spite of all treatment, those which recover without any treatment, and those

which are favourably affected by judicious treatment; the last class comprising those which would have died, or suffered more severely or longer, without treatment. And there are also three classes of practitioners—those of an enthusiastic and self-applauding credulous disposition, who are invariably satisfied that, had they not done exactly what they did do, and exactly at the moment it was done, the result would have been very different—*i. e.*, much less satisfactory. This is a most enviable disposition, for it is a source of inexhaustible happiness to its possessor throughout his life. It is also the most unphilosophical conceivable disposition, and almost fatal to self-improvement. There is a second, much smaller class, though now-a-days too numerous, whose excess of incredulity leads them always to think that all efforts to treat disease by drugs are futile, and that things would have gone on just the same without their treatment as with it.* This disposition, which is often not without a considerable admixture of vanity, is not truly philosophical. If you would be found, as I hope you will, in the third class, you must remember that many cases get well of themselves; that in many cases the drugs we administer do not affect the course of the disorder; that you cannot do a thing and let it alone; that in no case in which you have interfered can you say with absolute certainty what would have happened without your interference. You must carefully watch the apparent effects of remedies, and endeavour to determine whether the effects are apparent only, or real. To do this, you must eliminate from your minds the vanity which leads every one to commend his own efforts, and the envy which leads every one to disparage the efforts of his neighbours. And you must ever remember that judgment is a faculty which, above all others, requires to be assiduously and continuously cultivated. You cannot brutalise it in small things and cultivate it in large. If you will only bear these things in mind, you will, instead of ignoring or aping philosophy, become philosophers.

The first question you should ask yourselves, if you are called upon to treat a case of chorea, is, whether it is so severe that the patient may die from it; and secondly, whether, although not likely to be fatal, it is so severe as to make it desirable, for the patient's comfort, to reduce it to what we may call ordinary dimensions. If so, there are several drugs which I have found of great service, though I do not think that they will cure the disease. These are opium, chloral hydrate, bromide of potassium (the two latter generally best in combination), and tincture of cannabis Indica, which I introduced into use for this purpose whilst house-physician of this hospital. It is also of great importance that nutrition should be attended to; and the condition of these patients often necessitates the use of fluid nutriment only. In some instances, alcohol may be indicated; but I have not thought that, as a rule, its use is beneficial.

It is also of the greatest importance that the patient should be secluded, and spared all mental emotion or excitement. Two cases occur to my mind as illustrating the evil effects of mental excitement. When I was senior physician of the Queen's Hospital, a young pregnant woman was admitted under my care with so severe an attack of chorea that I scarcely thought she could survive it. Nevertheless, in a little time the symptoms subsided so much that she was almost well. Unfortunately, a medicine-bracket with several bottles on it, which was affixed to the wall just by the head of her bed, fell down, and the crash so startled her that the symptoms immediately returned in all their intensity, and, in spite of all treatment, she died in a few days. In another case, which came under my notice when physician to the Dispensary, a young man aged eighteen went up to the top of St. Philip's Church and out into the balcony which surrounds the tower. He immediately felt that horrible pang or shock which affects many people, myself among the number, under such circumstances, an idea of which it is impossible to convey by words to those who have not felt it, and of which those who have would rather not be reminded. He came down and went home, not feeling any particular effect from it. This was on a Saturday. The next day, at dinner, his mother noticed that, in helping himself to salt, he twitched the spoon and spilt the salt. As he had had an attack of chorea some years before, she recognised the meaning of this accident, and said, "You are getting the dance again." The symptoms increased rapidly, and before the end of the week he was dead.

I repeat, then, that in severe cases of chorea you are throwing away a great chance unless you secure the patient as far as possible from emotional excitement. I will not dwell on the details of the treatment applicable to this class of cases, because you will doubtless have an opportunity of seeing some such actually treated during the period of your attendance here.

[To be continued.]

* An anæmic constitution affords a frequent predisposition. The rheumatic predisposition noted by English medical men, was rarely traceable in the cases that have presented themselves to my observation.—Romberg on *Diseases of the Nervous System* (art. Chorea), vol. ii, p. 64 (Sydenham Society's translation).

* "The spirit of medicine is easy to be caught; you study through the great and little world, and let things go on in the end—as it pleases God."—(Mephistopholes in) Goethe's *Faust*.