Address.**THE PHYSICIAN'S DUTY TO HIS FELLOW-PRACTITIONER AND TO HIMSELF.***

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THE physician's duty to his fellow-practitioner and to himself makes the complex subject of my talk to-day.

The physician should be an educated gentleman. It is too late to talk to you of the Senior Class in regard to your own preliminary education. The die is cast as far as that is concerned, yet you will have your influence on many young men who are to follow in your footsteps. Urge all to secure a well-founded general education before beginning their professional course. The medical student who has the education that is represented by the degree of A.B. or B.S. is to be congratulated. The time will soon come when at least an experience of two years in a college of liberal arts will be required to gain matriculation in any reputable medical college. Speed the day.

Mathematics, English, Latin, Greek and chemistry are the foundation branches. Botany and zoölogy are both important. If any of you are unfortunate enough not to have had a well-rounded preliminary education, then you should take up at least two of these studies with a tutor or a correspondence school and keep on until you have secured that education that is expected from a gentleman in one of the learned professions.

Become thorough in the metric system of weights and measures. Learn to write your prescriptions in that system. This is very difficult for the elderly physician who was not taught this system, but you young men must learn it. Try to get to thinking in the metric system. The metric system has come into my life so recently that I have to translate kilogram into pounds and ounces and meter into inches before I have a real conception of how much they mean.

The metric system originated in France in 1790, and has been adopted by forty-two other countries, *i. e.*, by all civilized and semi-civilized countries, excepting Great Britain, the United States and Russia. It was adopted by the United States Pharmacopeia of 1890, and is largely used in many sections of the United States. It is generally conceded that the system, while simple and uniform, affords a facility of computation which renders it superior to all other systems of weights and measures.

1. It is orderly, clear and logical.
2. There are no specific trade tables, such as avoirdupois, wine measure, grain measure, etc.
3. The single ratio of ten is involved, thus making calculations extremely simple.

In order to minimize difficulties in writing prescriptions, as far as possible, it has become the custom in things medical to use only two metrical terms, the gram (gm.) and the cubic centimeter (cc.).

* Lecture delivered to the Senior Class of the College of Medicine of the University of Southern California.

Every first-class pharmacist thoroughly understands the metric system. It would pay you well to practice writing prescriptions in the metric system ten or fifteen minutes every evening. You do not need a teacher for this; you can teach yourselves.

Take advantage of every opportunity to learn the Spanish language. Mexico invites us. Panama will be the great avenue that we will travel. The South American republics will be brought nearer and nearer to us. The Philippine Islands and Porto Rico are part of the United States, while our relations with Cuba are bound to always be intimate. It is a beautiful, musical language. Learn it and there will be opened to you many doors to success that would otherwise be sealed.

If you have limited means, begin now and select book by book a general library. Spend an hour now and then in a second-hand book store, and get your Hugo and Goldsmith, your Eliot and Johnson, your Macaulay and Tennyson, your Dickens and Tolstoi, your Poe and Swinburne, and your books of reference. Buying your library this way, you will love each book as it comes to your grand salon where the old masters are your guests.

In regard to your medical library: Do not spend much money on it. Do not buy any systems of medicine to be paid for on the installment plan. Those installments will be sure to come due just when you are in the greatest financial stress. Systems of medicine are generally a delusion and a snare. Buy one good book now and then — not too often. Study what you do buy. Take at least two medical journals, one weekly and one monthly. Then, if you can afford it, take one special journal on surgery, obstetrics, nervous diseases, or whatever line you are most interested in. Keep ample notes of all your cases. These notes will make your most valuable library.

Whenever you have an interesting case, write it up for your medical society. Read and speak before your society whenever you can. Take occasion to speak briefly and concisely in public as often as possible. Practice public speaking on every possible audience. Naturally you may be ever so diffident, but you can soon educate yourself to think on your feet and to express yourself in a clear and interesting style. Speak slowly, enunciate distinctly, and pitch your voice according to the hall in which you may be speaking, are the three cardinal points in delivery.

Financially, you must save a little money — not too much — and then invest your savings judiciously. Do not be miserly, but live according to your station in life, even though it may be some time before you can save anything. Never keep over \$100 in a savings bank. Savings banks are good for old women and children. Never invest your money in outside enterprises like mercantile or manufacturing companies. Do not buy a farm. Do not invest in mining stock, oil stock, rubber plantations or any of these big enterprises, the end of which no person can foresee. The best investments are town or

city real estate, bank stock, township, city, state or national bonds. Go in debt for a lot. Study the location of the lot and be sure that you invest in the line of growth.

Very few men make money without going in debt. Do not go in debt for more than you know you can pay, and, when you do go in debt, pay, if it takes you years. Never speculate. Never invest in anything that is going to pay "big." Such propositions are invariably a gamble. Never go security for any man.

Do not be in a hurry to marry. The medical student, the interne, the young practitioner is very likely to be, to use the language of Balzac, "Like all unprotected boys, he loves the first woman who throws him a kind look." Wait until you have settled into a substantial practice, until your judgment is mature, until your tastes have become discriminating. Let me urge you to summon all of your will power to resist that youthful tide of passion that sweeps so many young men off their feet and results so frequently in an unfortunate *mésalliance*. The professional man has no time for marriage before he is thirty. If he graduates young, there is all the more reason that he should devote himself to post-graduate study instead of occupying his time with the anxieties, cares and affections of his wife and his offspring. It is due those who employ you in your sacred calling that you give these early years to professional preparation and that you, for the time being, sacrifice your personal desires for the felicities of domestic life. Marry, by all means; marry some good, pure woman, loyal and true, but do not marry until your education is somewhat rounded in practical experience, and you are thoroughly established professionally.

Attend to your patients carefully, thoroughly, conscientiously; charge reasonably: save and invest conservatively. By so doing, if you have health, you will accumulate a competence and may eventually become financially independent.

Your duty to your fellow-practitioner? Act as one gentleman naturally would to another. Rules and codes of ethics are only necessary for those who have not the instincts of gentlemen. Never envy another physician. There is just one way that you are justified in taking patients from another doctor, and that is by being better qualified than he. Yes, there is an additional thing you may do, and that is to be faithful in your office hours.

You should get the good will of the community in which you live. Become a part of that community. Attend the club, the church, the lodge. In other words do your part in carrying the burdens of your community. Take some part in the political party whose tenets come the nearest meeting your approval. All of these things you should do through patriotism and not through policy.

Take an active part in the medical societies. If you will attend regularly, read a paper whenever called upon, report cases, take part in discussions whenever opportunity offers, you will

find that your society is really a post-graduate school.

Help make your medical society; help build it up.

In your society, in your town and in your state be history makers. The intelligent physician is always expected to be a leader. Let your leadership be for the best interest of your profession and for the best interest of the community in which you live.

Do not be narrow and hide-bound in regard to the medicines you prescribe or the men with whom you consult. Take the homeopathist, eclectic, or masseur on his merit. Some of the best ideas a young practitioner will get come from some good old lady who has raised a family of children. Do not despise the fruits of experience. Sometimes these old ladies may puzzle you with questions. Just be deliberate about answering and they will answer their own questions. This method never fails.

There is a great deal being said now about not prescribing so-called proprietary medicines. You simply prescribe what is best for your patient, regardless of the preaching of the zealot who proposes that every person else must follow in his own narrow, contracted path.

In entering a new town you had better call on all of the physicians, if it is a small town, but if it is a city, call on the officers of the medical society and a few of the leading men.

Be ready to call in a consultant in every serious case, and in all cases where the patient or his friends show the least desire for additional advice. It is dangerous to tell a patient that you are willing to call in any person he wants. Tactfully endeavor to have some person called who is able and honorable. Do not start into a consultation determined that it shall be a mere form and with your mind irrevocably made up. Put yourself in a receptive state. Try to avoid discussing the case before the patient. After your consultant has examined your patient, you should both retire and privately decide the course of treatment to be pursued. In regard to the fee: It is very nice for the attending physician to collect the consultant's fee.

Do not be jealous and suspicious of older practitioners. Maeterlinck says: "A man who is good attracts with irresistible force events as good as he." If you are suspicious and envious of your fellow-practitioners, your own course will make them suspicious of you, and soon you will be working at cross purposes, and men who should be your friends will become your enemies.

In a recent address on "The Ideal Doctor,"¹ Dr. David W. Cheever, the Boston surgeon, who is really himself America's ideal doctor, said: "Altruism is sacrificing self to others, and egoism is sacrificing others to self. The relations between doctor and patient are so peculiar as to require a blending of altruism and egoism, of self-denial and self-assertion. . . . The ideal doctor looks after the interests of his brother physicians; he says no evil. . . . He who has a

¹ BOSTON MEDICAL AND SURGICAL JOURNAL, NOV. 10, 1904.

healthy body, he whose mouth is shut, whose heart is kind, whose intentions are sincere, who does his best, who treats his patient as himself, who looks after justice as well as mercy in his dealings, is altruistic and egoistic both, is the ideal doctor." "Whose mouth is shut,"—do not ever permit yourself to be drawn into making an adverse criticism of a fellow-practitioner. It lowers you in the eyes of all who hear you. Although you might be honest in your criticism, yet there is a possibility that you may be unjust, because you cannot place full credence in what the laity tells you a certain doctor may say or do. If you are told that a brother physician has done you a serious injustice, do not believe the story, but go and see him and tell him the report.

The young physician without a *clientèle* is likely to be hypersensitive and shut himself up in his shell whenever the older, prosperous practitioner approaches. Many times this extreme independence or false pride prevents the successful older man from extending a helping hand. Almost every busy practitioner wants several understudies. "I do not want to be a satellite to Dr. Jones," the stiff-necked young fellow may say. That is a bad spirit. While you are a "satellite," you will have an opportunity to gain knowledge, to gain experience, and to gain an acquaintance that will give you Dr. Jones's overflow, and thus will lay the foundation for a practice of your own. This may come slowly, but it will come.

To lay down rules for the conduct of gentlemen in their relations with each other is puerile. It is sometimes necessary to tell boors how to imitate gentlemen. The effort at imitation is laudable, but always transparent. The foundation of all ethics is the golden rule. When you enter the active practice of your profession, do so with the determination that you will deal mercifully, fairly and honorably with all people, and you will never need to study any code of ethics. For the sake of yourselves and your happiness in life, carry yourselves so that you will each day do the work that comes to your hand in the most thorough, unostentatious and beneficent manner possible, and you will thus leave to your children a noble heritage and add to the prestige and renown of this, your alma mater.

Original Articles.

THE TREATMENT OF JOINT DISEASE BY PASSIVE CONGESTION.

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THE introduction of any foreign substance into the tissues of the body brings about an hyperemia, and the most minute micro-organism will produce such a response. Thus it comes about that hyperemia is the essential feature in every pathological process. This reaction of the body is a useful effort of nature, and one must therefore

regard hyperemia as the most widespread of nature's healing processes. Nature works to produce a local hyperemia as a means of defense against her foes and accomplishes it either by increasing or by slowing the rate of the blood stream: by an increased rapidity of the blood stream where the process concerns a functional hyperemia which accompanies an increased activity of an organ; by slowing the stream where there is an injury to be made good or new tissue to be built up.

Between the rapidly flowing arterial stream and the slowly moving venous blood there is not only the most fundamental physical but also chemical difference. The rapidly flowing blood retains its fluid portions and its formed elements and sends them forward at an accelerated rate. It will be seen that this is needed in a functional hyperemia, where the increased work requires an increased supply of oxygen and the products of combustion which act poisonously and inhibitingly must be swept away. The slowly moving blood stream, on the other hand, sends its formed elements out into the tissues, where they can assume their activities. The combating of infection and the building up of tissue, therefore, is best served by passive hyperemia. A portion of the body is passively congested when its net-work of vessels on account of some obstruction to the venous out-flow is more intensely filled with blood. Thus with few exceptions passive hyperemia is venous in contradiction to active hyperemia which is arterial.

The first to make use of an artificially produced passive congestion for the purposes of healing was Ambrose Paré, who employed it to develop callus in ununited fractures. The treatment has been enormously extended by Professor Bier of Griefswald, and he has built up a technique which he has used in a vast number of cases. He is a most enthusiastic adherent of passive congestion, and employs it not only in all forms of acute and chronic joint affection, but has even extended its use to acute phlegmons, such as septic infections extending into the tendon sheaths. The method is so firmly associated with his name that in Germany it is always called the Bier Congestion.

The technique as it has been developed by Bier consists in the application of two or three turns of an Esmarch bandage about the limb above the affected joint. It should be applied just firmly enough to constrict the thin walled veins, but not enough to obstruct the arteries, or if at all only to a slight extent. The venous congestion thus induced extends not only through the superficial veins, but also to the deep ones. This is a condition which one can observe with a tourniquet which has been misapplied, when one sees increased hemorrhage from all the deep tissues, even the bone marrow. The marrow cannot be directly influenced by a constricting band on the surface and it must be that the blood is thus seeking a way of return for itself in the wide channels there left open.