

PRACTICE OBSERVED

Reflections on Practice

Reconstruction of general practice: failure of reform

F HONIGSBAUM

Thanks to the protection provided by the National Health Service Britain has preserved its corps of general practitioners, and this is probably the main reason why its health costs are among the lowest in the world.

The BMA has devised a programme to reverse this, giving general practitioners the opportunity to perform clinical procedures that might bring them closer to the hospital world from which they are separated.

In this two part paper I argue that the way out of this morass is by employing nurse practitioners. Nurse practitioners working in primary care teams could relieve general practitioners of routine work, enabling them to develop skills not fully used.

Without the screening protection afforded by general practice to everyone, something like the insurance system that existed between 1911 and 1948 might return, accompanied by a restriction of insurance agencies akin to the approved societies that the profession so detested.

28 Northumberland Place, London W2 1BS F HONIGSBAUM, M.B.A. PhD

General practitioners working in the National Health Service are independent contractors who rarely recognise that a reciprocal relationship exists between them and the health service: to a large extent both depend on the survival of the other.

Where the survival of general practice is concerned we need only look at the experience of other countries to see what might happen. Elsewhere general practitioners and specialists have invaded each other's sphere to sustain a viable practice.

Without the security of the income and the ease of referral that is provided by the health service British general practitioners would be willing to pay £10 or £15 for a private consultation if the doctor whom they see is unable or unwilling to carry out procedures such as suturing a simple laceration.

The health service, however, also owes much to general practice. Despite the twin principles of free access for patients and universal coverage, British health costs are among the lowest in the world.

Britain manages to satisfy roughly 70% of patient demands in the community (90% is usually cited, but more and more people use the hospitals each year).

Without the screening protection afforded by general practice to everyone, something like the insurance system that existed between 1911 and 1948 might return, accompanied by a restriction of insurance agencies akin to the approved societies that the profession so detested.

Problems caused by the division in British medicine

Nevertheless, despite the savings in costs, this division in British medicine is becoming harder and harder to sustain. Its most obvious weakness is its failure to provide continuity of care, and this has implications for finance as well as for quality of care.

Advances in medical technology make it increasingly difficult to live with this communication gap. Patients who suffer from kidney disease may die because general practitioners are not aware of facilities in hospital for dialysis.

In Scotland, where the profession has always been less sharply divided, the problem has been recognised and a start has been made to close the gap. A few years ago a joint committee was formed by general practitioners and physicians to integrate patient care, and a group in Lothian has produced a blueprint for managing hypertension in general practice.

Indeed, the distance between the two branches of the profession in England and Wales appears to grow wider and wider. Despite the recent attempt by leaders of the Royal College of General Practitioners to promote cooperation rather than conflict they seem anxious to avoid contact with consultants, particularly on the critical topic of continuing education, out of fear that this will impede their efforts to establish general practice as a specialty on a par with hospital medicine.

Meanwhile, consultants have become increasingly disturbed by the growing number of patients who turn up at accident and emergency departments with conditions that general practitioners could have treated. Together with other experiences, this undermines their confidence in general practice and prompts them to be held on to outpatients long after discharges might have been safely arranged.

Financially, even more disturbing are the duration of bed stays in Britain and the difficulties in getting appointments for day surgery. Roughly 3% of hernia operations and 20% of all operations are performed in outpatient departments compared with a potential estimate of 40% to 80%.

depleted corps of family doctors, has gone much further in this direction. The attitudes of consultants appear to be largely responsible for the slower British advance because, as one general practitioner put it, "Most hospitals prefer to see day surgery as an extension of their role rather than as a 50-50 partnership with general practitioners."

Reaching beyond the hospital

Another disturbing development in attempting to overcome the handicap of their distance from and lack of confidence in general practitioners is that consultants reach out into the community and appoint themselves to hospital facilities. This seems to have started with obstetricians (with community midwives based in hospital) and then spread to paediatricians (home nurses) and surgeons (stoma nurses).

Thus, there is a serious breakdown of the referral system, coming not from private practice (where it has always been violated) but from within the protective framework of the health service. One now knows how far the "outreach" programme has extended: a study initiated by the International Hospital Federation will be published this year. It appears that it has progressed further in emergency care. Not only do patients of all ages in inner city areas resort more and more to accident and emergency departments, but hospitals in places such as Nottingham find that most of the children whom they treat for acute illness are brought directly by parents without contacting their general practitioners.

Erosion of general practitioner care

The effect of all of this has been to remove more and more care from the general practitioner, which Dr John Ball has aptly called "clinical drift."<sup>1</sup> This is not a new development; it simply reinforces one that began in the nineteenth century.<sup>2</sup> Much of the earlier transfer of care was inevitable because of the advance of medical science: many aspects of care became too specialised for general practitioners and had to be entrusted to specialists. This applies particularly to surgery, and no one in Britain wants to see major operations performed again by general practitioners. We need only look to America to be reminded of the damage such a development would have moved away from general practice, and this includes minor surgery as well. Few general practitioners now do very much with their hands as far as treatment is concerned. The minor exception is simply minor surgery, and this is disappearing rapidly from the general practitioner's purview. Most disturbing, however, is that treatment that still lies squarely within the capability of British general practitioners is being eroded by hospital services.

Dr Julian Tudor Hart has vividly illustrated the problem with the routine care of hypertension and non-insulin dependent diabetes: "If we cannot measure, or organise others to measure, blood pressure, look at fundi, test urine, detect early failure of organs and systems, explain the nature of these disorders in simple terms, or become proficient in the use of a limited range of useful drugs for their control what are we fit for?"<sup>3</sup>

Moreover, the personal element has been affected by developments in general practice. This was the one ingredient of care that no one thought should go, but changes in practice organisation, as well as the inclinations of general practitioners, have led to its erosion as well. Many patients find their general practitioner less accessible now and often have to accept a substitute if they need immediate attention.

Few general practitioners seem concerned about this. Indeed, they appear to be less and less willing to deal with the social and emotional problems that lie at the heart of personal care—the most startling finding to emerge from Ann Cartwright's last survey of general practice in 1977.<sup>4</sup> General practitioner leaders may be in danger of losing their sense of direction because the whole strategy since the royal college was formed has been based on the principle of personal care. Indeed, in 1960 Sir Theodore Fox, then president of the LMS, thought that this element was essential to preserve the family doctor: the general practitioner would survive as a personal doctor or not at all. He and his disciples in the College of General Practitioners maintained that general practitioners had to keep their distance from hospital medicine.<sup>5</sup>

Strategies for reform

This strategy seems to have failed, but the general practitioner has nevertheless survived, thanks to the protection provided by the health service. Where does that leave general practice? Denis Pereira Gray, the erstwhile editor of the college's journal, hopes to reverse the tide. By emphasising the need for personal care at home visits he hopes to push the profession back to the principle Fox pronounced.<sup>6</sup> "This strikes me as hopeless. The tide is moving strongly in the direction of impersonal care, swept by the general practitioner's understandable desire for a normal family life and a longer life expectancy. It makes more sense to accept general practice as it is and mould it in the direction it wants to go."

The first point is that, despite the inroads made on the range of services, the general practitioner still has much to do. No matter how far the hospitals reach out, the need for health care outside the hospital is broad enough (embracing roughly 70% of patient demands) to keep the general practitioner and his team busy for years.

The main problem facing general practice lies not in the quantity of work but in the kind that is offered. Clearly, the BMA does not think it is sufficiently interesting and challenging to attract, even while halting general practice as "a British success," it deprecates the "wasted skills."<sup>7</sup> And Dr Alastair Donald, a leader of the Royal College of General Practitioners, described the British general practitioner as being "overworked but underemployed."<sup>8</sup>

Minor surgery school

Two rival schools of thought have emerged on the direction in which general practitioners should be encouraged to develop in the BMA want to reverse the inroads made by hospital medicine. In 1979 they produced a new charter that was designed to undo outreach programmes across a broad front: general practitioners were to be given financial incentives to undertake minor surgery, screening tests, and surveillance of chronic ailments.<sup>9</sup> They had much support while Dr Gerard Vaughan was in the Department of Health and Social Security, but since then their influence has waned and their programme failed to arouse much enthusiasm from the profession or backing from organisations outside it.

By having general practitioners undertake work that is now done in hospital costly services may be saved and patients spared long waits in outpatient departments.<sup>10</sup> There is every reason to encourage general practitioners to offer services that their counterparts in other countries provide, and which, indeed, some in Britain already do. But from the patient's point of view the prospect is fraught with danger. Many doctors have forgotten the techniques: as one consultant so indelicately put it, "Most general practitioners don't know their ass from their elbow when it comes to suturing."<sup>11</sup>

of this school, acknowledges that it will take 30 years to make British general practitioners prevention minded,<sup>12</sup> and the decline of the personal element in medical care will increasingly impede medical effectiveness. How can doctors hope to influence the smoking habits of people they hardly know?

Some who support the prevention campaign see their best hope in the development of a salaried service, preferably under the local authority.<sup>13</sup> There is much logic to their argument, for it is clear that many preventive activities take time and can be promoted more fully through salaried employment. Furthermore, since there are social and environmental factors to consider close links need to be forged with the social services, making a municipal administration desirable. This line of thought dates back to the creation of the panel system in 1911, but the many attempts to realise its aims have been frustrated by the local authority.<sup>14</sup>

In the face of such obstacles it is hard to understand why the leaders of the Royal College of General Practitioners have not considered an alternative programme. They seem to fear most any move that will carry general practitioners closer to hospital medicine, so much so that it might be fair to describe their proposals as the "keep general practitioners busy in the community" school. For them, almost any activity will do as long as it leaves general practitioners free from entanglement with consultants. This apparently includes even the arcane theories of alternative medicine, for in 1980 the former research adviser of the college, Robin Pinnis, was allowed to use the college journal to promote the cause of homeopathy.<sup>15</sup>

Like the BMA, the college has thus far had little success with its campaign. In 1981 the two organisations joined forces to realise one aim that was common to their programmes—paediatric surveillance—but the DHSS refused to supply the financial incentive needed to implement it. In the present economic climate it is clear that no programme stands a chance of success unless it holds out the promise of lower costs or a more efficient service. If one appears then the government may be forced to take the crude step of applying the same cash limits to the family practitioner service as it has imposed on the hospitals. It has already proposed restrictions on prescription drugs, and though cash limits have been ruled out in 1985, they may come in 1986.

100 YEARS AGO

The physiology of food has formed the subject of many a learned and able discourse or dissertation; but Dr. Lauder Brunton's Letchmore lectures will, if we are not mistaken, stand out conspicuously as the general process of physiological exposition of the most complete and up-to-date nature. It is clear and clear of obscure or known facts with regard to the formation of food-talking with Dr. Brunton professed his first lecture, but which might not be so necessary to be omitted. Moreover, it is not only in the profession, we are anxious to direct particular attention to that portion of the discourse which treats especially of the physiology—we might say the pathology—of dining. It is refreshing, in these days of a rampant, prohibitory policy in matters dietetic, to find a physiologist so well-informed and practical as Dr. Brunton, not only preaching a doctrine that will command itself to the common sense of the people, but also illustrating it actually making a cordial swallow that life, as it is, is real and earnest; and that the method of the majority in relation to the principal meal of the day is not either bad in itself or in urgent need, perhaps, of any special remedy. It is a pleasure to find, in the present time, a man who is not only a good physician, but also a good lecturer, and who is able to make his subject so interesting and practical as Dr. Brunton, not only preaching a doctrine that will command itself to the common sense of the people, but also illustrating it actually making a cordial swallow that life, as it is, is real and earnest; and that the method of the majority in relation to the principal meal of the day is not either bad in itself or in urgent need, perhaps, of any special remedy. It is a pleasure to find, in the present time, a man who is not only a good physician, but also a good lecturer, and who is able to make his subject so interesting and practical as Dr. Brunton, not only preaching a doctrine that will command itself to the common sense of the people, but also illustrating it actually making a cordial swallow that life, as it is, is real and earnest; and that the method of the majority in relation to the principal meal of the day is not either bad in itself or in urgent need, perhaps, of any special remedy. It is a pleasure to find, in the present time, a man who is not only a good physician, but also a good lecturer, and who is able to make his subject so interesting and practical as Dr. Brunton, not only preaching a doctrine that will command itself to the common sense of the people, but also illustrating it actually making a cordial swallow that life, as it is, is real and earnest; and that the method of the majority in relation to the principal meal of the day is not either bad in itself or in urgent need, perhaps, of any special remedy. It is a pleasure to find, in the present time, a man who is not only a good physician, but also a good lecturer, and who is able to make his subject so interesting and practical as Dr. Brunton, not only preaching a doctrine that will command itself to the common sense of the people, but also illustrating it actually making a cordial swallow that life, as it is, is real and earnest; and that the method of the majority in relation to the principal meal of the day is not either bad in itself or in urgent need, perhaps, of any special remedy. It is a pleasure to find, in the present time, a man who is not only a good physician, but also a good lecturer, and who is able to make his subject so interesting and practical as Dr. Brunton, not only preaching a doctrine that will command itself to the common sense of the people, but also illustrating it actually making a cordial swallow that life, as it is, is real and earnest; and that the method of the majority in relation to the principal meal of the day is not either bad in itself or in urgent need, perhaps, of any special remedy. It is a pleasure to find, in the present time, a man who is not only a good physician, but also a good lecturer, and who is able to make his subject so interesting and practical as Dr. Brunton, not only preaching a doctrine that will command itself to the common sense of the people, but also illustrating it actually making a cordial swallow that life, as it is, is real and earnest; and that the method of the majority in relation to the principal meal of the day is not either bad in itself or in urgent need, perhaps, of any special remedy. It is a pleasure to find, in the present time, a man who is not only a good physician, but also a good lecturer, and who is able to make his subject so interesting and practical as Dr. Brunton, not only preaching a doctrine that will command itself to the common sense of the people, but also illustrating it actually making a cordial swallow that life, as it is, is real and earnest; and that the method of the majority in relation to the principal meal of the day is not either bad in itself or in urgent need, perhaps, of any special remedy. It is a pleasure to find, in the present time, a man who is not only a good physician, but also a good lecturer, and who is able to make his subject so interesting and practical as Dr. Brunton, not only preaching a doctrine that will command itself to the common sense of the people, but also illustrating it actually making a cordial swallow that life, as it is, is real and earnest; and that the method of the majority in relation to the principal meal of the day is not either bad in itself or in urgent need, perhaps, of any special remedy. It is a pleasure to find, in the present time, a man who is not only a good physician, but also a good lecturer, and who is able to make his subject so interesting and practical as Dr. Brunton, not only preaching a doctrine that will command itself to the common sense of the people, but also illustrating it actually making a cordial swallow that life, as it is, is real and earnest; and that the method of the majority in relation to the principal meal of the day is not either bad in itself or in urgent need, perhaps, of any special remedy. It is a pleasure to find, in the present time, a man who is not only a good physician, but also a good lecturer, and who is able to make his subject so interesting and practical as Dr. Brunton, not only preaching a doctrine that will command itself to the common sense of the people, but also illustrating it actually making a cordial swallow that life, as it is, is real and earnest; and that the method of the majority in relation to the principal meal of the day is not either bad in itself or in urgent need, perhaps, of any special remedy. It is a pleasure to find, in the present time, a man who is not only a good physician, but also a good lecturer, and who is able to make his subject so interesting and practical as Dr. Brunton, not only preaching a doctrine that will command itself to the common sense of the people, but also illustrating it actually making a cordial swallow that life, as it is, is real and earnest; and that the method of the majority in relation to the principal meal of the day is not either bad in itself or in urgent need, perhaps, of any special remedy. It is a pleasure to find, in the present time, a man who is not only a good physician, but also a good lecturer, and who is able to make his subject so interesting and practical as Dr. Brunton, not only preaching a doctrine that will command itself to the common sense of the people, but also illustrating it actually making a cordial swallow that life, as it is, is real and earnest; and that the method of the majority in relation to the principal meal of the day is not either bad in itself or in urgent need, perhaps, of any special remedy. It is a pleasure to find, in the present time, a man who is not only a good physician, but also a good lecturer, and who is able to make his subject so interesting and practical as Dr. Brunton, not only preaching a doctrine that will command itself to the common sense of the people, but also illustrating it actually making a cordial swallow that life, as it is, is real and earnest; and that the method of the majority in relation to the principal meal of the day is not either bad in itself or in urgent need, perhaps, of any special remedy. It is a pleasure to find, in the present time, a man who is not only a good physician, but also a good lecturer, and who is able to make his subject so interesting and practical as Dr. Brunton, not only preaching a doctrine that will command itself to the common sense of the people, but also illustrating it actually making a cordial swallow that life, as it is, is real and earnest; and that the method of the majority in relation to the principal meal of the day is not either bad in itself or in urgent need, perhaps, of any special remedy. It is a pleasure to find, in the present time, a man who is not only a good physician, but also a good lecturer, and who is able to make his subject so interesting and practical as Dr. Brunton, not only preaching a doctrine that will command itself to the common sense of the people, but also illustrating it actually making a cordial swallow that life, as it is, is real and earnest; and that the method of the majority in relation to the principal meal of the day is not either bad in itself or in urgent need, perhaps, of any special remedy. It is a pleasure to find, in the present time, a man who is not only a good physician, but also a good lecturer, and who is able to make his subject so interesting and practical as Dr. Brunton, not only preaching a doctrine that will command itself to the common sense of the people, but also illustrating it actually making a cordial swallow that life, as it is, is real and earnest; and that the method of the majority in relation to the principal meal of the day is not either bad in itself or in urgent need, perhaps, of any special remedy. It is a pleasure to find, in the present time, a man who is not only a good physician, but also a good lecturer, and who is able to make his subject so interesting and practical as Dr. Brunton, not only preaching a doctrine that will command itself to the common sense of the people, but also illustrating it actually making a cordial swallow that life, as it is, is real and earnest; and that the method of the majority in relation to the principal meal of the day is not either bad in itself or in urgent need, perhaps, of any special remedy. It is a pleasure to find, in the present time, a man who is not only a good physician, but also a good lecturer, and who is able to make his subject so interesting and practical as Dr. Brunton, not only preaching a doctrine that will command itself to the common sense of the people, but also illustrating it actually making a cordial swallow that life, as it is, is real and earnest; and that the method of the majority in relation to the principal meal of the day is not either bad in itself or in urgent need, perhaps, of any special remedy. It is a pleasure to find, in the present time, a man who is not only a good physician, but also a good lecturer, and who is able to make his subject so interesting and practical as Dr. Brunton, not only preaching a doctrine that will command itself to the common sense of the people, but also illustrating it actually making a cordial swallow that life, as it is, is real and earnest; and that the method of the majority in relation to the principal meal of the day is not either bad in itself or in urgent need, perhaps, of any special remedy. It is a pleasure to find, in the present time, a man who is not only a good physician, but also a good lecturer, and who is able to make his subject so interesting and practical as Dr. Brunton, not only preaching a doctrine that will command itself to the common sense of the people, but also illustrating it actually making a cordial swallow that life, as it is, is real and earnest; and that the method of the majority in relation to the principal meal of the day is not either bad in itself or in urgent need, perhaps, of any special remedy. It is a pleasure to find, in the present time, a man who is not only a good physician, but also a good lecturer, and who is able to make his subject so interesting and practical as Dr. Brunton, not only preaching a doctrine that will command itself to the common sense of the people, but also illustrating it actually making a cordial swallow that life, as it is, is real and earnest; and that the method of the majority in relation to the principal meal of the day is not either bad in itself or in urgent need, perhaps, of any special remedy. It is a pleasure to find, in the present time, a man who is not only a good physician, but also a good lecturer, and who is able to make his subject so interesting and practical as Dr. Brunton, not only preaching a doctrine that will command itself to the common sense of the people, but also illustrating it actually making a cordial swallow that life, as it is, is real and earnest; and that the method of the majority in relation to the principal meal of the day is not either bad in itself or in urgent need, perhaps, of any special remedy. It is a pleasure to find, in the present time, a man who is not only a good physician, but also a good lecturer, and who is able to make his subject so interesting and practical as Dr. Brunton, not only preaching a doctrine that will command itself to the common sense of the people, but also illustrating it actually making a cordial swallow that life, as it is, is real and earnest; and that the method of the majority in relation to the principal meal of the day is not either bad in itself or in urgent need, perhaps, of any special remedy. It is a pleasure to find, in the present time, a man who is not only a good physician, but also a good lecturer, and who is able to make his subject so interesting and practical as Dr. Brunton, not only preaching a doctrine that will command itself to the common sense of the people, but also illustrating it actually making a cordial swallow that life, as it is, is real and earnest; and that the method of the majority in relation to the principal meal of the day is not either bad in itself or in urgent need, perhaps, of any special remedy. It is a pleasure to find, in the present time, a man who is not only a good physician, but also a good lecturer, and who is able to make his subject so interesting and practical as Dr. Brunton, not only preaching a doctrine that will command itself to the common sense of the people, but also illustrating it actually making a cordial swallow that life, as it is, is real and earnest; and that the method of the majority in relation to the principal meal of the day is not either bad in itself or in urgent need, perhaps, of any special remedy. It is a pleasure to find, in the present time, a man who is not only a good physician, but also a good lecturer, and who is able to make his subject so interesting and practical as Dr. Brunton, not only preaching a doctrine that will command itself to the common sense of the people, but also illustrating it actually making a cordial swallow that life, as it is, is real and earnest; and that the method of the majority in relation to the principal meal of the day is not either bad in itself or in urgent need, perhaps, of any special remedy. It is a pleasure to find, in the present time, a man who is not only a good physician, but also a good lecturer, and who is able to make his subject so interesting and practical as Dr. Brunton, not only preaching a doctrine that will command itself to the common sense of the people, but also illustrating it actually making a cordial swallow that life, as it is, is real and earnest; and that the method of the majority in relation to the principal meal of the day is not either bad in itself or in urgent need, perhaps, of any special remedy. It is a pleasure to find, in the present time, a man who is not only a good physician, but also a good lecturer, and who is able to make his subject so interesting and practical as Dr. Brunton, not only preaching a doctrine that will command itself to the common sense of the people, but also illustrating it actually making a cordial swallow that life, as it is, is real and earnest; and that the method of the majority in relation to the principal meal of the day is not either bad in itself or in urgent need, perhaps, of any special remedy. It is a pleasure to find, in the present time, a man who is not only a good physician, but also a good lecturer, and who is able to make his subject so interesting and practical as Dr. Brunton, not only preaching a doctrine that will command itself to the common sense of the people, but also illustrating it actually making a cordial swallow that life, as it is, is real and earnest; and that the method of the majority in relation to the principal meal of the day is not either bad in itself or in urgent need, perhaps, of any special remedy. It is a pleasure to find, in the present time, a man who is not only a good physician, but also a good lecturer, and who is able to make his subject so interesting and practical as Dr. Brunton, not only preaching a doctrine that will command itself to the common sense of the people, but also illustrating it actually making a cordial swallow that life, as it is, is real and earnest; and that the method of the majority in relation to the principal meal of the day is not either bad in itself or in urgent need, perhaps, of any special remedy. It is a pleasure to find, in the present time, a man who is not only a good physician, but also a good lecturer, and who is able to make his subject so interesting and practical as Dr. Brunton, not only preaching a doctrine that will command itself to the common sense of the people, but also illustrating it actually making a cordial swallow that life, as it is, is real and earnest; and that the method of the majority in relation to the principal meal of the day is not either bad in itself or in urgent need, perhaps, of any special remedy. It is a pleasure to find, in the present time, a man who is not only a good physician, but also a good lecturer, and who is able to make his subject so interesting and practical as Dr. Brunton, not only preaching a doctrine that will command itself to the common sense of the people, but also illustrating it actually making a cordial swallow that life, as it is, is real and earnest; and that the method of the majority in relation to the principal meal of the day is not either bad in itself or in urgent need, perhaps, of any special remedy. It is a pleasure to find, in the present time, a man who is not only a good physician, but also a good lecturer, and who is able to make his subject so interesting and practical as Dr. Brunton, not only preaching a doctrine that will command itself to the common sense of the people, but also illustrating it actually making a cordial swallow that life, as it is, is real and earnest; and that the method of the majority in relation to the principal meal of the day is not either bad in itself or in urgent need, perhaps, of any special remedy. It is a pleasure to find, in the present time, a man who is not only a good physician, but also a good lecturer, and who is able to make his subject so interesting and practical as Dr. Brunton, not only preaching a doctrine that will command itself to the common sense of the people, but also illustrating it actually making a cordial swallow that life, as it is, is real and earnest; and that the method of the majority in relation to the principal meal of the day is not either bad in itself or in urgent need, perhaps, of any special remedy. It is a pleasure to find, in the present time, a man who is not only a good physician, but also a good lecturer, and who is able to make his subject so interesting and practical as Dr. Brunton, not only preaching a doctrine that will command itself to the common sense of the people, but also illustrating it actually making a cordial swallow that life, as it is, is real and earnest; and that the method of the majority in relation to the principal meal of the day is not either bad in itself or in urgent need, perhaps, of any special remedy. It is a pleasure to find, in the present time, a man who is not only a good physician, but also a good lecturer, and who is able to make his subject so interesting and practical as Dr. Brunton, not only preaching a doctrine that will command itself to the common sense of the people, but also illustrating it actually making a cordial swallow that life, as it is, is real and earnest; and that the method of the majority in relation to the principal meal of the day is not either bad in itself or in urgent need, perhaps, of any special remedy. It is a pleasure to find, in the present time, a man who is not only a good physician, but also a good lecturer, and who is able to make his subject so interesting and practical as Dr. Brunton, not only preaching a doctrine that will command itself to the common sense of the people, but also illustrating it actually making a cordial swallow that life, as it is, is real and earnest; and that the method of the majority in relation to the principal meal of the day is not either bad in itself or in urgent need, perhaps, of any special remedy. It is a pleasure to find, in the present time, a man who is not only a good physician, but also a good lecturer, and who is able to make his subject so interesting and practical as Dr. Brunton, not only preaching a doctrine that will command itself to the common sense of the people, but also illustrating it actually making a cordial swallow that life, as it is, is real and earnest; and that the method of the majority in relation to the principal meal of the day is not either bad in itself or in urgent need, perhaps, of any special remedy. It is a pleasure to find, in the present time, a man who is not only a good physician, but also a good lecturer, and who is able to make his subject so interesting and practical as Dr. Brunton, not only preaching a doctrine that will command itself to the common sense of the people, but also illustrating it actually making a cordial swallow that life, as it is, is real and earnest; and that the method of the majority in relation to the principal meal of the day is not either bad in itself or in urgent need, perhaps, of any special remedy. It is a pleasure to find, in the present time, a man who is not only a good physician, but also a good lecturer, and who is able to make his subject so interesting and practical as Dr. Brunton, not only preaching a doctrine that will command itself to the common sense of the people, but also illustrating it actually making a cordial swallow that life, as it is, is real and earnest; and that the method of the majority in relation to the principal meal of the day is not either bad in itself or in urgent need, perhaps, of any special remedy. It is a pleasure to find, in the present time, a man who is not only a good physician, but also a good lecturer, and who is able to make his subject so interesting and practical as Dr. Brunton, not only preaching a doctrine that will command itself to the common sense of the people, but also illustrating it actually making a cordial swallow that life, as it is, is real and earnest; and that the method of the majority in relation to the principal meal of the day is not either bad in itself or in urgent need, perhaps, of any special remedy. It is a pleasure to find, in the present time, a man who is not only a good physician, but also a good lecturer, and who is able to make his subject so interesting and practical as Dr. Brunton, not only preaching a doctrine that will command itself to the common sense of the people, but also illustrating it actually making a cordial swallow that life, as it is, is real and earnest; and that the method of the majority in relation to the principal meal of the day is not either bad in itself or in urgent need, perhaps, of any special remedy. It is a pleasure to find, in the present time, a man who is not only a good physician, but also a good lecturer, and who is able to make his subject so interesting and practical as Dr. Brunton, not only preaching a doctrine that will command itself to the common sense of the people, but also illustrating it actually making a cordial swallow that life, as it is, is real and earnest; and that the method of the majority in relation to the principal meal of the day is not either bad in itself or in urgent need, perhaps, of any special remedy. It is a pleasure to find, in the present time, a man who is not only a good physician, but also a good lecturer, and who is able to make his subject so interesting and practical as Dr. Brunton, not only preaching a doctrine that will command itself to the common sense of the people, but also illustrating it actually making a cordial swallow that life, as it is, is real and earnest; and that the method of the majority in relation to the principal meal of the day is not either bad in itself or in urgent need, perhaps, of any special remedy. It is a pleasure to find, in the present time, a man who is not only a good physician, but also a good lecturer, and who is able to make his subject so interesting and practical as Dr. Brunton, not only preaching a doctrine that will command itself to the common sense of the people, but also illustrating it actually making a cordial swallow that life, as it is, is real and earnest; and that the method of the majority in relation to the principal meal of the day is not either bad in itself or in urgent need, perhaps, of any special remedy. It is a pleasure to find, in the present time, a man who is not only a good physician, but also a good lecturer, and who is able to make his subject so interesting and practical as Dr. Brunton, not only preaching a doctrine that will command itself to the common sense of the people, but also illustrating it actually making a cordial swallow that life, as it is, is real and earnest; and that the method of the majority in relation to the principal meal of the day is not either bad in itself or in urgent need, perhaps, of any special remedy. It is a pleasure to find, in the present time, a man who is not only a good physician, but also a good lecturer, and who is able to make his subject so interesting and practical as Dr. Brunton, not only preaching a doctrine that will command itself to the common sense of the people, but also illustrating it actually making a cordial swallow that life, as it is, is real and earnest; and that the method of the majority in relation to the principal meal of the day is not either bad in itself or in urgent need, perhaps, of any special remedy. It is a pleasure to find, in the present time, a man who is not only a good physician, but also a good lecturer, and who is able to make his subject so interesting and practical as Dr. Brunton, not only preaching a doctrine that will command itself to the common sense of the people, but also illustrating it actually making a cordial swallow that life, as it is, is real and earnest; and that the method of the majority in relation to the principal meal of the day is not either bad in itself or in urgent need, perhaps, of any special remedy. It is a pleasure to find, in the present time, a man who is not only a good physician, but also a good lecturer, and who is able to make his subject so interesting and practical as Dr. Brunton, not only preaching a doctrine that will command itself to the common sense of the people, but also illustrating it actually making a cordial swallow that life, as it is, is real and earnest; and that the method of the majority in relation to the principal meal of the day is not either bad in itself or in urgent need, perhaps, of any special remedy. It is a pleasure to find, in the present time, a man who is not only a good physician, but also a good lecturer, and who is able to make his subject so interesting and practical as Dr. Brunton, not only preaching a doctrine that will command itself to the common sense of the people, but also illustrating it actually making a cordial swallow that life, as it is, is real and earnest; and that the method of the majority in relation to the principal meal of the day is not either bad in itself or in urgent need, perhaps, of any special remedy. It is a pleasure to find, in the present time, a man who is not only a good physician, but also a good lecturer, and who is able to make his subject so interesting and practical as Dr. Brunton, not only preaching a doctrine that will command itself to the common sense of the people, but also illustrating it actually making a cordial swallow that life, as it is, is real and earnest; and that the method of the majority in relation to the principal meal of the day is not either bad in itself or in urgent need, perhaps, of any special remedy. It is a pleasure to find, in the present time, a man who is not only a good physician, but also a good lecturer, and who is able to make his subject so interesting and practical as Dr. Brunton, not only preaching a doctrine that will command itself to the common sense of the people, but also illustrating it actually making a cordial swallow that life, as it is, is real and earnest; and that the method of the majority in relation to the principal meal of the day is not either bad in itself or in urgent need, perhaps, of any special remedy. It is a pleasure to find, in the present time, a man who is not only a good physician, but also a good lecturer, and who is able to make his subject so interesting and practical as Dr. Brunton, not only preaching a doctrine that will command itself to the common sense of the people, but also illustrating it actually making a cordial swallow that life, as it is, is real and earnest; and that the method of the majority in relation to the principal meal of the day is not either bad in itself or in urgent need, perhaps, of any special remedy. It is a pleasure to find, in the present time, a man who is not only a good physician, but also a good lecturer, and who is able to make his subject so interesting and practical as Dr. Brunton, not only preaching a doctrine that will command itself to the common sense of the people, but also illustrating it actually making a cordial swallow that life, as it is, is real and earnest; and that the method of the majority in relation to the principal meal of the day is not either bad in itself or in urgent need, perhaps, of any special remedy. It is a pleasure to find, in the present time, a man who is not only a good physician, but also a good lecturer, and who is able to make his subject so interesting and practical as Dr. Brunton, not only preaching a doctrine that will command itself to the common sense of the people, but also illustrating it actually making a cordial swallow that life, as it is, is real and earnest; and that the method of the majority in relation to the principal meal of the day is not either bad in itself or in urgent need, perhaps, of any special remedy. It is a pleasure to find, in the present time, a man who is not only a good physician, but also a good lecturer, and who is able to make his subject so interesting and practical as Dr. Brunton, not only preaching a doctrine that will command itself to the common sense of the people, but also illustrating it actually making a cordial swallow that life, as it is, is real and earnest; and that the method of the majority in relation to the principal meal of the day is not either bad in itself or in urgent need, perhaps, of any special remedy. It is a pleasure to find, in the present time, a man who is not only a good physician, but also a good lecturer, and who is able to make his subject so interesting and practical as Dr. Brunton, not only preaching a doctrine that will command itself to the common sense of the people, but also illustrating it actually making a cordial swallow that life, as it is, is real and earnest; and that the method of the majority in relation to the principal meal of the day is not either bad in itself or in urgent need, perhaps, of any special remedy. It is a pleasure to find, in the present time, a man who is not only a good physician, but also a good lecturer, and who is able to make his subject so interesting and practical as Dr. Brunton, not only preaching a doctrine that will command itself to the common sense of the people, but also illustrating it actually making a cordial swallow that life, as it is, is real and earnest; and that the method of the majority in relation to the principal meal of the day is not either bad in itself or in urgent need, perhaps, of any special remedy. It is a pleasure to find, in the present time, a man who is not only a good physician, but also a good lecturer, and who is able to make his subject so interesting and practical as Dr. Brunton, not only preaching a doctrine that will command itself to the common sense of the people, but also illustrating it actually making a cordial swallow that life, as it is, is real and earnest; and that the method of the majority in relation to the principal meal of the day is not either bad in itself or in urgent need, perhaps, of any special remedy. It is a pleasure to find, in the present time, a man who is not only a good physician, but also a good lecturer, and who is able to make his subject so interesting and practical as Dr. Brunton, not only preaching a doctrine that will command itself to the common sense of the people, but also illustrating it actually making a cordial swallow that life, as it is, is real and earnest; and that the method of the majority in relation to the principal meal of the day is not either bad in itself or in urgent need, perhaps, of any special remedy. It is a pleasure to find, in the present time, a man who is not only a good physician, but also a good lecturer, and who is able to make his subject so interesting and practical as Dr. Brunton, not only preaching a doctrine that will command itself to the common sense of the people, but also illustrating it actually making a cordial swallow that life, as it is, is real and earnest; and that the method of the majority in relation to the principal meal of the day is not either bad in itself or in urgent need, perhaps, of any special remedy. It is a pleasure to find, in the present time, a man who is not only a good physician, but also a good lecturer, and who is able to make his subject so interesting and practical as Dr. Brunton, not only preaching a doctrine that will command itself to the common sense of the people, but also illustrating it actually making a cordial swallow that life, as it is, is real and earnest; and that the method of the majority in relation to the principal meal of the day is not either bad in itself or in urgent need, perhaps, of any special remedy. It is a pleasure to find, in the present time, a man who is not only a good physician, but also a good lecturer, and who is able to make his subject so interesting and practical as Dr. Brunton, not only preaching a doctrine that will command itself to the common sense of the people, but also illustrating it actually making a cordial swallow that life, as it is, is real and earnest; and that the method of the majority in relation to the principal meal of the day is not either bad in itself or in urgent need, perhaps, of any special remedy. It is a pleasure to find, in the present time, a man who is not only a good physician, but also a good lecturer, and who is able to make his