

the length and breadth of the continent than in her present splendid equipment ; they explain in great part the secret of her strength.

I was much interested the other day in reading a letter of John Locke's to the Earl of Peterborough who had consulted him about the education of his son. Locke insisted that the main point in education is to get "a relish of knowledge." "This is putting life into a pupil." Get early this relish, this clear, keen joyance in work, with which languor disappears and all shadows of annoyance flee away. But do not get too deeply absorbed to the exclusion of all outside interests. Success in life depends as much upon the man as on the physician. Mix with your fellow students, mingle with their sports and their pleasures. You may think the latter rash advice, but now-a-days even the pleasures of a medical student have become respectable, and I have no doubt that the "footing supper," which in old Coté street days was a Bacchanalian orgie, has become a love feast in which the Principal and even the Dean might participate. You are to be members of a polite as well as of a liberal profession and the more you see of life outside the narrow circle of your work the better equipped will you be for the struggle. I often wish that the citizens in our large educational centres would take a little more interest in the social life of the students, many of whom catch but few glimpses of home life during their course.

As to your method of work, I have a single bit of advice, which I give with the earnest conviction of its paramount influence in any success which may have attended my efforts in life—*Take no thought for the morrow*. Live neither in the past nor in the future, but let each day's work absorb your entire energies, and satisfy your widest ambition. That was a singular but very wise answer which Cromwell gave to Bellevire—"No one rises so high as he who knows not whither he is going," and there is much truth in it. The student who is worrying about his future, anxious over the examinations, doubting his fitness for the profession, is certain not to do so well as the man who cares for nothing but the matter in hand, and who knows not whither he is going !

While medicine is to be your vocation, or calling, see to it that you have also an avocation—some intellectual pastime which may serve to keep you in touch with the world of art, of science, or of letters. Begin at once the cultivation of some interest other than the purely professional. The difficulty is in a selection and the choice will be different according to your tastes and training. No matter what it is—but have an outside hobby. For the hard working medical student it is perhaps easiest to keep up an interest in literature. Let each subject in your year's work have a corresponding outside author. When tired of anatomy refresh your mind with Oliver Wendell Holmes ; after a worrying subject in physiology, turn to the great idealists, to Shelley or Keats for