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# THE CANADA MEDICAL RECORD.

A Monthly Journal of Medicine and Surgery.

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## PROFESSIONAL SUCCESS.

We commend to the attention of our readers the excellent advice to the graduates of the valedictorian for the Faculty in another column, on the subject of professional etiquette. Indeed, we consider this subject of so much importance, that we purpose devoting a column of our pages every month to the reproduction of the code of ethics of the American Medical Association.

On reflection, it will be evident to every one that it is to the advantage of the profession, both as a whole and as individual members, that all our dealings with each other and with the public should be of the most honorable nature. Nothing ends to lower us so much in the eyes of the public as the little backbitings and petty jealousies which we unfortunately too often see, and which are turned to the disadvantage of the backbiter quite as much as to that of the one detracted. Even if something disparaging is said about us by a brother, no matter how great the provocation may be, and no matter how much we may be tempted to retaliate, it will prove better in the long run to take no notice of such injustice, feeling certain that in the end truth and right must prevail. If we see a brother succeeding a little better than ourselves, let not this excite our jealousy or wrath, but rather our emulation; for we may be sure that he possesses some little qualities which we do not. Instead of wasting our time in finding fault with him for succeeding, rather let us find out what those qualities are and cultivate them. \* In nine cases out of ten

we may acquire them as well, and turn them to the same advantage as he has turned them.

Although fortune may occasionally help a man to a high position, no power on earth can make a man fill a position for which he is not fit. The highest and most enduring reputations in the profession have been those which were made slowly and laboriously, because they were built on a sure foundation. And it is a rule, to which there are but few exceptions, that we are sure to attain just that position for which we are fit, and no higher; consequently hard work is the only sure road to success. In the practice of medicine as in the evolution of nature, the fittest will survive.

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## LONGEVITY AND MEDICAL MEN.

In an excellent article in the "19th Century," Dr. Burney Yeo points out the causes which lead to a long life. He obtains his data by analyzing the lives of those who have reached a great age and whose mode of living was well known. He finds that the most important thing is to obtain a regular and sufficient amount of sleep. The number of hours required is greater than most men get, being over rather than under eight hours. The truth of the adage "early to bed, etc.," is fully borne out by his statistics. The second requirement in importance is to have one's meals at regular hours, and to have sufficient time to eat them properly. The third advantage is to have a mind free from care and worry. And the fourth to have plenty of exercise in the open air. Although several centenarians were in the habit of using during a considerable part of their lives wine and malt liquors, still the majority were either total abstainers or exceedingly abstemious.

From the consideration of these facts, it is not surprising to find that the average death rate of medical men is double that of clergymen. Is there anywhere a medical man who takes plenty of time to his meals, who gets more than eight hours of sleep, who is free from anxiety, or who gets sufficient exercise in the open air?

Although many of these adverse conditions are absolutely inherent to a doctor's life, still there are some of them which might, with a little trouble, be considerably ameliorated. Take, for instance, night work; laying aside cases of midwifery, the majority of times a doctor is sent for at night are for cases which should have been seen to during the day, or even the day before. People have fallen so into the way of thinking of the doctor as a kind