

THE CANADA MEDICAL RECORD.

PUBLISHED MONTHLY.

*Subscription Price, \$2.00 per annum in advance. Single Copies, 20 cts.***EDITORS :****A. LAPHORN SMITH, B.A., M.D., M.R.C.S., Eng., F.O.S.,**
London.**F. WAYLAND CAMPBELL, M.A., M.D., L.R.C.P.,** London.**ASSISTANT EDITOR****ROLLO CAMPBELL, C.M., M.D.**

Make all Cheques or P.O. Money Orders for subscription or advertising payable to JOHN LOVELL & SON, 23 St. Nicholas Street, Montreal, to whom all business communications should be addressed.

All letters on professional subjects, books for review and exchanges should be addressed to the Editor, Dr. Laphorn Smith, 248 Bishop Street.

Writers of original communications desiring reprints can have them at a trifling cost, by notifying JOHN LOVELL & SON, immediately on the acceptance of their article by the Editor.

MONTREAL, AUGUST, 1892.**THE DOCTOR'S HOLIDAY.**

We are glad to see that many of our subscribers have already taken more or less of a holiday. We can almost recognize in the city those who have and those who have not, as we pass them on the street, by the bright and eager expression of those who have had a brief rest from the mental fatigue of the doctor's anxious life. In the case of the doctor perhaps more than of the members of any other profession, the time-worn adage "All work and no play makes Jack a dull boy" holds true. The doctor's brain, including the machinery for feeding it and carrying it about, is his only capital, and it behooves him as well as any other wise man not to impair it in any way. Unless he takes a holiday, the busy doctor has to work at high pressure for three hundred and sixty-five days in a year; he has no Sabbath day of rest; and he seldom can obtain a regular allowance of eight or nine hours of undisturbed sleep. What wonder, therefore, that so few doctors reach the allotted life of three-score years and ten. Every now and then one of the most brilliant stars of the profession is extinguished in the very zenith

of his fame and usefulness, while others are lost to the profession and to suffering humanity by failure of the mind or body necessitating their confinement to the mad house or to a bed of sickness. To a certain extent, the experienced physician or surgeon belongs to the profession and the public, and he has no right to die early even if he wanted to do so. His experience has been purchased at the price of many a human life, and should be carefully preserved so as to be available for the saving of human life and suffering. So that the busier and more experienced the physician becomes the less right has he to risk his own life and intellect by denying himself a holiday. There are two degrees of holiday taking: the partial and the complete. The first consists in giving up or laying aside for a time the personal responsibility of attending his own patients, and in visiting other cities and other doctors, and in observing how the latter treat their cases. The partial holiday also includes attending meetings of provincial, state or national medical societies, and in reading papers and taking part in discussions at them. This kind of holiday is of some value, because there is a change of scene, and the responsibility of diagnosis and treatment does not rest on the writer's shoulders. At the same time his stock of knowledge is considerably added to by watching the progress of the science developed by other men in other lands. But the value of this kind of holiday is not to be compared with that of a complete holiday, which consists in forgetting for the time that one is a doctor and of course that one has left a lot of patients behind him. To derive the full benefit of a holiday, there must be a complete change of occupation, mental as well as physical. Camping out, tramping through the woods, or rowing over the lakes and streams, fishing and shooting, especially in the company of laymen in preference to that of medical