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**THE DOCTORS' HOLIDAY.**

As this journal occupies itself with any and every topic which concerns the welfare of the profession, we cannot do better, we think, especially at this time of the year, than devote a little space to the consideration of the above subject. That everybody is the better of a holiday is pretty generally admitted, as shown by the old proverb, "All work and no play makes Jack a dull boy." When our patients come to us with symptoms of what they call "being run down," we at once order them a cessation from work and a change of scene and occupation. But when the same patient kindly remarks that the doctor is not looking well himself and asks where he is going for his holidays, the latter too often replies that he cannot get away.

With his large and intimate knowledge of the laws of health the doctor should possess an immense advantage over the layety who ignore them, and few should die before reaching the age of a hundred years. But the fact is we daily see the

ablest men in the profession succumbing to preventable causes of death in the very prime of life. No man has the right to work himself to death. When we reflect that much of a doctor's experience is bought at the cost of human life, we must realize how important it is that every day he lives his life is becoming more valuable to the profession and the public. We believe that many of those who have thus died in the very prime of their professional life might have lived for many years longer if they had made a practice of every year giving up two or three months to the recuperation of their vital powers.

How best to spend our holidays will depend very much on whether we are practising in the city or country. But no matter where we live the first claim on our holidays should be the attending of the meeting of the National Medical Association, which is held every year in a different part of the Dominion, and for which special low rates are always given by the railway companies. We are thus enabled to become acquainted with the vastness of the territory and resources of our country while travelling, and at the meeting we come in contact with our brethren, albeit for too short a time, but for long enough generally to make many pleasant friendships. During the reading and discussion of papers we are all sure to learn something which on our resuming practice will make us more successful and thus recoup us, perhaps many times over, for the expense of attending the meeting. If we are city doctors, a month in the bracing air of the mountains, either the Rockies or the Adirondacks, will make us keen for work on our return. But we may be asked: What will become of our patients while we are away? In the cities we can leave the names of two or three confreres who will be willing to see our patients for us and on our return hand us in a list of visits made for us during our absence and for which we collect the fees.