

sweetness in all the relations of life. I know of far more able men who have found life hard and the winning of practice difficult, simply because they lacked good manners or wanted tact. We began about the poor, and here we are discussing manners. I had not meant to say of it so much, but, on the whole, I am not sorry. Pray remember, finally, that neatness of dress and the extreme of personal cleanliness are, shall I say, a sort of physical good manners, and now-a-days the last words of science are enforcing these as essential to surgical success.

There is a wise proverb of the East: "He who holds his tongue for a minute is wise with the wisdom of all time." I am fond of proverbs, and this is full of meaning, for really to refrain from instant speech when irritated is victory. An hour later you are sure to be silent enough. The temptation to speech is momentary. Above all, try not to talk of your patients—even with doctors. It is usually a bore to be told of cases, and we only stand it because we expect our own boring to be, in turn, endured. But my ideal doctor who reads, thinks, and has a hobby will not need to gossip about patients. He will have, I trust, nobler subjects of conversation. When I hear a young man talk cases or read them in societies with heavy detail of unimportant symptoms, I feel like saying of him, as was once said in my presence of one who amply justified the prediction, "That man has a remarkably fine foundation for dullness in after life."

The methods of note-taking you are well taught, and, too, I hope, the best ways of examining your cases. As to this, circumstances must guide you. A patient is often a bad witness, and one man gets at the truth of his case—another does not.

As to acute cases, it is immensely valuable to learn through concentration of attention to be rapid without omissions. Dr. Edward Dalton is quoted as saying to his class: "After careful and repeated auscultation, percussion, palpation, and even succussion of your patient for twenty minutes, *you* may not be very tired. *He is.*"

As you go on in practice you will get to be fond of certain drugs.

Be careful of this habit, which has its reasonable side. Even the best of us fall into this therapeutic trap. I once met in consultation the late Prof. Blank, a delightful and most able physician. As I came out of the house I fell upon his son, also a doctor. "Ah!" he said, "you have been meeting my father; I am sure he advised Plumer's pills"—an old mercurial preparation. It was true.

As I watch the better medical practice, I see a tendency to rely less upon her mere drugs, and more and more sharply to question their value.

The true middle course is to be sceptical

as to new drugs, to test them over and over before being mentally satisfied. Nor is it well to run into the extreme, which in our civil war caused an order forbidding the use of calomel, because of the folly and indiscretion with which a few men had used it. After all, one of the most difficult things in ours, the most inexact of sciences, is to be sure of the value of a drug. When studying the poison of serpents, I found the most positive printed evidence of the certain value of at least forty antidotes. Not one of them was worth the slightest consideration. Such a fact as this makes one careful of crediting the endless cures to be read in the journals.

When you come to read over the works of the great masters, dead or living, and to see how Sydenham or Rush, Cardan or Bright, did their work, you will be struck, as I have been, with the great stress laid upon habits of living—what shall be eaten, diets, exercise, clothing, hours of work and rest. Curiously enough, these dicta are more often found in their records of cases than as positive theses; a proof that, in his practical work, a man may be better and wiser than in his generalizations. When, therefore, you come to deal with chronic conditions, be sure to learn all there is to learn as to the ways of men, their diet, clothing, sleep, work, play, wine and tobacco. I like to make a man describe to me, with minute care, his average day. Then I consider, usually, how much of what is clearly wrong may be set right by a life on schedule. After that comes the considerate use of drugs.

The desire for drugs is a remainder from barbarous times. It is much in the way of what I call natural medicine. *Do* this and *do not* do that might cover a large amount of useful treatment if men would but consider the doctor as a wise despot to be implicitly obeyed. But just here I wish to add that the very men who are most chary as to drugs are those who at times win splendid therapeutic victories by excessive diets or heroic use of powerful medicines.

Much nonsense is talked about the injurious influence of drugs until, in the very word drug, there is a malignant sound. Men used to be over-bleed or salivated. This does not occur now-a-days. And if I asked your whole faculty how many people they have seen permanently injured by mere medication, I fancy they might be puzzled to bring to mind illustrations of such mischief. The belief is another survival of conclusions founded on premises which perished long ago.

Men in our profession fail more often, owing to want of care in investigating cases than for lack of mental power. One man looks at the urine carefully once, and decides; another looks once at the night and morning water, and concludes; a third asks that there be made no