

fact one might be led to suppose that medical students dislike work and fight shy of it. In so far as the students of Trinity are concerned, nothing could be more erroneous. If only the work be presented to them in an interesting manner it is my experience that as a rule, they take to it naturally and with avidity—not reluctantly. We have had somewhat too much of this gospel of hard work, and it is time now to preach the gospel of relaxation. Our boys seem to forget the warning of the great dramatist that "Universal plodding poisons up the nimble spirits in the arteries," and do not appreciate how restful a thing it is to simply change the kind of work one is doing.

From the very first, as you come in contact with what is called clinical material let me urge you to be amongst those who have eyes and see, who have ears and hear, who have hands and touch; who think out things for themselves and are not content with mere second-hand knowledge.

A distinguishing feature of the profession of to-day is that it has shaken off that veneration for great names which was so long a hindrance to progress. Nothing is accepted now, simply because it rests upon the traditions of the fathers, but as never before the profession is obeying the apostolic injunction to "Prove all things and hold fast that which is good." Rank yourselves with the seekers after truth and remember that Paget when a student discovered the trichina spiralis, and that Reverdin, a hospital intern, gave us our first knowledge of skin grafting. Honestly doubt all things connected with disease and it will help you to discriminate between the apparent and the real. Every man who rises at all above the common level receives two educations; one from his instructors and the other, the most personal and the most important, from himself. A single case which you have yourself thoroughly studied in all its bearings is worth more to you than many score that have been simply demonstrated to you.

Clinical clerkships are of the utmost value, and the students of this college have received appointments to them and have been trained in case reporting for many years, a recent report on hospital management by certain interested parties to the contrary notwithstanding. The out-patient department of our hospital in its new building will this year present facilities for study better than ever before in the history of this well managed institution. I commend it to you for the special reason that here you will have to do with disease as it occurs when unsanitary surroundings and poverty obstruct treatment. In the wards you will find widely different conditions. There rest, freedom from worry, good diet, good nursing and sanitary surroundings all aid nature and the physician or surgeon, and give fair success even to a treatment with folded arms. While you neglect no opportunity of becoming practically familiar with the methods of examining those who are sick, let me beg of you to remember their weakness and the possible injury which too great diligence in physical examination may inflict. Dr. Dalton used to say, "After careful and repeated auscultation, percussion, palpation and even succussion of the patient for twenty minutes you may not be very tired. He is!" Certain also of your poets have written upon this subject. Let me quote from an unpublished poem by one of them.

"If the poor victim needs must be percussed
Don't make an anvil of your patient's bust;
Doctors exist, within an hundred miles
Who thump a thorax as they'd hammer piles.
If you must listen to his doubtful chest,
Catch the essentials and ignore the rest.
Spare him—the sufferer wants of you and art
A track to steer by—not a finished chart
So of your questions, don't, in mercy, try
To pump your patient absolutely dry."

It is fortunately the case that medical students seldom kill themselves by hard work. Tom Corwin knew this. His son at college wrote home,—"Dear Father, I am studying very hard, so hard that I fear I will die." Corwin wrote back,—Dear Son, it would give me great pleasure to attend your funeral—under the circumstances." Courage is another factor of which I make mention. For the best and highest success it is an essential. Our calling is a training school for its development. Doing battle daily with forces which, like the wrath of Achilles, have sent many men to Hades ere their time, the surgeon tends to become self-reliant, and self-trust is at the foundation of heroism. The written history of our profession furnishes innumerable instances of heroic conduct on the part of its members. The unwritten history is full of such stories. Come with me to New York and I can show you a simple tablet put up in loving remembrance of eighteen young physicians who died, one after another, while attending to a shipload of emigrants down with typhus fever on Quarantine Island. No music of martial bands was needed to arouse their courage. Each saw his duty straight before him and went to his death doing it. "Peace," it is said, "hath higher tests of manhood than battle ever knew." Out in lone farm-houses, by day and by night, deeds of quiet heroism are being performed by

those whom you will soon hail as brothers. I could tell you of one who, with lungs half hepatized, struggled through night and sleet to be with a patient, and guard her from the dangers that threatened in the hour of her motherhood's adve t.

Some one with a taste for delving in old records may recall the report that Galen refused to accompany the high-souled Emperor, Marcus Aurelius on one of his campaigns, and that he ran away from Rome on account of the plague. These possibly were but disingenuous tales set afloat by those who may have been opposing his election to the Senate of the University of Rome. Possibly, again, he was busy reading the proofs of one of his four or five hundred books and had to complete this work in time for publication before the first of October. Seeing through the press the first edition of that volume in which he proved that the heart is the seat of courage, the brain organ for the secretion of mucus, and that the liver is the seat of love, was surely of more importance than to go off with the army into the country of the Quadi. That Harvey showed the whitefeather or at least demonstrated that his tastes were not like those of our Professor of Ophthalmology in the line of military surgery, is pretty clear.

Against these isolated instances I place the record of all the epidemics, like that at Memphis, in which, while parents deserted their children and husbands their wives, the physicians were true to their trust and faithful unto death. Courage, or what is sometimes called nerve, is a quality often atrophied by disuse. It is largely a matter of the control of the body by the mind and like other qualities it may be increased by training.

Von Graffe was about the most nervous operator in Europe when he began work, but his mind mastered his hand, and he taught the world how the operation of cataract extraction might be most perfectly performed. General Sheridan was honest enough to say that in battle he was "damned afraid." In our own day and generation there are medical men who, in ways that the world cannot appreciate and so cannot honor, have shown bravery unexcelled in any age of the world's history.

The kind of courage most needed by surgeons is what the great Napoleon called "Two-o'clock-in-the-morning courage." Self-poised and unshaken, it meets difficulties and dangers as they arise, and is as far removed from rashness on the one hand as from timidity on the other.

When your time comes to face some of the graver responsibilities of a surgeon's life remember the wise counsel given to the hero Sigurd in the Norse epic—

"Wilt thou do the deed and repent it? Thou had'st better never
been born.
Wilt thou do the deed and exalt it? Then thy fame shall be out-
worn.
Thou shalt do the deed and abide it and sit in thy place on high
And look on to-day and to-morrow as those that never die.

If you are to do justice to yourselves, and justice to the patients for whom you are preparing to care, you must begin at once to guard the health you have, and to develop the physical side of your natures. In the not distant future I hope that the first year men at all our medical colleges will be measured and tested as they now are at Harvard University, that their weak points will be noted and by a regular and systematic course of gymnasium training combined with athletic sports outside, that they will be able to leave college ready to carry into sick rooms all over the land, the inspiration of robust health. The world has little or no use for a sickly doctor. Lord Bacon was all wrong in his opinion that physicians were the better for being occasionally ill with the disease they are called upon to treat. Sickness does tend to turn our thoughts heavenward, but we who are in practice become so familiar with pathological piety, that we have slight respect for it. Besides that, one would need Methuselah's spare time to study in his own person any considerable number of the diseases now clearly differentiated and catalogued. It is quite too often the case that a hard and earnest worker completes his medical course, and concurrently completes the ruin of his digestion, has well developed insomnia, and is ripe soil for the germs of typhoid or phthisis. Exercise has been neglected, meals hurried, coffee, and possibly other stimulants resorted to sleep cut down from the necessary eight hours to but four or five, and his physical well being is compromised perhaps beyond redemption. When a man in this condition enters practice he is pretty apt to become a pronounced medical pessimist. He can see twenty ways in which a patient may die and scarcely a chance at all for recovery. His own inactive liver makes his prognosis a gloomy one, even for slight and self-limited diseases. A simple metastasis of mumps will, for example, mean to him greatly impaired future usefulness, and possibly the extinct on of an ancient line. You remember that Archbishop Whately is responsible for the statement that a sick liver predicts damnation. Perhaps you will here pardon a personal reference and let me remind you that I have been doing missionary work for many years in the cause of that particular form of Christianity called muscular.