

large share of their time riding or walking in the open air under good hygienic conditions, and know how to protect themselves securely against severe weather. Their many hours spent daily out of doors do much more to invigorate them and promote longevity than their occasional exceptional dangers from rough weather or periods of overstrain can counteract, provided always they live in other ways as hygienically as possible.—*Edit. International Med. Magazine.*

Some Things not Learned on the Benches.

Dr. Rockwell (*American Medicine*) gives some shrewd advice on various subjects. The following are pregnant sayings:

The most important thing in therapeutics is a knowledge of what not to do.

The most dangerous member of society is the doctor who never makes a mistake.

In medicine, more truly than in any other field of human activity, "all things are possible." It is well to bear this in mind.

He cannot obtain the highest professional success who only knows medicine.

Find out who "runs" the family, and then you "run" her—this discovery will prove of great value.

Administer medicine personally whenever possible. The dose you give has a higher curative potential than that administered by the patient's friends.

Never prescribe anything until you have perfectly definite and distinct reasons for so doing.

Don't blame your nurses for everything. They have some rights, and are not always conspiring to do your patient harm or put you out of the case.

Expedition in performance is almost as important as accuracy in performance. Do your work with precision and despatch.

Never "give up" a patient.

This last piece of advice deserves to be written in letters of gold. Sir James Paget strongly urged that even in the most hopeless-looking cases of cancer the practitioner should never merely fold his hands in despair. This simply makes medical practice the "meditation on death" which was imputed to some of the old Greek physicians. The doctor should dispute every inch of ground with the enemy, and should take as his rule of conduct an adaptation of an old saying, *Dum spirat spero.*

With regard to this point we may be allowed to relate an instructive story which, though it may have been told before, will bear repetition. A patient had an enlargement of the