

important thing is to get a relish for the good company of the race in a daily intercourse with some of the great minds of all ages. Now, in the spring-time of life, pick your intimates among them, and begin a systematic cultivation of their works. Many of you will need a strong leaven to raise you above the level of the dough in which it will be your lot to labour. Uncongenial surroundings, an ever-present dissonance between the aspirations within and the actualities without, the oppressive discords of human society, the bitter tragedies of life, the *lacrymae rerum*, beside the hidden springs of which we sit in sad despair—all these tend to foster in some natures a cynicism quite foreign to our vocation, and to which this inner education offers the best antidote. Personal contact with men of high purpose and character will help a man to make a start—to have the desire, at least, but in its fulness this culture—for that word best expresses it—has to be wrought out by each one for himself. Start at once a bed-side library and spend the last half hour of the day in communion with the saints of humanity. There are great lessons to be learned from Job and from David, from Isaiah and St. Paul. Taught by Shakespeare you may take your intellectual and moral measure with singular precision. Learn to love Epictetus and Marcus Aurelius. Should you be so fortunate as to be born a Platonist, Jowett will introduce you to the great master through whom alone we can think in certain levels, and whose perpetual modernness startles and delights. Montaigne will teach you moderation in all things, and to be “sealed of his tribe” is a special privilege. We have in the profession only a few great literary heroes of the first rank, the freindship and counsel of two of whom you cannot too earnestly seek. Sir Thomas Browne’s *Religio Medici* should be your pocket companion, while from the Breakfast Table Series of Oliver Wendell Holmes you can glean a philosophy of life peculiarly suited to the needs of a physician. There are at least a dozen or more works which would be helpful in getting that wisdom in life which only comes to those who earnestly seek it.

A conscientious pursuit of Plato’s ideal perfection may teach you the three great lessons of life. You may learn to consume your own smoke. The atmosphere of life is darkened by the murmurings and whimpers of men and women over the non-essentials, the trifles that are inevitably incident to the hurly burly of the day’s routine. Things cannot always go your way. Learn to accept in silence the minor aggravations, cultivate the gift of taciturnity and consume your own smoke with an extra draught of hard work, so that those about you may not be annoyed with the dust and soot of your complaints. More than any other the practitioner of medicine may illustrate the second great lesson, that we are here not to get all we can out of life for ourselves, but