

impaired, and next time the temptation to miss another lecture is less easily resisted. The habit of unpunctuality, like all other bad habits, grows rapidly with indulgence, but is not easily checked: and to a medical man, a character for punctuality is all but essential to his success in life.

“I take it, gentlemen, that you all wish to distinguish yourselves as students; in order to do this you must set apart, methodically, certain portions of the day for study. Four or five hours spent daily in real study (I mean close concentration of the mind on what is before you), in addition to the time occupied in the class-room, in dissecting, and at the hospital, will be as much as is profitable to most men. Mental food, like bodily food, must be digested and assimilated; otherwise it will not become part of the mind, nor will it be available for use.”

The value of a good memory was then insisted on, and this is not so much a natural gift to a few, but can be secured by most if the necessary attention be habitually given to the subject in hand, and if the memory be systematically trained and exercised. The importance of regular note-taking was alluded to as follows:

“I have spoken of attendance upon lectures; you must not only attend, but assiduously take notes. It may not be unnecessary to remind freshmen that the ledges in front of you are for the purpose of resting your note-books. If not informed of this fact, their appearance might lead you to suppose that they were intended to serve as a place whereon gentlemen might exercise their artistic faculties by carving various diverting objects and allusions with their pen-knives. We advise you assiduously to take notes of lectures, but we warn you against depending entirely on your notes in “getting up” a subject. Possess yourselves of at least one text-book on each subject, and follow in it as much as possible the lectures.”

The first year student was advised, if possible, to attend the out-patient department of the Hospital, and familiarize himself with many of the slighter forms of disease there treated. The more advanced students were earnestly exhorted to give all possible time to their practical studies in the Hospital wards,