

Form at once regular and methodical habits. "Custom," said Montaigne, "is a violent and treacherous schoolmistress. She, by little and little, sly and unperceived, slips in the foot of her authority, but, having by this gentle and humble beginning, with the aid of time, fixed and established it, she then unmasks a firm and tyrannical countenance, against which we have no more the courage nor the power so much as to lift up our eyes." How often do we see in every calling of life, men of brilliant attainments and profound learning proving themselves disappointing failures just through the lack of the early formation of habits of system and method. It seems to me as though this were peculiarly the case with those of the medical profession. In the scientific pursuits connected with this profession there is so much that is calculated to excite an absorbing interest that many become engrossed in some hobby which leads them gradually to lose sight entirely of their own material interests, and they wake from their lethargy generally only in time to find their capabilities for usefulness crippled, and themselves obliged by stern necessity to continue to bear the heat and burden of their daily toil when they might have been enjoying that dignified leisure to which well spent years would have rendered them entitled. Do not make this mistake. Set about your work with a determination to do it well. The best antidote to becoming visionary, absent-minded, and neglectful (and even the semblance of neglect you will find, is always reckoned a most heinous offence) is to be from the very commencement unflinchingly systematic and methodical.

Towards your professional brethren, above all things, be charitable. Think no evil—far less express it—and be sure to let your every act towards them be exactly such as you would desire to have reciprocated. Be above any mean or petty action towards a confrere, but rather be ready always to greet with a warm and open right hand of fellowship every honest member of our great fraternity.

You have also to perform duties of the very highest mo-