

weights and measures. Then when your Professor of Physiology tells you that the heart sends out at each systole 188 kilograms of blood, you will not gape and wonder how much that may be, but be able to form an immediate mental picture of its volume.

Another effort of the same character you have to make is with the thermometer. You know a room is comfortable when it is between 65 and 70° F., but if I were to ask you to express that in the Centigrade scale, the pencil would again come out and the formula $5-9\text{ths } (F-32) = C$ is coaxed from some corner of the memory. You should know what the common temperatures you have to deal with are on both scales, so as not to keep one for everyday life and another for the laboratory.

I have spoken of the desirability of being able to call up a vivid mental picture of any weight or measure. You will find that the cultivation of this power of visualisation will be most useful to you in your work. You must be able not only to explain every ridge and tuberosity and foramen in the bones you are studying, but to put it away and be able to conjure up a vivid and accurate picture of the same.

And here comes another hint; if you desire to know whether you have thoroughly studied such a structure the only satisfactory test for yourself is the reproduction of your mental picture of it by your pencil. At first your efforts may be rude, but they will soon be sufficiently accurate, and if you persevere you will have acquired a habit and a method which will impress things on the memory far more easily and far more indelibly than any verbal memorization can do.

These three hints for study, viz., the effort to appropriate the language of science, and to acquire an intimate familiarity with it, also the cultivation of the power of visualization, are all that time permits me to offer you, but they will carry the eager student far in the first stage of his medical career, and will prove of inestimable service to him in its later phases.
