

the *personal life and character of the student*, a matter of fundamental importance in every profession.

A famous writer on the subject of education begins with the demand, *First be a man*, and in this endeavor there are two things to be considered: (1) Principles; (2) Habits.

These act and react on each other. Principles are represented by habits, and habits modify principles; the one cannot live without the other.

(1) As regards principles, they are chiefly moral and religious, these, again, are generally inseparable. Moral principles hardly need to be enumerated or explained. They are such as truthfulness, uprightness, justice, temperance, self denial, kindliness. And religious principles are based upon the recognition of God as ruler and object of worship.

It is said that there is a growing disposition to separate religion from common life, but this is an error and an evil. Seldom does a man sink the convictions and cast off the restraints of religion without suffering moral deterioration.

(2) As regards *habits*, these may be regarded as the outward aspect of character. "Behavior has the qualities of a habit," said Lord Bacon, and these also are of supreme importance; two things demanding attention:

(a) The formation of habits.

(b) The correcting of habits, a thing which is far more possible while we are still young.

Some habits may be considered, and first the use of alcohol. On this subject you will receive instructions from your teachers. It might be assumed that medical men would be sufficiently guarded on this subject by the nature of their studies. But experience has shown that this is not the case. Wise men will use

alcohol with great care and discretion. Almost the same may be said of *tobacco*, the excessive use of which is not only injurious to the health, but hurtful to men in their profession.

Dr. Jay W. Seaver, director of physical culture in Yale University, has made careful experiments in the study of the effects of tobacco, as based on the examination and comparison of thousands of students in a series of years. He speaks positively as to their effects in retarding growth and in affecting health. Moreover, he declares that "the matter is of the highest importance as related, not only to growth but to morals and character." He has found that, while only about five per cent. of the students of highest scholarship in that university use tobacco in any form, more than 60 per cent. of those who get no appointment, as a result of their standing in their studies, are tobacco-users. Certainly these are statements which deserve to be weighed.

Passing to the subject of *general culture*, we remark that medical students and medical men should be not only men of good principles and habits, but also gentlemen, cultivated men, and men of good manners, and then the study of literature may be commended. A professional man who cares for nothing but the mere practice of his profession may as well be a day-laborer or a mechanic.

The knowledge of men in all their relations must be a help to a man in the exercise of his profession, from many points of view, and this knowledge will largely be obtained from literature as well as from intercourse with educated men.

(2) The cultivation of *good manners* must be regarded as of the highest importance. It is sufficient to note