

Our profession which has done so much in the form of preventive medicine, so much for the advancement of the public health in the past, should not stop short, while such important work yet remains to be done.

THE PRACTITIONER'S DUTY TO HIMSELF.

A great deal has been said about the duty of the Physician to his patient. I presume we are all quite familiar with this part of our duty. But there is another phase of the Physician's duty, about which very little has been said. I allude to the duty of the Physician to himself.

The life of the general practitioner is a most arduous one, even the ordinary holidays, and that most beneficent gift to man; viz: The seventh day's rest, are practically denied him.

As a result he is constantly in harness. This coupled with the great anxieties of his profession which so largely consists in dealing with that most uncertain of all things, viz., life, health, and human nature, keeps him almost constantly in an anxious condition. Through time if doing a large amount of work and having ambition and pride in his profession, wishing to excel, it begins to wear upon him, his vitality becomes lowered and he gets to be neurasthenic—being both mentally and physically below par, which seriously lessens his capacity for work and impairing its effectiveness through impatience and irritability. Who is there among us, that cannot recall many times in his professional life, when he has been unequal to the occasion through some mental infirmity? Now, these mental infirmities are largely the result of overwork, along with the perplexities and anxieties with which we are so constantly beset.

Many of the brightest ornaments of our profession die early or are laid aside from work as a result of this terrible strain.

The profession, no doubt, is much overcrowded. The old adage, "There is room at the top," has been overdone. Many good and brilliant men perish in the ascent, and when the top is reached the strain is often too great to retain the position. In order to overcome the effects of this great strain, complete relaxation is necessary, such as is obtained in an occasional holiday, with change of scene. It is also well to cultivate some particular hobby, so long as it does not entail too great a drain upon the pocket.

The perusal of literature other than medical subjects, attendance upon concerts, lectures, the opera are all useful in bringing into use another set of faculties or brain cells which unfortunately are, too often, allowed to lie dormant by the average medical man.

A prolonged rest, however, with change of scene, is, without doubt, the best treatment for the broken-down neurasthenic medical man. Some years ago, I came across an able article upon this subject, wherein the