

a leg badly smashed in a railway accident, or fights out to the finish, never knowing when he is beaten, in a case of typhoid fever.

Learn to love the freedom of the student life, only too quickly to pass away; the absence of the coarser cares of after days, the joy in comradeship, the delight in new work, the happiness in knowing that you are making progress. Once only can you enjoy these pleasures. The seclusion of the student life is not always good for a man, particularly for those of you who will afterwards engage in general practice, since you miss that facility of intercourse upon which often the doctor's success depends. On the other hand sequestration is essential for those of you with high ambitions proportionate to your capacity. It was for such that St. Chrysostom gave his famous counsel, "Depart from the highways and transplant thyself into some enclosed ground, for it is hard for a tree that stands by the wayside to keep its fruit till it be ripe."

Has work no dangers connected with it? What of this bogie of overwork of which we hear so much? There are dangers, but they may readily be avoided with a little care. I can only mention two, one physical, one mental. The very best students are often not the strongest. Ill-health, the bridle of Theages, as Plato called it in the case of one of his friends whose mind had thriven at the expense of his body, may have been the diverting influence towards books or the profession. Among the good men who have studied with me there stand out in my remembrance many a young Lycidas, "dead ere his prime," sacrificed to carelessness in habits of living and neglect of ordinary sanitary laws. Medical students are much exposed to infection of all sorts, to combat which the body must be kept in first class condition. Grossteste, the great Bishop of Lincoln, remarked that there were three things necessary for temporal salvation—food, sleep and a cheerful disposition. Add to these suitable exercise and you have the means by which good health may be maintained. Not that health is to be a matter of perpetual solicitation but habits which favour the *corpus sanum* foster the *mens sana*, in which the joy of living and the joy of working are blended in one harmony. Let me read you a quotation from old Burton, the great authority on *morbi eruditorum*. There are "many reasons why students dote more often than others. The first is their negligence; other men look to their tools, a painter will wash his pencils, a smith will look to his hammer, anvil, forge; a husbandman will mend his plough-irons, and grind his hatchet, if it be dull; a falconer or huntsman will have an especial care of his hawks, hounds, horses, dogs, &c.; a musician will string and unstring his lute, &c.; only scholars neglect that instrument, their brain and spirits (I mean) which they daily use."*

* Quotation mainly from Marsilius Ficinus.