



DR. LIVINGSTON HINCKLEY,
Medical Examiner Sun Life of Canada,
Newark, N. J.

Dr. Hinckley, the Company's examiner at Newark, New Jersey, graduated from Bellevue Medical College, New York, in 1878. Shortly after graduating he was appointed Junior Assistant Physician of the Blackwell's Island Lunatic Asylum. He showed so much proficiency that in the course of one and a half years, after a series of promotions, he was appointed Assistant Superintendent. He was afterwards connected with several other institutions of a similar character, each successive change being in accord with the progress made by Dr. Hinckley in his chosen specialty, until in the year 1883 he was appointed Superintendent of the Essex County (N. J.) Hospital for the Insane, which position he held for over sixteen years, resigning a short time ago to devote himself to the practice of his profession in the city of Newark. Dr. Hinckley is a member, and was President in 1898,

of the Newark Medical and Surgical Society. He is also prominent in other medical and social organizations in the city of Newark.



Rise Above It.

Whatsoever ill befall
Learn to rise above it all;
Hear the voice of duty call;
Join your comrades in the strife.
Though the shaft of sorrow's dart
Rankles in your bleeding heart
Hide your grief, and do your part,
This is life.

Why become a slave of chance?
Why be crushed by circumstance?
Rise above it, and advance
Over all adversity.
You're a king, and can create
For yourself your own estate;
You are master of your fate;
You are free.

All of this is ancient lore,
Often has been said before,
But I'd tell it o'er and o'er,
Sing it to the heart of youth
Howsoever long 'tis told;
'Tis a lesson never old,
For it bears a thread of gold—
It is truth.

Rise above the petty things
That would bind your spirit wings;
Hear the inner voice that sings
Songs of beauty all the while.
Drive the demon of Despair
From your heart; and, free and fair,
Meet the broods of grief and care
With a smile.

—Selected.



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