

upon which so many of them came to grief, I can clearly see what was not before apparent. It is now possible to recognize the truth; many of these ships were badly ballasted—some without ballast at all and lacked the pilotage of ideals and inspiration, pilots so necessary to steer them clear of dangers ahead.

It is true, too, that during youth, when habits and tastes are easily formed, yokes are cheerfully, almost wantonly assumed, which eventually sink the wearers so deep in the mire that they are obscured and forgotten—what a pity—how unnecessary.

It is marvellous how the apparently trivial things in life often provoke the most tragic and terrific results.

There is not time to point out more than a few ideals I would have you set up—and strive for.

Your labor has been severe, the plodding toilsome, the time for recreation brief, and perhaps it has been a grim fight to win the money necessary to put you through your course. Now that you think you are free, the reaction is almost inevitable, and in the swing of the pendulum you may be carried too far and believe that your hard work is done. Do not deceive yourselves, for while it is true that you are emancipated from one kind of labour, there is stern business ahead. You are now to assume responsibilities and worries that may c'erwhelm you if you are not prepared to accept them manfully and tactfully. See that you make the best of your lives.

What mental wear and tear mean I think my experience entitles me to judge.

The history of the average Queen's University graduate is, that he makes a good citizen, a successful and canny practitioner, in whom common sense is the strong point.

The University has counted for something in this result—heredity, perhaps even more, because the boys in this institution are largely drawn from the sanest and hardest headed elements in the community. The point I wish to make is this: What are the defects, if any?

Of the average medical graduate leaving our Canadian universities, and I use the word universities because I feel certain the criticism to be made applies to all—wherein does the physician fall below the standard we would raise?