

early years of practice you will have ample time at your disposal, do not let the opportunity thus afforded for study and experiment pass by unimproved. Provide yourself with a good microscope and endeavor to become familiar with the various morbid conditions of the body, as revealed by it, which will aid you greatly in diagnosis. You should during this period also perfect yourselves in the application of the various chemical tests employed in clinical diagnosis and in the use of the various instruments and medical appliances whose value depends on experience in their use. Besides a good selection of standard works, several representative medical journals should be subscribed for and regularly read.

The habit of recording the progress of your cases should be cultivated. If you have not already become familiar with the French and German languages, this acquirement is recommended; in the latter especially appears much of the best original medical literature, and a visit to those great centres of thought will be comparatively barren in results if the language is not understood.

To those of you having the opportunity a few months spent at the hospitals in London or the great medical centres on the European continent previous to beginning practice will be of great advantage.

In your intercourse with your patients you will find it almost as necessary to study human nature as exemplified in their cases, as their maladies, and your success will often depend as much upon the tact displayed in maintaining a frame of mind favorable to recovery as upon a skilful application of medical treatment proper. Cultivate a cheerful temperament in your association with the afflicted, so that your presence in the sick room will be as welcome as the sunshine and flowers of spring, and magnetic rays of healing will from your beneficent influence reanimate the languid sufferer. Patience and forbearance you must continually exercise,

Seek to be friendly with your *confreres* and shun any dishonorable means towards gaining an advantage over them, or supplanting those who have been in the field before you; be satisfied only with success which results from true merit, and although ample and detailed guidance is laid down in the published schemes of medical etiquette for the regulation of conduct between members of the profession, that great maxim which has come down to us through the ages, "do unto others as you would that they should do unto you," if acted upon will prove an unerring guide.

While it is your duty to be a thoroughly informed physician and abreast of the times in regard to every agent which will assuage the suffering of the afflicted, you should be found supporting all those modern reforms which aim at the prevention of disease and the amelioration of the social, moral, and physical conditions of the race; what sorrow and suffering are caused by intemperance, immorality, errors of alimentation and dress, improper hygienic surroundings and other transgressions of nature's laws, the result of ignorance? And our lady graduates whether they devote themselves entirely to professional duties or become absorbed in some matrimonial alliance, what an influence for good they can exert through a diffusion of the knowledge they possess in the direction of improving the physical condition of their own sex? The vigour of a nation is dependent on the physical perfection of its women; disseminate widely and constantly a knowledge of the pernicious influence of insufficient open air exercise, too long hours in unventilated school rooms, exhausting the vital forces by over-mental work at a period of girlhood when they are needed mostly for physical development; the prejudicial effects of the high heel, and corset, and in combating in many other ways the various influences which have been at work deteriorating and stunting the physical development of the female sex,