

1. That the rapid acquirement of a large and lucrative practice is often a great misfortune. It subjects the physician to the enmity of his older colleagues, often with and often without reason. It imposes burdens under which many fall, and it robs him of a happy and useful old age.

2. In the case of those who are ambitious to acquire professional favor for scientific work, the lesson is to avoid overwork. One ought not to try to become a noted physician and a rich man at the same time. It is a rare thing for a physician to amass a fortune, too rare to make it worth one's while to attempt it. A very important lesson is to notice the first admonition of a general breakdown, and to act upon the warning given. One of the best remedies is a prolonged holiday. This serves the purpose of giving the mind a complete rest. A long holiday is but of temporary benefit; the work must be cut down at home. Eight hours' sound sleep must be had at any cost. If the rest is broken by night calls it must be made up in the morning. Some part of each day should be devoted to recreation. These are difficult rules to follow out in practice, but they are quite possible when a determined stand is taken. Those who habitually overwork must remember that they are thus defeating the very object of their ambition. In the medical profession the best work should be done between forty-five and fifty-five. The late Dr. Flint did not issue his celebrated work on "Practice of Medicine" until he was over fifty. We know from observation that medical men in health are at their best during those years. This being the case, it should be the aim of an ambitious physician, above all things, to maintain his health and vigour, until he can reap the fruit of his earlier labor. The most satisfactory, the most lasting, and the best work is done by those who are careful not to overtax themselves, but who so arrange their business as to take that recreation which the body so much needs.

I would not close this address without referring to the opposite condition: the spirit of apathy and inactivity which blights many physicians' lives. It is far better to live an active life of usefulness, even if one should be the sooner cut off, than to pass through this world as a miserable drone, of little use either to the family or community.

Our active professional and business men, those who shape our destinies as a nation, frequently

exhibit one trait of character which might almost be considered a failing, viz., the expectation of immediate results from their labor. This is particularly noticeable in our western provinces and territories. We work hard, and if in a few years the reward of our toil is not within our grasp we chafe under the disappointment, become discontented, and determine either to change the political character of our country, or remove to lands where fortunes are said to be more rapidly made. We have a vast territory, but one in which the material obstacles to rapid advance are great. These very difficulties ought to develop in us qualities of patient endurance and steady perseverance—qualities which will ultimately make this Canada of ours one of the greatest nations of the world.

Let us as physicians, not under the influence of haste and worry, but steadily and perseveringly, work in building up our own profession, so that in all matters which pertain to excellence we may be equal to that of the foremost nations.

NOTES OF THREE CASES OF PUERPERAL ECLAMPSIA.

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The three following cases of eclampsia may be of some interest, illustrating, as they do, the occurrence of convulsions in the gravid, parturient and puerperal states, and ending in recovery.

CASE I. On the 7th September, 1885, I was called to Mrs. A., primipara, in the seventh month of pregnancy. She had been taken ill on the previous evening, but my services not being available she had been attended by another. During the night, and up to 10 a.m., had severe convulsive seizures, the later ones being very severe. She was unconscious, face swollen and distorted, feet œdematous; had previously complained of headache and swelling of extremities; had passed no urine since previous day, and a small quantity withdrawn was loaded with albumen; pulse full and quick. On vaginal examination the head was felt at the brim, no pains or dilatation. A hypodermic of morphine, $\frac{1}{2}$ gr., was given at once, and two minims croton oil placed on the tongue. At 4 p.m., had no return of convulsions, and was somewhat more conscious; ordered a purgative enema, as bowels had not