

## THE RIDEAU AND BATHURST MEDICAL ASSOCIATION SEMI-ANNUAL MEETING.

The semi-annual meeting of the Rideau and Bathurst Medical Society was held in the City Council Chamber, Ottawa. There were present—Drs. Grant, Whiteford, Carmichael, McDougall, Malloch, Higgins, Lynn, Sproule, M.P., Munroe, of Lanark; Kellogg, of Perth; Baird, of Pakenham; Cranston, of Arnprior; Bentley, Sweetland, Horsey, Hill, Wright, Rogers, McRae, Powell, and Shaw.

The chair was taken at 3 o'clock by Dr. Grant. The minutes of the last meeting were read and approved.

### THE SECRETARY'S RESIGNATION.

Dr. Lynn placed his resignation before the meeting, on account of his intended removal from the district.

Dr. Whiteford was appointed secretary.

### NOTICE OF MOTION.

Dr. Malloch gave notice of his intention to move that the semi-annual meetings of the Bathurst and Rideau Medical Association be held at Ottawa, in accordance with the by-laws, on the first Thursday in March, instead of the first Monday.

### RESOLUTION OF REGRET.

Dr. Hill moved, seconded by Dr. Sweetland, that the resignation of Dr. Lynn, the Secretary, be received, and that this Association desires to record their sense of obligation to Dr. Lynn for his attention to the duties of that office; also, that this Association much regrets that impaired health necessitates the removal of Dr. Lynn from Ottawa, where he has earned and won the esteem and confidence of his medical *confreres*.

The motion was unanimously carried.

The treasurer, Dr. Hill, presented his annual report, showing a balance on hand of \$10.35.

### THE PRESIDENT'S ADDRESS.

The president, Dr. Grant, apologized for diverging from his usual custom of writing an annual address, which, from press of time, he was unable to do. However, before taking his seat, he would make a few observations on a subject which he felt satisfied was of great interest to the profession, inasmuch as it was intimately connected with the welfare of the community at large, viz.: "The Brain, in an educational point of view." This subject is to-day attracting the attention of many of the leading scientists of Great Britain and Canada, and the United States as well. Among the

foremost of these are Dr. Richardson, of London, Professor Huxley, and Dr. Clark, superintendent of the asylum at Toronto. There are those who still maintain superiority of physical over mental culture; however, the tendency to a purely physical training is rather on the decline, and the degree of admonition once bestowed on men of great strength is not valued so highly as it was formerly. Mental and physical culture must go hand in hand. The one was necessary for the thorough and practical development of the other. The greatest evidences of physical culture and intellectual development, never deranging the balance or impairing the symmetry of the whole, was probably more keenly appreciated and exhibited in ancient Greece and Rome than any other portion of the known world. Now-a-days the educational idea has undergone a considerable change, and the strain after knowledge, in the shape of a skeleton of distinction, it is to be hoped, will become a matter of the past. The ventilation now being given to this subject is exposing very justly the intemperance in study, the term, the expressive term of Dr. Tuke, of Edinburgh, in his able paper to the British Medical Association. Education in childhood is a subject of vital importance. Children's brains are often taxed long before they have either learned how to walk or how to play. Play is looked upon rather as a reward than as a source of encouragement to study. Thus we have conflicting interests between physical growth and mental food. The building of a brain is to-day a great social problem, and those in charge of educational instruction will require to observe closely its solution. The brain, itself the seat of the intellect, is generally supposed to control the whole physical organization. To be healthy in its action and vigorous it must have distributed to it strong and nourishing blood. Each thought, each intellectual effort, is attended by the evolution of mere power, and that mere power is fed and sustained by a circulating medium, blood, which passes through it. To maintain the balance, a healthy system, with all the organs performing their functions rapidly, is absolutely necessary. The brain performs no small part in the ordinary digestion of food, and that food again to give brain power requires not to be interfered with in the overstraining of mere energy. How many girls and boys of the present day could undergo such a tax as was placed in the system of John Stewart Mill, from three to sixteen? It is unphysiological, and attended with great danger, to promote hot-house mental culture, by excessive application to books before the very tissue of the brain is strong enough to carry along, successfully, impressions made upon it. Who