

well worthy of attention. It can never be too much impressed upon us that man is apt to become a creature of habit—apt to degenerate into a mere machine, moving without any regard to varying circumstances. While warned against the formation of habits which we have no desire should control us, we are encouraged to promote in ourselves and others such habits as we will never be ashamed of, satisfied that soon they will be no burden to us, but profitable and pleasant, such as habits of careful observation, habits of doing what is right and honourable—believing firmly that the purest treasure mortal times afford is spotless reputation; that away, men are but gilded loam or painted clay—habits of punctuality, attention to business, promptitude, not leaving undone till to-morrow what should be done to-day. Procrastination is the thief of time—"Collar him," Dickens makes one of his characters say. Both mind and body are greatly influenced by the nature of the habits formed in early life. It must needs be that the mind and body of man act reciprocally on each other, that effects upon each of a varied and extraordinary kind may oftentimes be unexpectedly produced. While a twinge of the toothache may bring a philosopher to the level of a washerwoman, on the other hand the mind elevated by hope and faith has sustained the bodies of martyrs under the severest agonies, and even for a season kept the King of Terrors at bay. Who has better opportunities than the Physician of studying this relationship between the mental and corporeal parts of our frames?

The varying cares and troubles that every period of life from youth to old age, the anxieties of worldly business, domestic cares and a host of minor sorrows and chagrins that dog the steps of man, tending to disarrange the functions of life, come daily under the notice of the Physician. It has been well said, as the hardest rock may either be rent in pieces by the explosion of the ignited mine or be gradually worn away by the ceaseless dropping of water, so may the strongest frame either be shattered by the whirlwind of passion or decay under the slow operation of incessant disquietude. You have to-day promised solemnly not to divulge except in case of grave necessity any secrets you may learn professional-