

"tance with the views and knowledge of epochs already submerged in
 "the shoreless ocean of time, frees the mind from the fetters and
 "currents of the day, with its often repressive restraint, widens the
 "horizon for a glance into the past, and an insight into the present
 "of human activity, deepens the view for a comprehension of the
 "ideas which guided the earlier and the more recent physicians, and
 "gives, on the other hand, to our daily professional labour a higher
 "consecration, by inserting it as a most useful and necessary link in
 "the chain of development of past and future humanity. The signifi-
 "cance of the work of the individual, and his true value and true
 "position with regard to all humanity, are first revealed to us clearly
 "in and through history." (Translation by H. E. Handerson.)

The tasks that are to be performed require, as I have said, the exercise of the best intellectual powers. What are the factors which may make you good students? I cannot do better than to quote somewhat *in extenso* from a masterly address, delivered some time ago to the medical students of the University of Minnesota, by one who is well-known to most of you—at least by name: ¹

"In the first place acquire early the *Art of Detachment*, by which
 "I mean the faculty of isolating yourselves from the pursuits and
 "pleasures incident to youth. By nature man is the incarnation of
 "idleness, which quality alone, amid the ruined remnants of Edenic
 "characters, remains in all its primitive intensity. Occasionally we
 "do find an individual who takes to toil as others to pleasure, but the
 "majority of us have to wrestle hard with the original Adam, and
 "find it no easy matter to scorn delights and live laborious days. Of
 "special importance is this gift to those of you who reside for the
 "first time in a large city, the many attractions of which offer a
 "serious obstacle to its acquisition. The discipline necessary to secure
 "this art brings in its train habits of self-control and forms a valuable
 "introduction to the sterner duties of life . . . Ask of any
 "active business man or a leader in a profession the secret which
 "enables him to accomplish much work, and he will reply in one word,
 "*system*; or as I shall term it the *Virtue of Method*, the harness with-
 "out which only the horses of genius travel. There are two aspects
 "of this subject; the first relates to the orderly arrangement of your
 "work, which is to some extent enforced by the roster of demonstra-
 "tions and lectures, but this you would do well to supplement in
 "private by a schedule in which each hour finds its allotted duty.
 "Thus faithfully followed day by day system may become at last
 "engrained in the most shiftless nature, and at the end of a semester

¹ Teacher and Student. By Wm. Osler, M.D., &c., &c.