

" 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 exer-
 cise of the best intellectual powers. What are the factors which may
 make you good students? I cannot do better than to quote some-
 what *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 valu-
 " able 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.