The Citizen-Doctor.

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Professor of Otology in Harvard Medical School.

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There is no country, no assemblage of people, and no form of government in and under which a man can more fully follow the dictates of his own conscience, more adequately pursue an honest purpose and more confidently expect the fruition of worthy hopes, than in these United States of America, and nowhere does citizenship mean more, both in its privileges and its obligations, than under a government of the people, by the people and for the people.

With this solemn thought the man who has maturely come to an appreciation of his opportunities finds himself inevitably face to face with the question, what can I do to serve? and since each man's duty as a citizen lies foremost in the walk of life which he has chosen, or which has come to him, I have taken the Citizen-Doctor as the subject of our talk to-day.

"First, man; second, citizen; and then doctor, is the right order," says Edward Emerson, but, with the broadening of our medical education, with the increasing demand for that ounce of prevention which is worth a pound of cure, a demand born of the increase in popular intelligence, the man who is a doctor finds the bounds within which he may express his citizenship enlarging, and that there is before him an ever widening place in the life and interests of the community; a place which it behooves him to be, first, a true man, second, a worthy doctor and wholly an earnest and grateful citizen to adequately fill.

It is safe to say that no man enters upon, or continues in, the study of medicine from selfish and mercenary motives

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alone; indeed such motives are entirely incompatible with persistence in the study, or success in the practice of, this profession.

As an incentive to the study of medicine there is more required than the thirst for knowledge or the zeal for scientific investigation.

The purpose of a life which leads a man to battle with his instinctive dreads, to fight his normal repugnance, and to prosecute one of the hardest courses of education, lies far deeper than any merely intellectual gratification, since it finds its roots in the thought of that benefit to humanity which makes the crowning impulse to a useful life.

Nor should it be forgotten that the study of our human kind, so necessary as a foundation for the actual practice of medicine, contains within it a personal appeal to all that we like to know and regard as highest in ourselves; and that this, as an additional incentive, looking always to broader and broader possibilities, is one of the lights which throws all that might be otherwise instinctively deterring and abhorent in the study of medicine, into the deeper shadow in which it is forgotten.

There is probably no one of this graduating class who does not recall, as the two primal incentives which led him, as a a schoolboy, or as an undergraduate, to decide upon this as his life career; first, a desire to know more of the life we live, second, the appreciation that life itself implies a debt which must be paid in usefulness in living—a desire for knowledge, the possession of which is honor—a desire for the means of using that knowledge beneficially, which is service, honor in the one line, and service, the rendering of self to the needs of other selves, in the other; honor and service the two parallel lines, between which move quietly and steadfastly, if they are lived at their best, the purposes of the medical profession.

The course which you have thus far pursued under wise and able teachers, while it has afforded you the means with which you are soon to begin, and has laid the foundation for, that further acquisition of knowledge with which you are to continue your life work, has failed of its fullest purpose unless you have individually learned the lesson of its nobility, and that you enter upon this career less for what you can get out of it for yourselves than for what you can put into it for others.

The very beginning of our medical studies is an acquaintance with the structure of the body, that beautiful dwelling of which we are tenants at the will of its Creator, a study which awakens at first wonder and admiration, and then, almost

unconsciously, reverence, and leads inevitably to that appreciation of the moral value and moral use of the human body, which remains, and not only remains but grows in the life of every true physician; so that through wonder, admiration and reverence, he comes to an understanding of the privileges of his knowledge, and to the consciousness of the debt which he owes for it, and which it is his further privilege to pay in service to his fellow men.

If the study of anatomy calls forth our admiration and reverence, the study of physiology takes us a step further forward in the knowledge of the wonderful adaptation of means to ends, of the manner in which the different organs of the body do their work and supplement each other, and of that beautiful provision for their maintenance and repair which bears added evidence of a definite plan in design.

The study of the body in disease still further convinces us of the power which underlies these processes of repair, and of the fact that the dominating principle in the creation of the human machine looks to its persistence to useful ends. The part which becomes dead through disuse or abuse becomes a slough, is separated, thrown off, and replaced by newer tissues. The body which is not duly exercised, the mind which is not continually trained, soon lose their power, and their effective day is done; the moral purpose which is not kept taut in the straight line of its greatest effectiveness and greatest activity, comes to be a devious entanglement which bars the way to further progress.

The training as undergraduates in medicine teaches us that lesson of activity, which is a necessity to success in the acquisition of further information, and, in its practical application, the value of that wholesomeness in ourselves which is absolutely necessary, since it must represent the standard for measurement, to a just estimate of unwholesome conditions in others; it teaches us the importance of self abnegation, because in all research called scientific, since science is the search after truth, the personal equation is always the questionable, and often the disturbing factor.

Many years ago in experimenting on molecular movement in solids my father subjected a slab of feldspar to a continued heat of 2400° F. for many days. When put into the crucible, the feldspar was opaque and grayish in color, because of the admixture of minute particles of metallic iron. At the end of the appointed heating time the furnace was allowed to cool, and the feldspar was found to be clear, glistening and transparent,

with the metallic iron in a compact vein upon one of its smaller surfaces. The lesson is not far to seek.

There is probably no line of study, other than the one you have chosen and pursued, which makes such absolute demand upon a man for the rendition of himself. The eyes which look into those of the physician, be the patient man, woman or little child, challenge him always with the question, what manner of man is this who has come to me in my need?

The sick person is always, in some measure, helpless and in need of help; to him the physician must be able to bring, first of all, the truth, that which he knows, or else the statement that he does not know; and, as he goes on in his practice he will find himself able more clearly to define his knowledge, and more willing to confess his ignorance; it is only the little man whose horizon stretches no further than the tips of his own fingers who is afraid to make this admission.

And furthermore, the man in whom the weak trust, to whom the sinking look for help, and the sorrowful for such mede of consolation as the truth can bring, must, in the continued fire of an earnest and reverent purpose, burn out of himself and set aside the dross and learn to keep himself clear for the passage of that light which it is his great privilege to transmit.

For in no work in life is the relation with the individual and the community so close; to no one is given so fully as to the physician the opportunity to study human motives and human needs, to guide the one, and to minister to the other; *cognosce occasionem* might well be one of the mottoes of the medical profession, and to know his opportunities, to minister to the body, and to the life within it, the physician needs to look first of all well to himself, to be sure not only of his knowledge, but of the purpose to which he is to use it, and of *that* his conviction must be honest, steadfast and sincere.

In the old days of coming of age the young Lord of the Manor was presented to his people amidst joyous festivities, a part of which included an enumeration of his various newly acquired titles, holdings and estates. Upon this threshold of your home, *you* stand to-day and look forth upon that of which you have come into possession. It is a noble heritage. No line of human work has been more directly inspired, none has found its votaries more eager, more willing to sacrifice themselves, counting their individual life of little value, so that it helped others to live more abundantly; recking very little of credit, so that the work were done well.

How this is being done is shown by the steady advance in our knowledge of the nature and of the remedy for disease, and still more important, our knowledge of that branch of our profession to which we give the name Preventive Medicine, and which finds its foundation in the knowledge of healthy living; an advance, it may seem startling, but is nevertheless safe to say, which is paralleled within a given period of later years, by no other line of scientific investigation.

In 1876, those of us who saw the International Exhibition in Philadelphia, said, to ourselves, the discoveries in science and in the adaptation of scientific knowledge to human uses has been such during the last twenty-five years, as illustrated here, as to make it impossible, apparently, that the next quarter century should show a similar advance; and at that very time there was, in an out of the way part of the electrical exhibit, a little instrument, which came very near being passed over as a toy, but which held in it the germ out of which should grow enormous activities in a new field of investigation. In 1878, in an address before the British Society of Telegraph Engineers in London, I ventured the prediction that the gain to science during the next twenty-five years from the invention of the so-called toy, the telephone, would far outweigh in value the commercial advantages to be derived from the use of that instrument; and now, notwithstanding all time saving, all the contributions to our comfort and convenience, and with the long distance telephone service bringing more than 32,000,000 of people on this continent within speaking distance of each other, I believe the prophecy to have been fulfilled.

Go back with me for a moment, over a period of a little more than thirty years in medicine, and make your own contrasts between the then and the now. The eye with which we see the infinitely little was just coming into practical use in medicine, and I very well remember the pride of Dr. Holmes in his first microscope, which he had arranged upon a wooden base with a handle to it, so that it could easily be put into, and taken out of its box, without touching the instrument, an ingenious arrangement which gave some of the colleagues of the Professor of Anatomy an opportunity to deride it as Dr. Holmes' flatiron, with which he proposed to smooth the way in the more intimate study of his beloved subject.

At that time also the opportunities accorded the student for the practice of midwifery and the study of diseases of women were so meagre in most schools in this country that it was necessary to seek the clinics of London, Edinburgh, Paris and

Vienna to secure an adequate equipment in this important branch.

The surgery, too, was very much the surgery of old; pus dressings were not uncommon, healing by first intention was something to be unusually grateful for, and suppurative wounds the rule; dropsy was frequently enumerated as a disease, and the surgical invasion of the abdominal and cranial cavities was, except under certain limited conditions, regarded as unadvisable, if not unjustifiable.

The one definite specialty in medical practice was ophthamology; comparatively little was known of diseases of the ear, and autopsies showed many cases of abscess of the brain, with which the suppurative disease of the ear was supposed to be merely coincident, or was not regarded at all. Our hospitals were equipped according to the fashion of a day in which asepsis was unknown, and in the operating room the knives were taken from a plush-lined case when required, and often the surgeon tested the edge of a catlin on his thumb. The nursing of the patients was entrusted to men and women who were supposed to have a natural aptitude for this service; they were expected to learn from their own observation, and I have vivid recollections of the experiences as a house officer in the first year of the Boston City Hospital in 1864, when such conditions as those to which I have alluded pertained. The patients got well, most of them; the progress toward health in the surgical, as well as in the medical wards, being often slow and tedious; and the five house officers who had that year of duty came out of it with an abounding admiration for the *vis medicatrix naturæ*, as the three of them who are still living persistently attest.

It would be very difficult for you, unless you could complete this mental picture, to appreciate what this thirty years of heritage has given you. The elaborate preparation which has been accorded you, puts you at graduation on a par with, and in some respects, in advance of, the best living practitioner of to-day in all but one thing, his practical experience, that superimposed series of observations of individual cases which gives him a composite as his standard for comparison and enables him to draw with speed conclusions which you can at present accomplish only at leisure.

In passing from the medical department of Yale University, you are only entering another school, one in which the studies do not slacken, in which the effort must be in no whit diminished, and in which the examinations come every day in the

year. They are examinations which you yourselves must proctor and adjudge, and which make, therefore, upon you the demand for that character, the sustaining of which is an absolute necessity to your progress in your profession.

The school which you enter is that of the applied art, and there are certain rules which you can with advantage adopt in this your new curriculum. One is, to so regulate your thought-life as to keep yourselves steady to the end you have in view, that best end of usefulness. You cannot help others to find the truth unless you seek it within yourselves. You cannot transmit that light which falls upon you, because of your education, in such abundance, if you let any film of self-consideration obstruct its rays. To this end also you must be firm and rigorous with yourselves, though your knowledge of those physical causes which sometimes underlie moral delinquencies may make you lenient to others.

You must work strenuously and incessantly. The very catalogue alone of what has been accomplished in medicine in the last thirty years, shows you upon what sort of a race you have entered.

You cannot prosper unless you transmit. You must give as well as receive, in order to keep your own mental currents healthy.

You have no right to this heritage of the past unless you contribute something to it for the future, and while the physician's absolute first duty is to his individual patient, he must be a student who teaches as well as a practitioner.

"Then is it not also true," said Plato, "that no physician considers or enjoins what is for the physician's interest, but that all seek the good of their patients, for we have agreed that a physician, so called, is a ruler of bodies and not a maker of money," or, as Dr. Holmes has pithily put it in one of the watch-words which he has given to the profession, "the principal object of the practice of medicine is the benefit of the patient." Truly this, and to fulfil it we must in no way stagnate ourselves, we must keep pace with the advances of our times, and must add our contributions to the mass of information as well as our stimulus, through example, to other workers.

The man who, when he graduates, says, "I have worked hard for four years or more, now I will settle down and wait for practice," waits.

The waiting is apt to be the creation of that abhorrent thing, a vacuum. Do not wait—work. Above all things, if you can, get into, or into connection with, a hospital.

When asked what desirable thing the Faculty of the Harvard Medical School could accord the students, one of them replied, "What we want more than anything else is to touch a patient."

How much of thought lies behind that earnestly expressed desire. How much we need to stand face to face with our medical problems, and how little, comparatively, the books and the lectures alone can teach us, is shown by the change which has come over medical instruction in the last few years. The didactic instruction has steadily diminished, and the laboratory and clinical instruction have steadily grown.

In the older time, when the medical school instruction consisted of two or more courses of lectures, extending over a few months in the year, it was understood that the remainder of the time should be spent in the office of, or riding about with, an active general practitioner. The clinical instruction was thus provided.

With the growth of scientific investigation, the incoming of laboratory instruction, and the consequent enlargement of the medical school work, this form of clinical teaching fell into the background, and it became necessary to substitute the material of the hospital, and, while this is an efficient and more abundant substitute, it still leaves to be desired that experience with the individual patient in his own surroundings, which can be acquired only in active practice.

The hospital, as at present constituted, with its well organized medical staff and its trained nurses, affords not only an admirable field for the consecutive study of disease, but it inculcates habits of order, of precision, of accuracy in observation and of record, which are exceedingly important to the young man going out to make his own place in the community, and I would suggest, therefore, to each one of you, as a part of your graduate schooling, some share in hospital or district work, the advantage of the latter especially being that you come to a knowledge of ways of living in the midst of the material realities of life, which will tend to enlarge your horizon, as well as your understanding, as no other experience can.

Remember also that it is our part to meet moral as well as material problems. The graduate of the Divinity School goes out to his life duty, wearing a cloth which marks him as one set apart to the good work of the world. His garment is to him a protection, since he stands thus avowed; he is one of a regular caste, but this very robe is sometimes a barrier between him and the people he would reach.

The doctor bears no such mark, his vow is a Hippocratic oath; his brotherhood with his fellows, none the less real, is not so evident. His protection lies in his unproclaimed fight for his own integrity, and as an individual among men, he often gets nearer to the inner man of his neighbor than does the clergyman.

It behooves him, therefore, so far as in him lies, to find the truth and speak it. His intimate knowledge of human weakness and human motive, as well as of the basal rules of health, his knowledge of the thus far and no further as set forth in Nature's laws, in the light of his daily experience, make it incumbent upon him to live himself as an example, in order that he may speak and not be ashamed; and in order that this influence of his profession should be conserved and made to grow, he must live for that standard, die for it if need be, in order that his brethren, too, may be held worthy of their ministry.

English is a beautifully fine and honest mother tongue, too honest, with its short, crisp, forcible syllables, to be lightly used, and the doctor who has to study the inherited and acquired weaknesses of mankind, to search their follies to the dregs, who knows too much to despise, and who must learn, therefore, both to pity and to teach, has need to speak firmly and plainly; but to earn the right to this, he must first himself be strong.

Take, therefore, as greeting for your future, this four-square rule in your life of service—1, clean living; 2, just thinking; 3, hard work; and lastly, carefully weighed, straightly dealt, when there is need of it, as need must sometimes be, both within the profession and without it—English from the shoulder.

The festivities of the coming of age are over, and the young Lord of the Manor, entering upon his possessions, if he be wise and not wasteful, if he regard his life for what he can put into it, and not for what he can get out of it, turns himself to the question of the responsibilities of his inheritance.

You have each one of you to decide upon the course you are to pursue, guided thereto by natural aptitudes and inclinations, or by fixed and determined purpose. One man goes back into the country to help an older practitioner, whose still undimmed enthusiasm is weighted down by age; another proposes settling in general practice in the city; still another has it in mind to study the diseases of some special organ, and to devote himself to the limited field of practice which therewith accords; still another, whose substitute for the wholesome necessities of bread winning is an ardent studiousness, will devote himself

to laboratory research, and through his investigations make the practical work of his colleagues easier and more fruitful. To each one of you there is given, out of a life experience in the medical profession, this advice; make that which you have chosen your first consideration, your sole line of expenditure of effort, except in so far as you bring other things to bear upon and to contribute to it. Be the doctor first and foremost or be the doctor not at all.

You will have many temptations into other paths of usefulness; the luxury of intellectual exercise in other lines will tempt you, but aside from such occupation as is necessary for relaxation, put aside diverting things. Privilege and responsibility go together.

It is so great a privilege to be a doctor, that the man who holds that title truly, owes every thing that he can give to it, and he may be called upon to give much.

To the man who is to settle in the country, let me say, first, if you can, get a hospital appointment, if you have not already had one, and learn at first hand not only the meeting of those emergencies with which you must single-handed deal, but that other lesson, the study of the patient as well as of the disease, and when you go to your country practice, keep in touch with your profession through your local or state societies, and read as broadly as you can.

To the man who is to settle in the city, likewise, get, if possible, a hospital appointment, attend the medical meetings, in which you will often get much more from the discussion than from the papers read, learn to measure thereby your own habit of thought with that of your professional brethren; do not wait, but work; depend, so far as you can, in justice to your patient, upon your own skill and judgment, as you would be obliged to do if you were a practitioner in a more sparsely settled district, rather than yield to the easy temptation of placing the responsibility upon your neighbor next door.

To the specialist, I would say, remember always that, as a rule, the man who succeeds best as a specialist, is the man who would have succeeded as a general practitioner. You have had the privilege of special opportunities for study; you must show yourself worthy of them, not only by applying them, but by taking every opportunity which comes to you of distributing your added knowledge among the members of the general profession.

To the man in the laboratory, I would say, do not let your devotion to your particular subject lead you to forget that you

are a member of that broad profession which brings all its power to center upon one object—the individual man, and upon one purpose—his betterment.

And to all I would say, as you go on in your study and practice, one sense will grow upon you, or you yourselves will cease to grow, and that is, a sense of your obligation, and with it will grow the question as to how this obligation can be discharged.

Your further contact with, and intimate study of the individual, leads you to a better appreciation of the needs of the mass, and you will find yourselves facing certain of the problems of social and community life, with an earnest desire to take a hand in the furtherance of their reform or enlargement, which will not be satisfied until, so far as in you lies, you have paid this debt.

With your devotion to your profession, the questions concerning its intellectual and moral advancement are those which first occur to you. Having had the best attainable education of your time, it is your just desire to see that the man who comes after you gets a better.

The advances which are being made in medical instruction in this country are entirely in accord with this wish.

Within a very few years the course of study in many of our medical schools has been increased to four years, simply as a matter of necessity, because the shorter time has been found insufficient to include all the studies which the present and growing standard of the profession demands.

In all educational institutions fostering the growth of the tree of knowledge, the spreading and uplifting of its branches, demand more nutriment at its roots, and medical schools are already beginning to require a college degree as one condition of admission within their walls.

The formation of alumni associations gives you the opportunity of keeping in touch with the advancement of your own particular school, in order that you may promote its interests by the influence which as a graduate you can exert; the duty of the graduate in this respect is plain, and still further, by a perfectly natural process, we may come to a representative association of the alumni of all higher grade medical schools, with a view to the upholding of a superior standard, and the consequent encouragement of the more highly educated practitioner.

With the growth of clinical teaching, the hospital has become so necessary a part of the medical school, that its double function as an institution for the care of the patient and for the

education of the practitioner, has come to be very generally recognized, and your interest in its welfare, in its support, its government and its protection to these purposes, in addition to the part which you may individually take in its medical and surgical service, is inevitable to you as a citizen.

The hospital of to-day represents in a high degree the organization of effective work for beneficent purposes; it deals with the individual, and has to consider the mass; it stimulates public generosity on the one hand and administers to public needs on the other; it is one of the links between the many who have and the one who has not, and who is the objective point of its whole existence; the directly operative instrument of all this concentration is the member of the medical staff of the hospital, and behind him is the machinery which makes his helpful existence possible.

With this view of the scheme of hospital existence the interdependence of the governing and operating parts is plainly visible, and one of the expedient duties of the medical man who has the privilege of a hospital appointment, is to do what he can to bring them into close and cordial relationship.

As ordinarily constituted the hospital organization includes a board of managers and a medical staff. The board of managers is made up, as a rule, of men in other than medical walks of life, business men trained to consideration of problems of investment, of income and outgo, glad to contribute their part of the indebtedness of life through a channel of helpfulness to which they themselves have not been trained.

Their duties require of them the acceptance of financial obligations which they are sometimes called upon to meet themselves, questions of building, equipment and administration which they have to study to understand, and which sometimes make heavy demands on the time of otherwise busy men; their general inclination is to help the doctor to what he needs, to sustain and protect him in his purpose, and to make the practical exhibition of that purpose most readily possible.

The member of a hospital staff finds himself in possession of an opportunity to indulge his helpful instincts, to satisfy his zeal for scientific investigation, and to learn from practical experience more in a year, often, than he could learn in a lifetime of merely private practice.

He relieves, it is true, many suffering people who could not pay him a fee, but in doing this he does that only which is obligatory upon him as a member of the medical profession, and, through the hospital organization, he does this duty and

pays this debt with an ease which would be impossible were he to depend upon his own resources.

Much has been said to the effect that the hospital with its board of business managers exists for the doctor, because without it the doctor could have no existence. This is only a partial truth; the hospital organization which has grown to its present elaboration from the time of the Knights Hospitalliers exists for the benefit of humanity at large both within and without its walls, and in it the managers and the medical staff have equal though different responsibilities and can with mutual advantage stand nearer together than they often do.

One means by which this may be brought about is the establishment in any hospital of an executive committee with members from both the managing and medical staffs, a committee meeting periodically as well as in emergencies, to consider the effective working of the hospital plant for its double purposes of medical treatment and medical education, and having, as its name implies, within certain variously defined limits, an executive power.

A committee of this kind, the channel through which the interchange of ideas, from different points of view, may flow, is capable of doing much to prevent misunderstandings which sometimes arise, and to economize the hospital expenditure both in money and in effort.

There is one member of the medical profession who has come into it within the last thirty years, to whom you are already, or are sure to be in time, under great obligations, and for whom you are, in the line of inheritance, in a measure, responsible.

You will find her in the hospital undergoing an arduous training and rendering efficient service in the dispensary districts and among your private patients, supplementing your efforts and substituting intelligent observation and trained manipulation for reports of condition, honeycombed with conjectures, and the ministrations of unskilled hands trembling with a personal emotion.

The business of caring for the sick is so serious a business, the margin between success and failure is often so narrow, and the commodity dealt with is so precious, that the best intelligence to be brought to bear upon the transaction is none too good, and personal feeling and personal sentiment can in no wise take its place.

In those perilous waters where life is the open sea and death the lee shore, when the wind fails and the currents suck in

toward the land, there can be but one captain to the ship, but he needs a good crew.

To meet the necessity for more continued observation and treatment of the patient than could be given by the practitioner in his daily rounds, or than could be expected of persons self trained, or trained not at all, the doctor, through the medium of the hospital as a school, called the trained nurse into being as a recognized factor in our community life, and he is therefore responsible that she shall have her fair chance for an adequate education and shall be encouraged and protected as becomes a member of an honorable profession.

As is the case with the medical schools in this country, the hospital training schools are many of them small and afford too little opportunity for clinical teaching, and the effort which is constantly needed to advance medical education is equally required in the nursing profession.

The graduating doctor has the advantage over the graduating nurse in that he is immediately brought into contact with his fellows through his medical societies, maintaining meanwhile his freedom of action, while the nurse has, until very recently, had no such provision made for her affiliation and finds her only relation to the medical profession through the individual doctor with whom she is in service at the time.

The recent establishment of Alumnæ Associations has done much to correct this condition of affairs for the graduate nurse, and to relieve her of that solitary life, which, while it fosters self dependence and strength of character, is not conducive to growth; but the Alumnæ Associations afford only a partial remedy; like all limited bodies which furnish merely a repetition of the same instruction, they lead to an inbreeding of ideas.

The formation in sufficient centres of population of Graduate Nurses' Associatons, including graduates of all hospitals, for self educational and social purposes, with admission of its members to the clinics of the different hospitals, and with limited courses of lectures on sociological and economic as well as on medical subjects, is one of the means by which the doctor can pay his debt for the splendid devotion of many of the women who have put their lives into this profession.

In the preface to his "Social Evolution" Benjamin Kidd speaks a gladdening word which you young men will do well to lay to heart.

"Nothing," he says, "is more remarkable in this period of reconstruction than the change which is almost imperceptibly

taking place in the minds of the rising generation respecting the great social and religious problem of our time.

We have lived through a period when the very foundations of human thought have been rebuilt. To many, who in the first stage saw only the confusion occasioned by the moving of old landmarks, the time has been one of perplexity and changing hope. But those whose lot it has been to come later have already an inspiring and uplifting conception of the character of the work which the larger knowledge is destined eventually to accomplish. That the moral law is the unchanging law of progress in human society is the lesson which appears to be written over all things. No school of theology has ever sought to enforce this teaching with the directness and emphasis which it appears that evolutionary science will in the future be justified in doing. In the silent and strenuous rivalry in which every section of the race is of necessity continually engaged, permanent success appears to be invariably associated with the ethical and moral conditions favorable to the maintenance of a high standard of social efficiency, and with those conditions only."

Whether your opportunities be many or few, your power, little or great, here is a clarion call that bids each man do his best, for apace with the social changes, and a very part of them, has been the influence which the medical profession has exerted, oftener from individual to individual than through any public form of expression.

The lesson of "thou shall not," which is the first course laid in the foundation of permissive law, the lesson of that self denial which is conservative of life, the lesson of that cleanliness which is absolutely necessary to all healthy living.

To live in a community and know only the needs which knock upon the door, to pass festering lanes whose heavy air means more than bodily deterioration, to know the shame that walks the streets, the crime and the misfortune that fills the almshouse and the refuge, to look upon the last resource the coward knows, and then sit at ease and wait—it is impossible.

Inasmuch as it has been given you to know these things, these other things you must do, "comfort and help the weak-hearted and raise up them that fall."

No walk in life affords greater opportunities for the fulfilment of this injunction than that which you have chosen, and, in addition to the immediate practice of your profession, you cannot fail to find some outlet for the desired expression of your citizenship in ways to which you have been trained. Every-

thing which affects the health of the community, much that has to do with its morals, is by your right as a physician, by your duty as a citizen, more or less your concern.

One of the growing reforms, through which you can work as a means to many good ends, and which appeals to you particularly as a physician, is that of physical education.

The play and game instinct which Froebel so deeply studied and which finds its expression in the organized athletics, not only of our colleges, but in numberless educational institutions, clubs and societies all over the country, is one of Nature's leading strings which it is wise to wisely follow, and the very existence of the instinct, giving a common meeting ground to all sorts and conditions of men, makes it a valuable field for the cultivation of other than merely athletic aspirations, while the organized physical training, as applicable in educational and reformatory institutions, is an important adjunct to other teaching, in strengthening something more than the muscles, and developing something more than the intellect.

Physical training, on the gymnasium basis, which had its first impulse in this country from German sources in 1825, has so far developed within the past thirty years as to justly claim a place in any educational scheme looking to the production of the best intellectual machine. That this impulse has not been confined to any limited portion of the community, is shown by the fact that there are in the United States over one thousand gymnasiums for physical training and six gymnastic normal schools training teachers only.

The place and duty of the doctor in relation to this branch of education are evident; it has been his business to learn the capabilities of the human body, and he, better than any other citizen, can guard against the abuses, and estimate the value of physical training in the direction of increasing the capacity for intellectual work and inculcating the moral principles of self control and of the expenditure of effort to the best results, which tend to make the useful man.

In the presence of this view it is sincerely to be hoped that there will be in time in each of our colleges a Department of Civics, which shall have for its purpose the training of students in a knowledge of the needs of citizenship, and in which a department physical education, either as an obligatory or elective course, shall have a preliminary part, so that, beginning with the lesson that his body is worth respecting for what it is, and worth caring for for what he can do with it, the student will come to learn what, as a citizen, it is worth while to care to do.

As the citizen-doctor *you* have had your preliminary education and your work is ready at your hand; you will find it incumbent upon you to stand among other things for the integrity of your own calling and to wage that steady and ceaseless warfare in behalf of the weak and the ignorant, against the charlatan and extortioner, and more strenuous and persistent still, against the recognized member of the medical profession who basely sells, either at private hand, or in the witness box, the honor he is not fit to bear.

You will be called to serve your country in the field, and will go not only willingly but gladly; or none the less gladly, your service at home in the fight against demoralization and disease, will find its expression in Board of Health work, the medical inspection of schools, questions of special provision for compensatory education for cripples, of the provision for the care of waste humanity, that fringe and tatter of city life filling our public institutions, questions of food supply, water supply and drainage, and of the just and discriminative distribution of medical charity, all these, and more, are yours to consider, and are among your possible lines of usefulness as citizens.

And now, gentlemen of the graduating class in medicine, "crescit laete," that which you have had within your college walls, and which is so dear to you, you will always have, unless you lose it through disuse.

You have a great service before you; you are going out, as each one of you realizes, to a ministry,—a ministry to which you cannot be equal, of which you cannot be worthy, unless you hold it to be, each to yourself, in your own estimation of it,—a priesthood.