every skillful physician: knowledge that relates to the structures connected with accidents, operations, and surgical affections, and to those of the organs that are the principal seats of medical diseases; practical subjects required for the daily duties of the profession, and, above all else, the art of treating diseases with success. To know how to relieve a colic, pass a catheter, or cure a node, is a thousand times more valuable than to know that the anterior cornu of the fourth ventricle of the brain runs a course that is backward, outward, downward, forward, and inward!

The great popular test of medical skill is curing the sick; and you will find that your reputation will depend more on the successful treatment of your cases than upon familiarity with the ultra-scientific; and you will meet physicians, possessed of comparatively small knowledge, so dextrous in its use that they have done great good in the world, and ridden over the heads of some far better versed in the books.

Never, for the sake of appearing in print, publish trifling or hastily prepared medical articles, as whatever one writes is naturally supposed to be a mirror of his own mind. Do not, however, hesitate to write whenever you have anything valuable or instructive to offer, both for the benefit of others and to enhance your own value, reputation, personal respect, and dignity.

"Of all the arts in which the wise excel,
Nature's chief masterpiece is, writing well."

All people respect the man who thinks.

When possible, base your articles on solid facts, or on an analysis of facts, rather than on speculation and theory. Let your diction be pure and simple, and as short and aphoristic as perspicuity will allow, so as not to weaken the effect of your ideas, or obscure them in a lot of long-winded or idle verbiage; rather go straight to the point, and make every word count, in expressing clear, bright ideas, and let accuracy be characteristic of all you write.

Be especially careful to give your paper, essay, or book a concise, appropriate, and, as far as possible, an attractive title,—one that indicates its contents, and shows with sufficient clearness the general character, purpose, and point of the remarks which are to follow.

"Oh, how that title befits my composition!"

This is essentially necessary when the title of the work is to be put in an index or catalogue. Such indefinite titles as "A Curious Case," "Clinical Communication," "Plain Facts,"—

"Bless us! what a word on
A title-page is this!"—

"A New Method," "A Case of Interest," etc., furnish no clue whatever.

In writing, cultivate perspicuity, precision, simplicity, and method; avoid flaws of grammar or logic, and unmerciful diffuseness, and do not interlard with far-fetched, jaw-breaking scraps and patches from the dead or foreign languages, unless a translation be appended; for, unless it be some time-honored phrase, or hackneyed quotation, the average reader will probably be forced either to pass it over unsolved, or take down his classical dictionaries, dusty book of quotations, or his school-boy grammar; besides:—

"Every man is not bred at a 'Varsity.'"

The English language, the language of Shakespeare, Milton, and Bacon, is of itself capable of giving lucid, eloquent expression to every thought of man, and it is to be regretted that Fortislingua, or any one else, should, from superfluous wisdom, or pedantic pretension (Anglographic aphasia), fail to express himself in his own mother-tongue, and make his work brilliantly incomprehensible by throwing in handfuls of Latin and Greek, almost as a cook peppers his broth, as if

"This writer has been to a great feast of languages and stolen all the scraps."

The recent attempt to supersede the old weights and measures (which every one understands) by the foreign-looking metric system did not succeed; it is therefore scarcely worth

while now to discuss its merits. When you report cases or publish anything in which weights are given, either use the familiar English weights and measures, or give both the old and the metric; to use the French system only savors of affectation. The average reader makes no attempt to carry the metric equivalents in his mind, and if you give metric measures only he may not take the trouble to calculate, but pass your effusions by without getting the information you wish to convey.

Take notes of all remarkable cases, but do not report or publish any that are not unique, or at least that do not present some curious, rare, or very instructive feature, or militate in some way against accepted theories; otherwise, you will merely increase without adding anything valuable to existing records. You will find every department of medical literature is fast becoming loaded down with theoretical discussions, speculative dissertations, compilations, and word-building; old, universally-known things said in a new form; many

> "An anxious blockhead ignorantly read,
> With loads of learned timber in his head,"

seeming to say:—

> "In pity spare me, while I do my best
> To make as much *waste-paper* as the rest."

You should omit book-matter generally known, and contribute original work, new things rather than new phrases, new ideas rather than new words. Use a plain, intelligible style; do not count your words, but see that every word counts; also, avoid such ambiguous descriptions as "the color of an orange," "the size of a strawberry," "about three inches long," "about as thick as blood," etc.; and be as brief and concise as justice to your subject will allow, and, for the poor printer's sake, prepare your matter so as to please his eye and require but little or no revision on account of grammatical errors, bad phraseology, or faulty style of construction.

When you begin authorship and write books, essays, or monographs, use, for the sake of convenience, the smallest-sized sheets of white note-paper, and avoid rolling; this will enable

you to keep them flat and to handle them more easily in writing, altering, and rewriting pages; also, to carry them to and fro, and to preserve them much better than if large. If intended for the press, write only on one side of the sheet, and leave a margin at the edge.

Be careful, also, to avoid the useless custom of appending to your name an excessively long list (like the tail of a comet) of all the titles and alphabetical appendages that you can rake together, with half a dozen etceteras; such enumeration is in bad taste, and tends to excite the ridicule of persons of discernment. The chief use of suffixes is that the identity of the writer may be recognized; a single suffix, or simple title, or the name of your town, street and number, are unpretentious and yet sufficiently explicit. Some publishing houses evidently think the use of titles by authors who have reputation as writers aids the sale of a work.

Never furnish a report, statement, or opinion on any important case or subject for publication, either in book, journal, or newspaper, without a proviso that you are to see, and if necessary revise the proof, and correct the printer's errors in spelling, punctuation, etc., before it goes to press; otherwise, you may find some purblind proof-reader or go-ahead printer making you say the reverse of what you intended, thus necessitating a long list of "errata," or may be causing you to regret that you ever allowed the article to appear in print.

Do not fail to pay your honest debts punctually, even though you be cheated out of half you earn. The best plan is to restrict your expenditures to your income, and pay as you go, and if you cannot pay much do not go far; for to be in debt for horses, carriages, horse-feed, or, still worse, for dress, luxuries, rent, servants' wages, etc., cannot fail to set the tongue of scandal to wagging freely and injuriously, to the possible ruin of your credit. Payment must be made sooner or later, and it is far better to discharge each liability as it becomes due than to be paying those that should have been paid a month or

a year ago. Be especially careful to keep your medical society and journal dues paid promptly, and to discharge all other pecuniary obligations. To borrow books, instruments, umbrellas, money, etc., especially if you keep them beyond the proper time, or return them in bad condition, will also tend to depreciate you more with the lenders than you would suppose. Never involve yourself by borrowing any apparatus, instruments, etc., from one physician, or patient, to lend to another; if necessary, introduce the parties to each other, and let the borrower borrow on his own responsibility.

It is needless to say that health and decency require you to guard against uncouth, untidy, and repulsive habits; do not pick your teeth or pare your finger-nails, or squirt tobacco-juice around you at your visits, or have your breath, hair, and clothes as redolent as a bar-room spit-box with pipe or cigar fumes, alcohol, stale tobacco, dead beer, etc., or with cloves, cardamom, and other masking aromatics, or the smell of iodoform, carbolic acid, and other disgusting medicines on hands or clothes, or you will unavoidably prove obnoxious and disgusting, and invite criticism and possibly engender aversion, and entail the loss of your patient. Coarseness and vulgarity are sufficiently disgusting in anybody and under any circumstances, but in a physician, and especially in the presence of females, they are unpardonable.

Avoid every habit that can give reasonable offense: to make your appearance in your shirt-sleeves, with unwashed hands, dirty finger-nails, dingy cuffs, egg-spotted or tobacco-stained shirt-bosom; greasy coat, out at elbows; ragged pants, fly-speckled or crumpled hat, shaggy whiskers, or four or five days' beard on the face; rough, creaking, or dirty boots; or with pipe or stump of cigar in mouth, or chewing a quid of tobacco; or skylarking, showing unseasonable jocularity; using coarse, vulgar, and impassioned language; habitual swearing, loud guffaws, etc., will by many be regarded as evincing moral weakness, and tend to diminish your influence and prestige, detract

from your dignity, and greatly lessen you in public esteem, by impressing people with the idea that, after all, you are but an ordinary person, and not up to their ideal standard.

Moreover, to be seen carpentering, painting, or displaying other common-place or out-of-place talents, would also suggest that your mind was not engrossed with your profession. You may possibly secure faith in spite of these, but usually such proclivities unquestionably tend to decrease it.

The nerves and tactile corpuscles of the tips of your fingers will have much to do with your skill and success; these nerves are sometimes even superior to the sense of sight; to palpate the chest or abdomen, examine tumors, make vaginal examinations, do surgical work, etc., the hand must be steady and the touch must be nice and delicate. If your fingers, instead of having their sensibility protected and their tips educated, are rendered callous and clumsy by manual labor or rough usage, their delicate nerves will be unfit for these duties.

Beware of a certain temptation to which the practice of medicine especially exposes you. The irregularities, anxieties, and exhaustions; the cold, the wet, the hunger, the night-work and loss of sleep, and the hospitality of patients and other friends, all unite to tempt physicians to use alcoholic stimulants. Remember that, although drunkenness and the idle life associated with it may be tolerated in physicians who are fully established in practice, because confidence and friendships had been formed and their talents and worth had become known previous to the formation of the habit, it would be fatal to any one in the formative stage of reputation, or just beginning to gain the confidence of the community; for no one who begins life burdened with this vice will be trusted or employed. Even when the older physician, who drinks, is employed, it is done with loathing, and only to make use of the good half of him, which cannot be separated from the bad, and his visits are looked for by those whom necessity puts into his hands with disquietude and dread.

What is a more disgusting spectacle than a drunken, swearing, reckless sot-of-a physician, with whisky-soaked breath, staggering around the bed of a sick or dying person, profaning the occasion by the thoughts he excites, and by his grossness? The wisest policy for you personally is to avoid intoxicating drinks, which cause so much crime, sickness, and poverty, and allow others to do as they think best. The cause of drunkenness is drinking, and if you are foolish enough to drink liquor, wine, or beer when people offer it to you, you not only run the risk of getting fond of it, but nine chances to one those very people will be the first to add the charge that "he drinks" whenever any other person says anything else against you; but when it becomes known that you never touch the demon it will be of immense advantage to your reputation. But intemperately to urge puritanical ball-and-chain temperance on others, or being an officious member of temperance, secret, or beneficial societies, will aid you but little if any in the acquirement of practice,—the most desirable class of which is the quiet family business that you will attract by a faithful and kindly endeavor to do your very best for all who apply for your services as a physician.

A physician's life, like a pantomime, is full of wonderful changes, and, being a public character, he knows not the day he may need the friendship or good offices of this, that, or the other person toward whom he may have felt, and unwisely shown, political, or religious, or personal hostility; therefore, do not allow yourself to grow morbid on temperance, total abstinence, local option, prohibition, and other sumptuary crusades, partisan strifes, and puerile contentions; as they will be apt to recoil on your head if you make yourself prominent in them. If your office is located very much nearer the church than the tavern, and if you lean to the sabbatarian element instead of the pitfalls of infidelity and atheism, so much the better; but proselyting and pushing matters of a partisan, political, radical, or secular nature is not your function, and you cannot

become officious in them and their irritating methods without setting (about) one-half of the community against you, and exciting enmity, and maybe personal hostility. You had, therefore, better leave all subjects for discord, heart-burnings, animosities, and angry discussion, whether political or religious, to the general public, unless your pecuniary or social position is such that you can very well afford to run the risk, or are driven to do so by conscientious scruples that outweigh all other considerations; and even then it is better to let your profession occupy the dominant place and your patients be your first and principal care.

When requested to write a prescription to enable an ailing person, who really needs it, to procure liquor on Sunday or in a local-option district, comply with becoming good nature, but accept no fee for it.

Presents from fond or grateful, very liberal or romantically generous patients, although flattering, will almost invariably lead to the disarrangement, if not actual rupture, of the legitimate pecuniary relations previously existing between yourself and the giver, which it may consequently be impossible fully to re-establish.

"In the long run, gifts are often losses."

Most practitioners can probably recall instances in which presents of knee-blankets, whips, baskets of game or fruit, boxes of cigars, wine, pet animals, canes, free passes, gloves, new hats, curiosities, baby-named-for-you, etc., have spoiled their bill, and proved not only unprofitable, but exceedingly expensive. When you foresee such a result, be guarded.

You will find it a good rule to decline all presents and favors that are likely to place you under embarrassing obligations to patients. A still more important rule is to avoid mixed dealings and crossed accounts with careless hucksters, grocers, feed-men, milk-men, and other patients, as such dealing will rarely continue to be satisfactory; they often lead to disagreements, and in "squaring-up" will almost always result in

your getting only about half as much for your services as if you had avoided entanglements. It is decidedly better to conduct your affairs upon strictly business principles, *i.e.*, let those for whom you work pay you in money, you in turn doing the same. In a word, you had better avoid everything that tends to efface your business rules.

Preserve a proper degree of gravity and dignity toward patients. Frivolous conduct, vulgar jokes, horse-play, clownish levity, unseasonable sportiveness,—

> "I love to laugh, though Care stands frowning by,
> And pale Misfortune rolls her meagre eye,"—

and bar-room familiarity are unprofessional, and tend to breed contempt and scandal. Discourage all attempts of roughs and toughs to rudely address you with a "Hallo, Doc!" or by your first name, or in any way to pass the limit of propriety with you. Show every one proper respect, and exact the same in return. Do not, however, understand me to advocate solemn pomposity, or to condemn good-natured pleasantry. Not so; for, when gentlemanly and in moderation, it is often very appropriate, and sometimes actually serves as a tonic to a patient's drooping spirits. If you, happily, possess a becoming earnestness of deportment, and at the same time wear a cheerful mien, it will be health to yourself and sunshine to your patients.

Avoid dining out with your patients and attending their tea or card parties. Eat as seldom as possible at their houses,—only when unavoidably detained there by cases of labor, convulsions, and the like. There is a tendency to conviviality and *abandon* around the festive board that has a leveling effect, and divests the physician of his legitimate prestige. It is far better to eat a cold repast at home than to occupy the best seat at the table and partake of the most savory viands of some patients. Let a physician once unbend himself among a certain class of people, and he risks a complete loss of their professional appreciation and regard.

When compelled by circumstances to accept a meal, if you

chance to be served alone, so much the better; if seated to eat with the family, be courteous, but somewhat reserved, and exhibit no uncalled-for levity, but simply endeavor to render yourself agreeable. Shun all *badinage* and gossip and undue extolling of the viands, and be careful to make no after allusions elsewhere to the "snowy cloth," the "delicious butter," the "juicy beefsteak," etc., as though you were a stranger to these.

Try to give satisfaction at your visits; show that you are anxious to relieve both the body and the mind of your patient, and you will not, can not, fail to succeed in your ambition to get practice. To do this fully you must, of course, feel and express a genuine interest in the case and in the effects of the remedies you are employing. Bear in mind, also, that, with any practitioner, the first essential to success is that he should command the confidence of his patients.

When necessary to scold or find fault with your patients or their attendants (as is often the case), either preface or follow what you say by explaining that you are *not scolding in anger*, but because you feel an earnest desire to have them do right for their own and others' sake. By thus prefacing your reproof you will completely disarm resentment, and, no matter how severe, all you say will be taken in good part.

If you are unmarried, it will, no doubt, be often cited against you; but the truth is, there is no great professional advantage gained by simply being married. The objection to most unmarried physicians is really not their celibacy, but their youthfulness, which may also be quoted against you even if married. It is true that the conversation and society of intelligent and virtuous females impart self-respect to man, and give elegance and tone to his manners; and for him to feel that the inspiring eye of such a one is upon him often inflames his soul with ambition to reach the highest goal and to win the greenest laurels. It is also true that "it is not good for man to be alone," and that every physician should, when his pecuniary circumstances justify the step, look out for a wise helpmate, settle

down, and make for himself a home; but to marry with an eye to business only would be a very imprudent step, and entail expenses and responsibilities without corresponding benefits. Besides, you should keep both business and marriage on a higher plane.

"Without hearts there is but little home, and less happiness."

You will, in your professional career, often witness the misery, cares, and anxieties that flow from degrading the tender, half-human, half-divine bonds of marriage by entering into it simply to gratify lust, to obtain money, or from other ill-regulated passions, or from any other considerations whatever than pure love and congeniality of souls, and you had better seek no friend this side of heaven than risk the formation of the wrong kind of domestic relations yourself.

Everybody wants a lucky, conservative medical attendant,—

"Many funerals discredit a physician,"—

therefore, a series of dystocias, or of deaths in childbed, or of unsuccessful surgical operations, or of malignant cases, or cases of any kind that have terminated unsatisfactorily, often injuriously affect the physician for years by attaching to him—especially if he be a beginner—either charges of being blind to danger and to duty, or a *long-to-be-remembered* reputation for bad luck. If such a series unfortunately threatens you in the beginning of your practice, seek to strengthen yourself by consultations with able brethren.

No one can succeed fully without the favorable opinion of the gentle maids and acute matrons with whom he may be associated in the sick-room. They can be his best friends or his worst enemies. Women and children constitute four-fifths of all the population. Females have more sickness than males, and the females of every family are the autocrats of the sick-room, and have a potent voice in selecting the family physician. I have sometimes thought that the real secret why so many truly scientific physicians—to whom a patient is an object of scientific interest, just as a rock is to a geologist, or as a flower is to a

botanist, who, more naturalists than physicians, love the rays of philosophy and the beams of science better than humanity; and with their eye at the end of the microscope, watch cases merely from a scientific point of view, or to study the action of medicine—very often decidedly lack popularity, and fail to get much practice, is that cold, unemotional, impassive logic and high theoretical attainments, however much admired abstractly, are not a certain guarantee of popular favor, since they are often attained at the expense of the endearing sentiments, and hence create none of those friendly ties upon which getting practice partly depends; but, on the contrary, are often associated with a deficiency of the qualities of head and heart which appeal to the weak side of woman—*her emotions*—and gain her favoring opinions, and secure her good will and word.

The power to impress those you meet with a favorable opinion of your adaptation to your calling is a potent and important factor. Discipline yourself by rigid self-examination whenever you have conducted yourself unsatisfactorily. This will teach you to conceal or eradicate your defects and faults, and to give prominence to your good qualities.

The faculty of being able to please, and thereby make friends of those who employ you in an emergency or tentatively, is likewise a power that you should carefully cultivate.

You will find, also, that remembrance of the names of children and of patients whom you see but rarely, and the ability to recall the salient points of former interviews with them, gives you a reputation for a good memory, and is a very useful adjunct to other qualities.

Three-fourths of all the population are children; and their likes and dislikes will control your destiny in many a family. Many people patronize various forms of quackery for no better reason than that "the children take it easily," knowing from experience that an attempt to give pills or bitter doses to refractory children who dislike compulsion, or spoilt children with resolute wills, whose nurses and mothers have taught them to