

(From "Aequanimitas and other Addresses")

*Fixed Period* COS 417/104.72 14  
*Aequanimitas*  
2<sup>nd</sup> Edition with  
added 3  
prints.

*Bedfordbury*

Preface to the Second Edition

Delivered at sundry times and in divers places in the course of a busy life, it was not without hesitation that I collected these addresses for publication. That the simple message they contain has not been unacceptable is shown by the exhaustion of three impressions within eighteen months. I have to thank many friends, lay and medical, for their kind criticisms of the volume; but above all I have been deeply touched that many young men on both sides of the Atlantic should have written stating that the addresses have been helpful in forming their life ideals. Loyalty to the best interests of the noblest of callings, and a profound belief in the gospel of the day's work are the texts, with variations here and there, from which I have preached. I have an enduring faith in the men who do the routine work of our profession. Hard though the conditions may be, approached in the right spirit - the spirit which has animated us from the days of Hippocrates - the practice of medicine affords scope for the exercise of the best faculties of the mind and heart. That the yoke of the general practitioner is often galling cannot be denied, but he has not a monopoly of the worries and trials in the meeting and conquering of which he fights his life battle; and it is a source of inexpressible gratification to me to feel that I may perhaps have helped to make his yoke easier and his burden lighter.

To this edition I have added the three Valedictory addresses delivered before leaving America. One of these - The Fixed Period - demands a word of explanation. "To interpose a little case", to relieve a situation of singular sadness in parting from my dear colleagues of the Johns Hopkins University, I jokingly suggested for the relief of a senile professoriate

Preface to the Second Edition - 2

an extension of Anthony Trollope's plan mentioned in his novel, The Fixed Period. To one who had all his life been devoted to old men, it was not a little distressing to be placarded in a world-wide way as their sworn enemy, and to every man over sixty whose spirit I may have thus unwittingly bruised, I tender my heartfelt regrets. Let me add, however, that the discussion which followed my remarks has not changed, but has rather strengthened my belief that the real work of life is done before the fortieth year and that after the sixtieth year it would be best for the world and best for themselves if men rested from their labours.

Oxford, July, 1906.

*Index of*

## NOTES FROM BOOKS.

Aequanimitas . . . . W. Osler. Sec. Ed. 1910.

In W.O.'s handwriting.

1. The first. Period - story.
2. My two authorities.

Plato Prime of life 30 for a man 20 .. " at 25 when he has passed the point at wh. the pulse of life beats fastest"

Montaigne For my part I believe that our souls are adult at 20. If not evidence of force and virtue by that time it will never after come to the proof. Of all the great human actions I have ever heard or read of, of what sort so ever, I have observed, both in former ages and our own, more performed before thirty than after.

How to tell old age - what it is -  
elasticity - skin.

O.W.Holmes. offer a man a bun  
offer him a new idea

Read O.W.H. on old age.

Hermippus redivivus.

How it is met - Temperament

Optimism - Rabbi Ben Ezra Grow.

Pessimism - sad - Let me not live after my ...

NOTES FROM BOOKS Dec. 24. 10

Aequanimitas .... W. Osler Sec. Ed. 1910.

From: C. H. CATTLE To: W.O.

1, East Circus Street,  
Nottingham.

Dear Professor Osler,

Please accept my best thanks for your little book "Man's Redemption", which I shall doubtless read with much enjoyment. You doubtless meet with people from time to time who have derived help and sustenance from "Aequanimitas", and it may not be superfluous to hear of one more who has been led to form a bedside library, partly of your choice of volumes, partly of my own. I cannot read over dressing but I frequently get an hour with my favourites between 6 and 7 a.m.—the only time in the 24 I can give to "culture". I often eye my favourites enviously—but no, I cannot indulge in them during the working hours of the day. You never did a better day's work than in compiling the "library list".

Sincerely yours,

(Dr.) C. H. Cattle.

(An old physician's letter)  
HC

BED-SIDE LIBRARY FOR MEDICAL STUDENTS.

A liberal education may be had at a very slight cost of time and money. Well filled though the day be with appointed tasks, to make the best possible use of your one or of your ten talents, rest not satisfied with this professional training, but try to get the education, if not of a scholar, at least of a gentleman. Before going to sleep read for half an hour, and in the morning have a book open on your dressing table. You will be surprised to find how much can be accomplished in the course of a year. I have put down a list of ten books which you may make close friends. There are many others; studied carefully in your student days these will help in the inner education of which I speak.

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|-------|---|---|
| I.    | Old and New Testament.                          |   |
| II.   | Shakespeare.                                    |   |
| III.  | Montaigne.                                      | 1 |
| IV.   | Plutarch's Lives.                               | 1 |
| V.    | Marcus Aurelius.                                | 2 |
| VI.   | Epictetus.                                      | 2 |
| VII.  | Religio Medici.                                 | 2 |
| VIII. | Don Quixote.                                    |   |
| IX.   | Emerson.  |   |
| X.    | Oliver Wendell Holmes - Breakfast Table Series. |   |
- 1 The Temple Classics,  
J.M.Dent & Co.  
2 Golden Treasury Series,  
MacMillan Company.