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## OSLER'S NOTES

“Stand up bravely, even against the worst. . . . Even with disaster ahead and ruin imminent, it is better to face them with a smile, and with the head erect, than to crouch at their approach.”

(Source: *Aequanimitas*, In *Aequanimitas*, 8)

“At times, and in degrees differing with our temperaments, there come upon us bouts of depression, when we feel that the battle has been lost, and that to fight longer is not worth the effort, periods when, amid the weariness, the fever and the fret of daily practice, things have gone against us; we have been misunderstood by patients, our motives have been wrongly interpreted, and smitten perhaps in the house of our friends, the worries of heart to which we doctors are so subject make us feel bitterly the uncertainties of medicine as a profession, and at times make us despair of its future.”

(Source: *Elisha Bartlett*, In *an Alabama Student*, 137-8)

“You cannot afford to stand aloof from your professional colleagues in any place. Join their associations, mingle in their meetings, giving of the best of your talents, gatherings here, scattering there; but everywhere showing that you are at all times faithful students, as willing to teach as to be taught.” ■

(Source: *The Army Surgeon*, In *Aequanimitas*, 110)

