

faculty for reproduction for repair and growth. With these things effected everything is possible. To be effective the elements must be harnessed. Life force asks nothing but time and space. It is fraught with Infinite Intelligence, builds its own engines and moves them at will. Beginning with a microscopical speck it produces the most gigantic form of plant or beast, and so certain are its laws, however manifold, that given the primary speck or cell the microscope reveals its kind and decrees its ultimate form and approximate size. Therefore, to properly feed the cell, cultivate the cell and propagate the cell, is the essence of Physical Culture. Injury to one of these little fellows is an injury to the whole; what benefits them benefits the whole. It has been shown by experiment that they are individually, keenly sensitive to heat and other influences calculated to injure them, shrinking and backing away from danger in truly human fashion.

Hunger expresses the fact that millions of these little fellows want nourishment that they may generate the force necessary to perform their functions. Appetite or the demand for special kinds of food is indicative of their need of certain elements necessary to their well being.

Somnolence probably indicates their desire for reproduction; as sleep is our time for recuperation. Our desire for stimulants is doubtless due to the fact that we are using up the cells too fast; and this is the crime of all crimes judged by the standard of Physical Culture. It populates the land with unsightly people, and makes them a prey to all manner of germs in whose bodies Vitality finds a better instrument and manifests a vigor and activity fatal to the life of the depleted and imperfect cells of over-worked humanity.

Physical Culture has no more serious problem to deal with than this. Its first duty is to fit humanity to resist the ravages of disease. To depend on drugs to do this is like entrusting your courting to the other fellow.

Given a perfect condition of body and mind you may laugh in the face of Pestilence. No germ can exist where every moment it is opposed by a vigor greater than its own; but let them once find a lodgement in an overworked, overfed or disordered system and, in the language of Fitzsimmons, they soon have him going.

If you want a motto take this :
 Be strong to be well.
 Be well to be happy.
 Be happy to be beautiful.
 Be beautiful to be lovable.
 Be lovable that you may approach, and your offspring some day reach, the plane on which Humanity and Divinity meet.—
 Mrs. Alexander Whitley in "Health."

"BOBS" A HOMŒOPATH.

The cause of Homœopathy is making rapid advance in all parts of the British Empire. Out in Tasmania the government have just increased the subsidy to the Hobart Homœopathic Hospital to the amount of £500. During the debate in parliament an interesting discussion took place. Remarks were made by some of the opponents of Homœopathy that drew forth the following interesting letter reproduced from the Tasmania Record :

SIR,—Mr. John Hamilton, member of Parliament for Glenorchy in the Tasmanian House of Assembly, is thus reported, in speaking upon the motion for a pound-for-pound grant up to £500 for the Hobart Homœopathic Hospital : He "thought it was absurd to have a second hospital for a particular fad—" ("Oh!")—to be supported by the State in Hobart." I take the following from the Homœopathic World for July, just received :—Dr. Mudden, speaking at the opening of the Phillips Memorial Hospital at Bromley, Kent, said : "So long as they could show results such as those he had just given, they could invite the fullest investigation into their practice and principles, and so long as they could count upon the public support of such men as Sir Henry Tyler (who performed the opening ceremony), whose able adherence they were all proud to proclaim, and men of such universal pre-eminence as Field Marshal Lord Roberts—(loud applause)—they could afford to smile at the oft-repeated taunts that homœopathy might be all very well for treating infants and hysterical women, but was quite out of place in the treatment of strong-minded, intelligent men. (Laughter and applause.)

The editor added : "Lady Roberts is an excellent amateur homœopath when out of the reach of professional help.