

For the CANADA HEALTH JOURNAL.

The Friendly Elements.

A GREAT mistake of past days, from which the present is not yet free, has been the evident fear existing in the minds of people with regard to the elements, as if they were man's greatest enemies; as if nature were the abode of a host of demons who had to be opposed in every possible way, at every possible time. Some of the great supporters of life and health were not allowed fair play. The first creative act of the Almighty before he called a single form into existence, was to banish the darkness with the command, "Let there be light!" Yet, how many, even to-day, by their actions declare their belief that light is an enemy to health; and close their shutters, and hang heavy curtains over their windows to shut out the rays of the sun that give life!

For miles above our planet the beneficent atmosphere has surrounded us, offering the invigorating oxygen without which we could not preserve our existence for five minutes. But windows and doors must be closely shut and guarded, if the air be cool, to keep it out of our houses; the sick chamber must be rigorously defended from those horrid "drafts," even when the patient is panting for breath; and the sweet fresh air must be jealously watched, and dreaded even when bringing health upon its wings.

So, also, has pure water been liberally bestowed on all sides, in rivers and lakes and torrents—in fountains and dew-drops and showers. But how careful we are lest we should "catch cold" from too liberal an external use of what is offered so freely; and as to drinking it, if we cannot do without it, let us take it adulterated with tea or coffee, or alcohol—but avoid the pure article as poisonous, and highly dangerous to our health and comfort!

The universe is full of the forces of regeneration; but ignorance of their value has been almost as wide-spread as the benefits themselves. As we learn more of these angels of health hovering around us in sun-beam, and fountain and breeze, we will be more ready to welcome the forces of nature in their efforts to keep off disease, and more, willing to assist them in their own way. And the more fully we fall under their influence the longer, and purer, and more happy will life become.