

lopment of mechanical power, calling upon the system for an active restoration of the employed material, leaves but little for the mind to work upon, and consequently intellectual power and great bodily exertion are not compatible.

Nature performs all her works by a system of constants. The change of a constant quantity of matter is required to produce the development of a constant quantity of the spiritual energy. The development of an equivalent of mind requires the consumption of an equivalent of the material elements by which it is enchained. * * Civilization consists in producing the highest amount of vitality, the largest quantity of producing power and the most perfect development of mind a people—the most industrious will necessarily be the most virtuous and intellectual—it may be said that our over-laboured population do not answer to those conditions. Unfortunately it is too true they do not, and it is because they are over-laboured a great law is broken, and a great curse follows. Every sin carries its own punishment.

In a given time an over-wrought population produces less than the same number of men and women who have laboured fairly; the condition of the first is wreck of mind and of body; that of the second is the maintenance of health and capabilities for progress. Industry, therefore, is giving mind and body an equal and a fair amount of labour, and civilisation depends upon the proper fulfilment of the conditions of human existence. Man was placed on this planet with