

a leading physician of England, pointed out that for persons engaged in intellectual pursuits, a summer holiday of six weeks is demanded, during which absolute freedom from anything except agreeable outdoor exercise is demanded, in order that nerve tissue—that which, while most resisting, requires the longest rest—may, by new material, have its energy restored.

Many will have read with amusement the newspaper reports of the many notables recently present in London at the Coronation. Probably, however, the most interesting was Ras Mackonnen, the Abyssinian Prime Minister. While amused, edified and instructed, he has also been an acute observer. A Mohammedan, he obeyed with all his suite the injunctions of his religion, and abstained wholly from alcohol and tobacco. He marvelled at the London policemen, saying, "All is so orderly, all is system." But he also noted, watching the London crowds, "I see that everybody hurries." And if one were to crystallize our social and business sanitary shortcomings into a single phrase, it would be that of the perpetual rush and hurry which mark increasingly our people everywhere. The countryman notices it in the town, the townsman sees it in the city, we in the cities are beginning to observe it ourselves. I have recently had several conversations with a New York friend engaged in large business transactions, who has come home to Canada and bought a small farm to retire to soon, he says. He is not yet fifty, but says that that is an old age for a modern New York man to be able to do hard work at. He has mentioned one after another of his many friends of the stock-market and amongst the merchants, who, strong and vigorous, have in a few short years died exhausted from brain disease, heart or kidney disease—those organs most affected by the stress and tension of high-pressure life. Some of us have marked and noted, even amongst our own friends, the number of comparatively young men who have died from these diseases, essentially old-age maladies.

I have used the word ethical, and have taken it in its usual secondary meaning, as pertaining to the habits and manners of the individual or community, and have desired to point out conditions with regard to the purely physical aspects of education in Preventive Medicine. But there is another result belonging to that distinctive side of morals, which we commonly define as character, which after all, as moral beings, we must always deem of first importance. The sages of every country, whether in ancient or modern times, were those whom Carlyle calls the seers or poets of their age; and, properly so, for their distinguishing characteristic has ever been to search into the heart of things, and ask not only *What am I?* but also, *Who am I?* and *Whence?* That Hebrew classic, of inestimable value, will ever be placed first, for the prominent place it has ever put man in in relation to the Divinity as regards his duty; but the literature of every classic country