

relish virtue. He that hath thee hath little more to wish for, and he that is so wretched as to want thee, wants everything with thee." Some one has written that the body was given to us by which to express the soul. The ancient Greeks, over two thousand years ago, who had then reached a higher degree of physical culture than any other people who have ever existed, regarded the human form as a gift of the gods and believed that it was their duty to preserve and perfect it. Moreover, they believed that health, strength and beauty of form were indissolubly united—and so they are. And is it not worth the trouble for every one to carefully guard the health and to use every available means to avoid and prevent disease, and for parents to look most closely and diligently to the health and proper development of their children?

ON the other hand; it is possible to go too far—to go to extremes, in the worship of Hygeia. Dr. Norman, at the last annual meeting of the British Medical Association, said, "As there was no rose without a thorn, and as suffering and death were the appenages of humanity, we could not expect that attention to health and sanitation would be absolutely free from risk. As to health, there was risk in the very attention to it. He had patients who had killed themselves by attempting too earnestly to live on scientific principles. Such worried themselves and sometimes their wives into an untimely grave." All means for the prevention of sickness and preservation of health must, like the food, be served with "brain sauce"—with common sense. It has been said that in this age of crowding into cities, eternal vigilance is the price of health; but one need not be over anxiously vigilant and worried. Besides providing wholesome nutriment, partaken of in moderation, with other essentials of health, there are many direct causes of disease which it is desirable to use means to avoid, such as infections and causes of certain fevers, inflammations, &c. While people should not allow themselves to be misled by unreliable advice, there are new facts being constantly brought to light regarding the causes and sources of disease of which everyone should become informed. And while there are many who will not put useful knowledge of this kind into practice, there are many who will.

NEW WAYS, or those hitherto unknown, by which infections—the germs or seeds of disease, are spread and received into the body are frequently being found out, and which should be

known by every-body. It is not long since it was first suspected that the increased prevalence of kidney diseases are due, as it now appears that they are, to the habitual use, in the diet, of too great a proportion of nitrogenous food, thereby overtaxing those organs. Again, it is but now being brought to general notice that many physical exercises which were supposed to expand the lungs do not do so, but actually lessen in some cases the inner capacity of the chest, although increasing its outer circumference, simply by enlarging the large muscles on the front of the chest. Gymnastics, for increasing the strength, are often very unwisely and unscientifically indulged in. Great strength in one part is a source of danger to another. The athlete perishes, as Dr. H. C. Wood says, because his over-developed muscular system perpetually strains, and finally wears, out a heart or a lung that was originally constructed for a muscular apparatus of half the power of that which he has artificially built up. As an example, of about 1,200 students of Cornell University who were recently vaccinated, a number of the athletes fainted under the operation. The science of health is progressive and there is a great deal yet to be learned regarding it.

THE "New Gospel" of health must be spread. In a special sermon preached in Ottawa some time ago by the Rev. Mr. Carson, in the Dominion Methodist Church, the Rev. gentleman said: "I call it the new gospel because it is a part of the revelation contained in the Testaments of God; and because, as a practical science it is yet scarcely half a century old." "My object in bringing the subject into the pulpit and making it a part of my teaching is to show that it is a part of the gospel which I preach, and is included in the scheme of Divine government as given to us in the Holy Book." "We must teach that sanitary science is as much a law of God as the ten commandments: and that obedience will bring reward and disobedience punishment." Why cannot there be much more of this sort of preaching? why not a sermon on the subject once a month by every minister of the gospel? They would promote better living, temperance and greater ability in communities for good.

NEIGHBORS, it need hardly be written, are often very unneighborly. There are some people indeed who live near to others but who are not fit to be called neighbors; who should live at least ten miles from any others, who keep a howling, barking or biting dog, badly trained,