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dowed the body with the power to resist change. On the contrary, the organism of man submits to unceasing waste, and if proper supplies are withheld, it soon perishes. Thus it is absolutely true that our bodies are ever dying. The difference between this ever-occurring death and finale dissolution consists in the fact that, in the first instance, no sooner does one atom of a healthy body die than another living atom is supplied from the blood to take its place. In the second instance, the whole fabric returns to dust as it was.

### HEALTH, DISEASE AND CURE.

Animal life is carried on by virtue of certain internal functions—Respiration, Digestion, Absorption, Circulation, Assimilation, Secretion, and Excretion. Now, when the food, water and oxygen that the body requires for its support are subjected to these processes, they undergo two separate and distinct series of changes, progressive and retrogressive. In the first series the nutritive materials are digested, absorbed, changed into living blood, and then become incorporated with the body; so that the food we consumed a few hours ago, now forms part of the organs by which we see, think, hear, feel and move. After these matters have remained in the body a certain length of time as living tissue, they begin to pass down through retrogressive changes, by which they are finally fitted to be expelled from the body as inorganic, waste matter. Now when these two series of changes occur perfectly, in regular order, the result is perfect nutrition, or absolute health. When they are carried on imperfectly or irregularly, the result is imperfect nutrition, or disease in some form.

Or another view may be taken of the same truths. We have already seen that the body, during life, undergoes ceaseless decay and renewal. When it decays rapidly, when the waste is perfectly and quickly removed and the places of dead atoms supplied by new highly vitalized particles, then the bodily powers arrive at their highest development, and the most perfect health is at-