

our people as a whole. Where, then, regarding such shall we begin? With the individual, or the nation? Surely with the individual, for society is but a microcosm, made up of its units, combined into a living whole. Shall we start with the child at birth? Surely even prior to this, for in the child is found the germ of all the qualities, physical and mental, of its parents! Clearly, then, the qualities of the parents and the sanitary environment, in its broadest sense, of the mother are of inestimable value and importance to the sanitary future of the child and of the nation. Everyone nowadays is familiar with the fact of living organisms, whether plants or animals, being built up from the individual cell, and of how this divides and multiplies infinitely, each cell being nourished or impeded in its development by its environment, according as this is favorable or the opposite. Evidently, then, as the plant or animal, as we know it, is constantly influenced by air, sunlight and food, so must the tissue-cells, whether pre-natal or post-natal, be daily, even hourly, influenced by their surrounding fluids.

Surely, then, to those who would worthily bear the name of good citizens, who are to be the fathers or mothers of the race, the hygiene of the person, of the home, of the community, is a matter of supreme importance. Time will not permit us to greatly enter upon details as to all that this implies; but it is important to remember that every aberration from the normal in our actions, whether voluntary or otherwise, produces its definite effect, quite measurable if our instruments of experiment be sufficiently delicate. Everyone, for instance, is aware of the dominating influence of mental conditions, not only upon our happiness from day to day, but he further has the personal experience of how the joy of being depends upon a healthy mind in a sound body. Let anyone recall the effect of a worrying day of business, of household cares, or of mental shock from sorrow upon, for instance, digestion and nutrition; of how, on the other hand, a holiday with mental relaxation, change of air and of scene, brushes away the cobwebs from the brain, gives a sense of well-being, causing the blood to course freely through the veins, making him eat, sleep, and take delight in the nature and life around him, and in the very sense of existence, and he will realize that environment is not only an external, but an internal affair, affecting the nutrition of every nerve-cell and every muscular fibre. Can anything, then, be of more importance than that the mother of the life that is to be shall have every influence surrounding her, physical, mental and moral, of the highest, purest and most wholesome character, in order that such may be transmitted as a gift to her offspring? Are these, then, not the most potent reasons why the mothers of our people, in this artificial age, should fully realize that the duties of motherhood