

physical training of the young. The question is this : given a particular propensity inherited by a child, will his instincts direct him to acts which shall counterbalance that propensity, or will they not rather lead him on in the direction of its further development? Now this question cannot be answered by any theoretical considerations ; it can only be solved by observation. I have often heard it maintained that the instinct will rightly prompt in the cause of health, but my own experience has shown this to be far from correct. If a child be fond of exercise, or of a sedentary habit, it may be thought to be pursuing a plan best suited for its organization ; or if it has a liking for a particular article of food its instincts will guide it right. This, I say, is a question to be solved. Perhaps if we take mental peculiarities, and ask ourselves whether most persons endeavour to counteract them or foster them, we shall arrive at a correct answer respecting analogous physical characteristics. Does a shy child instinctively know its weakness, and court society until he or she has lost the peculiarity, or does he not rather yield to it and develop it? Does not a highly sentimental and dreamy girl pursue a life which encourages her characteristics. In fact we know that a child's inclination is involuntarily directed towards any pursuit from tendencies implanted in its nature ; and we may also observe, and this is a very important fact in the matter of training, that the person's idiosyncrasies running in the same direction, the peculiarities may be fostered by either the father or the mother. Now, although it is not so self-evident, the same law, I believe, is followed in our physical nature. A child is born with certain inherited peculiarities which tend to increase by the continuance of those same influences which set them going in the parent. A drunkard begets children of weak mind, and with a strong propensity to drink ; their children continue in the habit, become epileptic, idiotic, or markedly deformed, and in this way happily the family become extinct. What we first want to ascertain, in considering the large question of national health, is, what do we mean by the normal Englishman, and what are the varieties of him? Now, probably, the more highly civilized a country is the greater the diversity of form, of temperament, and of character ; different however, as these are, there must be national peculiarities. An hotel-keeper abroad, for example, knows his Englishman at once. Whatever opinion we may hold as to the origin of man we must regard his surrounding of climate and food as having been mainly instrumental in producing his modifications. In the orthodox view, as originating from a single pair, no other con-