

of it as a condition of most perfect health, is rather one of morbid imminence.

Longevity, like height, is a race attribute, but it does not signify health. The three oldest people I ever knew, women who reached respectively eighty-nine, ninety-eight, and a hundred, were valetudinarians, and had been so nearly all their lives.

I wish you to perceive that while a great deal of sickness may be compatible with long life, and a huge amount of disease is preventable and quite unnecessary, there must still always remain a fair quantity of illness which has to be accepted as the allotment of the sons of Adam, which will lay a man by for some few days in every year of his life, which will confine him to house or bed now and then as he advances in years, and which he can neither prevent by any care he takes of himself nor avoid by following the guidance of the very best *Æsculapius*.

The conditions under which life is held make it a tenancy, not a freehold.

But we may profitably occupy ourselves in scrutinising men like machines, and noting what is good and what bad in construction, what kind of build of body is adapted to fulfil good mental and bodily work, to endure long, and waste very little if treated fairly.

Insurance offices mean by average healthy lives, persons who at the date of their examination show no sign of disease, and the history of whose past lives, as well as that of their families, exhibits no proclivity to early death.

When Government advertises for smart young men for active service, it is understood to require persons who can endure fatigue and stand ordinary exposure without breaking down.

The hygienist defines health as a comparative exemption from disease at each period of life; he regards it as an abstract quality of the body, just as virtue is of the mind, arising out of a perfect adjustment of the several component parts towards the requirements of the whole.

If this be allowed, let us next inquire how we are to discover and appoint this quality of body. What form or appearance of man is most likely to possess it? Will he be a *bel homme*, or a Hercules, with broad shoulders, short thick neck, and small round head? Be an Apollo or an Adonis? If a woman, will she be exquisitely proportioned like the Venus or Praxiteles? It is at least probable that such an exterior as artists and sculptors admire will coincide with health, for beauty in form usually accompanies the adaptation of means to ends, parts to purposes; but if you understand health to be comparative im-