

vilege of some classes at the present day—are proofs that those are not dreamers who permit themselves to hope that, in a couple of centuries, there will be a marked diminution in the amount of sickness, and that then the duration of the working period of life will be materially longer than now. In that brighter future death will oftener be the result of a gradual decay of the bodily powers, and men and women will enjoy a more vigorous life, a more peaceful and happy old age than now. Do not these rewards justify attention to the wonderful science of health?

No. VI.

Briefly to recapitulate : these short papers have not answered the end I had before me in writing them, if they have not drawn the attention of the reader to the following important facts ; that it is far easier to prevent than to cure ; that curative medicine—understanding by that term medicine and surgery—is powerless for good, except in those cases when nature alone would have been sufficient, if not to ensure recovery, at least to place the sufferer on the high road to recovery ; that sanitary science, in its broadest and most scientific signification, deals with the training of the mind as well as with that of the body ; or, in other words, that no system of education is deserving of the name which does not concern itself with the body as well as with the mind ; that the prospects of sanitary science are brilliant ; and, lastly, that some knowledge of this science is indispensable to every man who takes upon himself the charge of a family. Fortunately it is not difficult to learn something of the structure of the body, its functions, its dependence on the mind ; but that knowledge requires to be practical, not merely theoretical. In all cases in which such knowledge is reliable, and is allowed to influence national manners and customs, the standard of health will assuredly rise : as it rises, the average period during which men and women are able to exert themselves strenuously and happily will be in like degree extended. Let all who have the charge of children or of workpeople, all whose opinions and example influence the conduct of others, try to hasten the advent of that time when, in a sense never yet true, man will live in a state of nature.