

drawn from all the other elements necessary to life.

Notwithstanding this remarkable power of vitality, which can brave such extreme variations in physical conditions and endure enormous privations, careful observation all over our country presents a fearful record of death, sickness, and physical degeneration produced by our own social arrangements—arrangements and habits so destructive to the human organization that they overpower even this great capability of adaptation.

This is seen in the statistics of our towns, in the condition of our peasant population, in our social and domestic experience.

The statistics of all our large towns demonstrate the great and unnatural destruction of life that takes place in these centres of civilization, where the highest medical skill is found, and placed freely at the call of poor as well as rich. The natural death-rate at present is 17 per thousand—*i.e.*, that under the most favourable conditions as amongst the upper classes in our healthiest cities, in the healthiest country districts, 17 out of every thousand persons die each year all the world over, a lower mortality being exceptional; but the following was the death-rate of our chief cities (1868) instead of the natural rate of 17 per thousand: Bristol, 23; London and Birmingham, 24; Dublin, 25; Edinburgh, 27; Liverpool, 29; Glasgow, 30; Manchester, 32. That means that in London alone, in a year of no special sickness,