

laws and break them. The only ones who escape punishment are those who learn her laws and obey them.

How does Nature punish us? Always by making us suffer sickness and pain. The pain is at first only slight—so slight often as to escape notice. Then if we still keep on breaking her laws, more pain is put upon us; and after some time—long or short, according to our strength,—she puts an end to life. She kills young and old, wise and unwise, men and women, children and infants.

What has been the outcome of all the pain and suffering which she has inflicted upon the sick and dying in bygone ages? One result is clear. She has goaded thoughtful men to study disease and try to find out the cause. But men have been very slow to learn Nature's lessons. She has inflicted pain and suffering upon the sick and dying for thousands of years. Greek, Roman, and mediaeval history relates how people have died by thousands from plagues and pestilences. We do not use these words nowadays to describe disease. These are the older names for diseases, like small-pox, yellow fever, and cholera, which have at different times spread over the thickly populated parts of Asia, Africa, Europe and America. In the summer of 1665, no less than 50,000 died in London alone of what was called the *Black death*. And ever since then, diseases have swept over portions of the old and the new worlds, carrying off thousands and thousands of people.

You might naturally think that people, who have been beaten with the terrible stripes which Nature inflicts, would try to learn her laws as quickly as possible. But they do not. Even as recently as 1898, in the Spanish-American war,, for every man killed by a bullet, four died from disease. This was no worse than what took place in many European wars. Sword and bullets slew thousands, but disease slew its tens of thousands.

In 1902, in the war between Japan and Russia, a new state of affairs had come to pass. The Japanese taught the whole world a lesson. Over 70,000 of them were killed in battle, or died from the effects of their wounds; but only about 15,000 died from disease. According to the old way of carrying on war, Japan should have lost 280,000 from disease. How did they manage to save all these lives? The answer is easy. Her army surgeons had learned the laws of health and of disease, and the officers and soldiers obeyed these laws as faithfully as they could. No bad food was eaten; no bad water was drunk. No infected house was entered. How to save life during a terrible war was of the lesson which ignorant (?) Japan taught civilized Europe and America!

Now let me give you another example of the shameful way in which life is lost, and of how slow we are to learn the lessons which nature tries to teach us. Only about half the babies who are born ever grow up to be men and women. In England, one in every five dies within a year of its birth. In Ontario, in 1903, one-eighth of the babies died within the first year. In different parts of the United States, the death rate among babies is much less in country places, than in towns and cities. In country places, and in the open and cleaner parts of cities, the death rate is about 10 to every 100. In crowded