

Now, in attempting to carry out the objects which this Society has in view, and one of them must be the studying the character of the people, and the causes which tend to deteriorate their health, a true method must be adopted. We must be inspired by a feeling to investigate closely and in detail all the circumstances of man's nature and surroundings, without the slightest bias to gain a given result for the fulfilment of some presumed beneficial end. A bias of this kind existing in the mind is entirely subversive of the purer and truer instincts which should stimulate one to exertion. If you work for the love of truth only, you will find that, however apparently small or trifling is your discovery, a practical good will follow ; this has always been and must necessarily continue to be so.

And now I will conclude with a quotation from one of Robertson's sermons:—'We are fearfully and wonderfully made. Of that constitution which we, in our ignorance, call union of soul and body, we know little of what is cause and what effect. We would fain believe that the mind has power over the body, but it is just as true that the body rules the mind. Causes apparently the most trivial, a heated room, want of exercise, a sunless day, a northern aspect, will make all the difference between happiness and unhappiness, between faith and doubt, between courage and indecision. To our fancy there is something humiliating in being thus at the mercy of our animal organism. We would fain find nobler causes for our emotions, as well as for our sublimest sorrows. It is a duty, therefore, to keep the body in temperance, soberness, and chastity ; to guard it from pernicious influence, and to obey the laws of health are just as much religious as moral duties.' I wish the Society all prosperity. 'Salus populi suprema lex.'

PRACTICAL NOTES AND EXTRACTS ON HYGIENE.

(*Continued.*)

ON COOKING—MEATS.

The purpose of cookery is, or should be, to render foods more digestible, and at the same time to develop their flavor and make them more palatable and acceptable to the stomach. Bad cookery is one cause of disease. It produces for our table, hard, dry, tasteless masses of flesh as undigestible as unpalatable. Foods otherwise wholesome, nutritious, and digestible, are by it not unfrequently rendered