

the true meaning of the word, is thoroughly impaired. Those classes of society who are able to command every physical appliance that wealth will purchase are often, from their kind of suffering, more dangerously diseased than the labouring classes. I need only mention the spread of luxury, the delay of marriage, the frail progeny of unsuitable unions, to show how inextricably the mind and body are blended in all that concerns health.

The highest authority on this subject thus condenses the lessons of his great work on health: 'Hygiene is based upon the physical and moral perfectibility of man, of which it furnishes the proof.' 'Health may be described in two words—morality, competence.'

The general deterioration of health prevailing in all classes and both sexes is most strikingly seen amongst women. It is proved by the increase of nervous and special diseases, the prevalence of scrofula by general fragility of constitution, and inability to bear the unavoidable burdens of life.

The health of the mass of educated women is a matter of serious national concern. These women form the heart of the nation, they mould its family life, they create society, they exercise an unbounded influence on the lower classes. If the health of the mother breaks down family happiness is destroyed; so if the health of this class of a people is deteriorated the welfare of the nation is imperilled both in the present and the future.

Young parents enter upon the heavy responsibili-