

THE RELIGION OF HEALTH

THE words 'the Religion of Health' convey a profound meaning to the physician who has spent a lifetime in relieving physical suffering. I will try and state what those words seem to me to imply.

Obedience to Divine law is the highest wisdom of the human race.

Wherever God's laws are clearly visible, stamped in immutable characters so plain that every human being who is willing to read them can do so, then the wisdom, the happiness—nay, the simple common-sense of the race—lies in obeying them. The first lesson every one of us has to learn profoundly is his subjection to law. There is no escaping this inexorable destiny. Although each one is born with free-will, his type—the plan and pattern of his being—is born with him also. This type is a limitation to the nature, but it is also a guide; it is the finger of Providence showing him the road to follow in the great wilderness of creation; it is the Divine order, according to which each one can freely grow and expand in body and soul to the finest proportions. True freedom consists in the voluntary choice of