



VOL. XXXV.

JANUARY 20th, 1908.

No. 6

Address to Young People.

BY DR. KNIGHT.

INTRODUCTORY.

IN caring for the health, there are a few general rules that you must never forget.

In the first place, you cannot take care of any one part of the body and neglect other parts. You cannot care for the eyes, and at the same time ill-treat the brain. You cannot look after the health of your nerves, and at the same time do injury to your muscles. There is no such thing as building up the lungs into health and strength, while the throat remains weak and unhealthy. All parts grow strong together, or all become weak together. Every good doctor knows this, and when you go to him about any special ailment, he always—though you may not know it—studies your general health, and tries to improve it, as well as trying to cure your ailment.

In the second place, the best doctors nowadays trust less and less to the use of medicines, and more and more to teaching people how to care for their health. Forty years ago, doctors used to give sick people a great deal of medicine. Nowadays, they give much less than they used to do, and when patients are very ill, the doctors trust more to good nursing than to medicines. They tell us that the rules of health should be learned by young folk, and lived up to.

One thing is certain, that if we break the rules of health we shall be punished. Nature will take no excuse for not knowing the rules. This seems pretty hard. What would you think of a teacher who punished every pupil alike in his school—both those who knew the rule and broke it, and those who did not know the rule and broke it? You would think him a very cross and unjust teacher.

No doubt you think that wrongdoers should be punished according as they do a little wrong or a great wrong. Christ tells us that the "servant which knew his Lord's will, and made not ready, nor did according to his will, shall be beaten with many stripes; but he that knew not, and did things worthy of stripes, shall be beaten with few stripes." But this is not the way Mother Nature treats us. She punishes those who know her laws and break them, with exactly the same number of stripes as she gives those who know not the