

That the rule also holds good in reference to *Man* may be learned from tribes living in a wild state. The native Australians, for instance, perhaps the most perfect specimens of men in a natural condition still extant, reach their full stature between the tenth and twelfth years, becoming old at from fifty to sixty. Properly speaking, they never ail, and in particular are free from epidemic disease, their life being such as to have an especially hardening effect on the body, as they go quite naked, and build themselves no habitations.

Considering, therefore, that in our climes full growth is attained on an average about the eighteenth or twentieth year, the normal termination of life should take place at the ninetieth or hundredth year. That potentially we are endowed with such longevity is shown by the isolated examples of centenarians of both sexes met with in every calling and every country. Consequently, putting accidents on one side, we must conclude that deaths, when occurring at a less advanced age, are the direct result of the unnatural mode of life adopted by civilised man, partly, indeed, on compulsion and through no fault of his, but to a great extent from ignorance or carelessness. In some cases the foundations of disease are laid in childhood by improper methods of rearing, while in others a debilitated constitution is hereditary.

It is therefore evident that much remains to be done in the interest of a national system of health-culture, both publicly and individually; and it is certainly a cheering sign of the times that, within the last decades of the nineteenth century, this important task has been taken up in the most various quarters in a manner heretofore unknown.

Many will be alarmed at the idea that all, or even a