

the physical framework of man, but as practitioners of medicine we must consider the living man as a body, soul and spirit.

Our nature is threefold, and health and character pertain to each component, the Physical, the Intellectual and the Moral. We may admit that so far as we can see, perfect physical health may exist with feeble intelligence and degenerate morals, but the ideal condition for which we should aim is the balanced blend and perfect equilibrium of all these elements. And even though at first glance it may seem that one component may attain perfection, while the others are defective, a close observation convinces us that it is not so. The brilliant intellect is hampered in its working in the diseased body which forms its transient tabernacle; the "eye sublime," subdued to that it works in by a vile spirit, loses its brightness, and

"Faults in the life breed errors in the brain,
And these reciprocally those again."

And as Maudsley put it the other day at the British Medical Association, "Mind works in every function of the body; a sound body is the foundation of a sound mind and the lunatic is lunatic to his finger ends." We cannot think soundly about life if we ignore this essential and indissoluble trinity. Experience tells us that in our work of detecting, preventing, eliminating disease, we cannot treat our patient to advantage if we regard only his physical condition and neglect consideration of his mental equipment and moral proclivities. Indeed, the manner of man our patient is, is determined more by those invisible forces than by his corporeal form, or as we have it in the sayings of the Wise Man, "*As he thinketh in his heart so is he.*"

And it is with the community as with the individual: that which makes a nation great is not the wealth of its people, or their intelligence, but their good name. It is because I believe that the medical profession may have a large influence in moulding the spirit of a nation, that I wish in the hour which custom allots to me here, to offer a few remarks on National Character and Public Health.

How may our national character help or hinder us in our work, and how may we, as the guardians of the public health, help to make or mar our national character?

The public health laws of a country will depend largely on the character of the people. The character of the people will be conditioned largely by their public health, that is, by that standard of health of the individuals composing the nation which, as a