

tion as to whether their respective systems were competent to stand the running of a race, or as to whether the heart had the power to meet all the taxings of hard athletics, or not; and so on. It is true that exercise is beneficial; but everybody knows that there is a limit. The child, however, is unaware of this fact. Still more, certain individuals, in whom the heart or any other part of the circulatory system is incapable of maintaining equilibrium during exercise, are far from being benefitted by the same; on the contrary, they lose by it. These facts are quite undisputed, and they emphatically demonstrate the value of possessing a knowledge of certain facts; these facts including the means by which one can protect himself—if he is not already safe—or, on the other hand, the means by which one can ascertain as to whether he is secure or not.

Now, as Dr. Mills, in his book, on the voice, has said, practice and principle have been too widely separated. And, therefore, in this treatise, the object aimed at may be summarised as follows:

To impress the importance of—if not to recreate—the principle and practice combined of a number of nature's mechanical factors (reviewed in the study of Physiology) that shield the organism against non-microbial disorders, and, to a certain extent, against afflictions caused by germs.

To bring to the fore the Nucleinic Method of Immunisation against infections.

And last, but not least, to bring before the medical man's notice an actually existing system of *practical* hygiene; a system which has as yet not been universally recognised, but which after due and careful consideration would, I am sure, be acknowledged as good. It is a system that has been practised for the past three or four thousand years by a certain race. It is a system which has the advantage over *all* other systems that it can be followed by the most unintelligent laity. So simple, yet useful, is this system.

Before plunging into the essence of this dissertation, I may forewarn the reader that I have omitted most of the technical details concerning Immunity (against infections) proper. For, not only is there little room to give any satisfactory account of such an immense subject, which, in the words of Tennyson, is like—

“an arch wherethro’

Gleams that untravel'd world, whose margin fades

Forever and forever when I move,”

—but I would be committing the crime of reiteration. Indeed, these technical facts concerning Immunity are far better described in any