

establishment to any place which will make arrangements for the delivery of the lectures. Such a system, varying the lectures and illustrations, might be applied to every little village in England, for two young ladies or gentlemen might certainly be found in every place to read discourses so prepared. If a Health Society did no other work than keep in constant activity such a simple plan of instruction as this, it would do a work of immense utility. There is, however, no limit to the practical suggestions that might thus be brought before the public to the influence that might be exercised upon family life, or to the sanitary institutions that might be formed by an energetic Health Society.

I have thus endeavoured to show :

1. That there are laws governing human growth according to an unvarying plan.
2. That neglect to study and obey these laws produces individual suffering in all classes of society and national degeneration.
3. That obedience must be rendered through legislation, education, and social life.

It is only when we have learned to recognise that God's law for the human body is as sacred as—nay, is one with—God's law for the human soul, that we shall begin to understand the Religion of Health.