

ing every fanciful suggestion, and even of exciting those suggestions. The individual may thus become the sport of his own unbalanced faculties, and a prey to every species of morbid hallucination.

An organization so complicated (as this human body), designed for such manifold uses, and at the same time drawing the elements of its existence from the external world, must be powerfully influenced by all the circumstances which surround it. Certain physical and mental conditions are essential to human growth, to health. Hence the question of food and clothing, of drainage and ventilation, of human habitations, of exercise and occupations, attain equal importance and dignity, as essential to the fulfilment of the great changeless plan of life.

Thus we are brought face to face with a great fixed fact, a fact which concerns every human being during every moment of life—viz., God's unchanging law of human growth. This law we are called on to study, to obey, and obedience to it is placed first in the order of human duties. Obedience can only be rendered by study of the objects of physical life, of its structure, its conditions, its rules. Its learning, thus regarded, becomes sacred learning, and ignorance is criminal.

The folly and wickedness of our practical contempt for the great laws of human growth may be measured by the penalties of suffering, illness, and premature death attached to this neglect. This is rendered more striking by observing, first of all, the great force of the principle of vitality,