

common in Athens as pebbles in her streets. A sound mind in a sound body was the inspiration which touched their lives.

It is not an idle fancy to say that as the farmer goes down deep into the well for cool water, the mind should go down deep into the resources of life for strength. Life comes from breath. The air contains invisible elements of those things which we eat and is immediately brought into the current of the blood. Let us learn to breathe deeper—breathe more freely—study nature—think purer thoughts—practice culture of the body and thus make the temple indeed a fit dwelling place for the soul. We hear no sound of hammer, but the building never ceases.

