

otherwise intelligent and moral people. He dines at his club and he hears nothing but the wonderful cures wrought by some itinerant quack who has never fulfilled one requirement of the Medical Act. Truly Demos loves the quack and seems to have a special spite at him who would practise his profession scientifically in accordance with the noble spirit of the Hippocratic oath.

There are, indeed, many ways in which the traits of national character may influence the health of the people.

In the report of the Royal Commission on Physical Deterioration, no evidence seems to me more interesting than that of Mrs. Close. This lady, who has given her life to the study of domestic conditions among the laboring classes of almost every country in Europe, has no doubt of a deterioration in the physique of the laboring classes in England. And the explanation of this she finds in a diminished sense of duty, a debased ideal of the duties of wife and mother. Love of amusement and the attractions of the theatre interfere with the old-fashioned domestic economy. Houses are untidy. Food is badly cooked. Early rising is a vanished virtue. The children are hurried off to school without a proper breakfast, and the husband finds in the public house the comfort he is denied at home. The picture is too true and its replica may be found in every town in Canada.

And now, how may we, in the exercise of our daily calling, contribute to the development and growth of national character?

In the first place, we should accustom ourselves to remember that the body with which we deal is of value only as the tenant and instrument of an indwelling spirit, and that the health of the body is our care simply because its ill-health may hamper the action of the intellectual and moral energy within it.

When we prescribe diet and exercise, let us remember that the luxury and excess and love of ease, which are the most potent factors in disease, injure mind and soul as well as body. Let us press the claims of temperance—that true temperance which walks the golden midway, and turns neither to asceticism nor to indulgence.

In the love of Canadian youth for manly exercise we have a most powerful lever for raising the standard of health and morals.

If we are consulted as to occupation, let us sing the praise of the simple life. Civilization is becoming terribly complex, and it seems on all hands to fungate into luxury. And history points a warning finger to the past. When culture joined hands with luxury decadence was already at the door.

*This is an age of sedentary occupations, and a large proportion of the ills which we are called to treat owe their origin to the exigencies of the sedentary life. It is not a natural life for man.*