

the time has not yet come when we can follow the suggestion of one of the characters in *Lothair*, that the vigour of the race concerns too much the welfare of the commonwealth to be entrusted to individual arrangement.

Take another example; there is what we call the nervous temperament, and in connection with it I will just mention this fact, that I have known several instances of medical students who have had peculiar sensitive dispositions and fantastic minds, who have been prone to leave ordinary every day work and discuss obscure metaphysical questions which have been more congenial to their disposition. These young men have instinctively found their way to take charge of lunatic asylums, and they themselves have finally gone mad. I merely mention this as another instance of the proclivity for persons to follow their inclinations, and by this means any peculiarity is fostered and developed. If what I say is true, and I firmly believe it is, and you wish to prevent disease, the method is certainly what is not too often followed, to let each child follow its instinct.

I might say, as regards the nervous temperament, it is one which especially should be protected from those agencies which may be constantly tending to develop its peculiarities. Persons of this temperament, being anxious, are often thought to be suffering from overwork. This is a great mistake; they will undertake much and perform much, but it must be cheerful work, and that in which they take an interest. It is not work, but worry, which injures the nerves; therefore it is that some of our oldest livers have been tremendous workers, but they have not been sensitive men; they have not shrunk from annoyances, but have rather courted them, feeling exhilarated by opposition and contention. Take, for example, Lord Palmerston, Lord Brougham, the late Bishop of Exeter, Lord Leonards, and a host of others. Such men show in the first place, their origin from a good stock, and then that they have not very sensitive nervous systems, but by no means that hard work is injurious. There can be no doubt that for happiness and long life a highly sensitive and sympathetic nature is not the most conducive. A French physiologist said that, if you want long life you must have a bad heart and a good stomach.

I think we may safely say that our gouty Englishman is a counterpart of the man of sanguineous temperament of Hippocrates; but the Greek physician did not seem to have any condition corresponding to our very important tuberculous temperament, nor does his choleric exactly answer to our nervous temperament. We may, however, speak with the father