

and temperance are encouraged, their morbid proclivities may all be counteracted. The children of this type, you may remark, are robust and healthy-looking, and always, in my experience, have an early liking for wines and strong drinks.

But England strangely enough produces another tendency—that to consumption. Circumstance of climate, I apprehend, have given a start to this proclivity, and the tendency is developed into a diathesis in the course of generations. The child born of consumptive parents is generally well formed, but not robust, the frame is well proportioned, and the whole organism shows great activity. There is a quick circulation, and the brain and every other organ of the body is working at high pressure. The child is highly intelligent, and he continues so when grown to a young man; he is fond of exercise, and boasts of his walking feats. At the same time that the body appears over-oxygenated and all the functions are performed with great activity, the digestive powers are not strong, the appetite is small; and there is a dislike to fat, alcohol, and all hydrocarbons on which his oxygen may feed. The chances are that he signs the pledge, and being a good young man, has deceived himself into the conviction that he has done it for a moral object. A youth of this kind always appears to me like a high-bred horse, very active, capable of remarkable performances, but at the same time highly susceptible to surrounding influences which may soon light up disease in the system. He is living at this high tension, a slight exposure to cold sets up an inflammation of the lungs, rapid disintegration occurs, and consumption soon brings the precocious youth to an end. Now you who intend to take charge of the public health, seeing the young people with these proclivities, may render them good service by timely advice; they are not to work all day at their books and consume midnight oil in hours which ought to be devoted to sleep; they are to be well fed, and if there is a class of persons who require alcoholic drinks, it is this; you will notice their aversion to them, but their feelings are leading them to evil; give them beer wine, and fat foods, to counteract the over oxygenation, and diminish the amount of labour; let them be well clothed and protected from those atmospheric causes which are likely to set up morbid processes in their delicate air passages. Should an unfortunate marriage engender on both sides these peculiarities, the children are all apt to die out young. In these different temperaments there are features both physical and mental of so good a kind that I by no means would say that if mixed with others the best results might not obtain; and therefore