

right; we practise another. We exact a super-human effort from our children when, surrounded by temptations, we tell them not to fall into evil habits; we require an impossible thing when we expect them, as social beings, to do what is right when society does what is wrong. The diffusion, therefore, of sanitary knowledge through all classes of adult society is as necessary as the remodelling of education. It is through the gradual diffusion of this knowledge that combinations of individuals may be formed who will be strong enough to put down some of the senseless and injurious customs that now pervade society.

This principle of combination may wield a great and increasing power for good. Departure from any established custom by a single individual is an eccentricity, but the union of fifty for the same purpose will exercise a decided influence, and a hundred resolute men and women form a social power in the State. It is encouraging to recognise the power that might be exerted by such a band resolved to carry out the 'Laws of Health' in their daily lives!

There is only one form of combination, however, that I shall venture to suggest, and whose utility I think will be at once apparent.

I refer to the formation of a National Health Society.¹ Such a society seems to be much needed

¹ The same year (1871) at a drawing-room meeting held in Dr. Blackwell's house the National Health Society was formed, which has its offices at 53, Berners Street, London, W.—EDITOR.