

by no means least, upon good habits of life. A man, as Celsus, said, is not to live too much by rule; he should be the master not the slave of his body.

The state of health is a state of very perfect hæmatisation, in which the tissues of the body are neither too moist nor too dry. Flabby muscles and hydræmia of the intercellular tissue are suggestive of debility if not of actual disease. There appears to be a maximum of solidity, a ratio between weight, height and girth, which coincides with that period of life when the energy or vigor is greatest, when each individual is capable of his greatest feats of strength and endurance: it is better marked in males than in females, and happens at or about the thirtieth year of life. This is the quality of body which the hygienist aims at prolonging.

The following signs may be accepted as evidences of sound health:—1. Individual adaptability: the capacity in man to adapt himself to extremely opposite conditions of existence without suffering in energy. 2. Endurance: the capacity of supporting considerable bodily or mental labor without suffering from fatigue, or of repairing the latter quickly. 3. Self-command: the capacity of controlling the emotions, blunting as well as sharpening the sensations at will. 4. Resistance to morbid influences: the capacity of eliminating all poisons quickly by dint of sound organs of excretion.

The following signs of debility ought to be enumerated as well:—1. Deformity; obesity; leanness; bad construction of the skeleton or of its clothing. 2. Personal inadaptability: liability to disturbance of either mind or body upon slight provocation, such as change of food, clothing, climate, or any interruption of the ordinary habits. 3. Lack of endurance; small staying powers, requiring long rest to repair fatigue. 4. Small emotional control: the persons who are quickly provoked to anger, or are speedily moved to tears or laughter, exhibit feeble nervous systems, and are prone to nervous disorders. 5. Proclivity to morbid influences: those whose organs of sanguification or of elimination are damaged; who, although equal to ordinary calls upon them, exhibit their inefficiency by succumbing to every contagion, miasma, or poisonous influence that they encounter.

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INTEMPERANCE IN AMERICA.—Dr. De Marron, in the *New York Medical Journal*, says: ‘For the last ten years the use of spirits has, 1. Imposed upon the nation a direct expense of 600,000,000 dols., 2. Has caused an indirect expense of 700,000,000 dols.; 3. Has destroyed 300,000 lives; 4. Has sent