

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 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.

Will it be thought very much out of place if I say, let us honor the farmer. His is the only natural, the original, and the essential work. There is a moral in the fable of Hercules and Anteus. It was not until Hercules had lifted the giant bodily from the ground and so broke the magic contact that he was overcome, and the prescription for many of the ills of the body and of society to-day is in the cry, "Back to the land!"

I have spoken of occupation as bearing on health and character. There is one other fact in our social life to consider, and that is our amusements. Indeed, among some people this question seems to take precedence of work. Amusement and relaxation are necessary, but to give them so prominent a place in our life as they appear to occupy to-day is a menace to the health of the body