

follow the same rule as the man of twenty. The same number of hours of sleep, the same number of hours of study, the same quantity of recreation ; when such bad rules as these are followed in our public schools and colleges, we must be careful not to send them there too young, before their tender constitution is able to bear the heavy strain that will be laid on it ; we must try and fortify them beforehand by a good physical education.

Of what use to a man will be all his honors his learning, his profession, if upon leaving college and entering public life he has no health ? If his constitution be broken down and undermined first by the ignorant nursing of childhood and secondly by the prejudice and unscientific education given in our colleges an education which aims only at stuffing the young head with Greek and Latin and neglecting the health of the body. Can that man follow with satisfaction to himself and to others the sacred and laborious profession of the Priesthood, the fatiguing calls of the medical profession can he stand, for any time, the confinement of the Lawyer's office of the merchant's desk ? You need not ask, you have examples of the contrary every day before your eyes. Young men endowed by nature with the brightest talents, the most robust health, who at the early age of twenty five or thirty, fall a prey to inflammation to fever and consumption.

Health, Ladies and Gentlemen, is a great blessing ; we only know its value when we have lost it.