

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 the 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 honour the farmer. His is the only natural, the original and the essential work. There is a moral in the fable of Hercules and Antaeus. It was not until Hercules had lifted the giant bodily from the ground and so broken 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 which they are meant to secure, to the intellectual powers and to moral character.

Pleasure takes precedence of duty, and complainant sophistry may even justify this order. To scorn delights and live laborious days is now considered folly. We amble along the primrose path of dalliance and avoid the “asperous way that leadeth to the house of sanity.”

It is a delightful and a hopeful omen to see an interest taken in athletics, and to know that our country takes such an honourable place in all manly exercises. But for one young man whom you will find on the football field, or plying oar or paddle, you will find many who simply waste their time, their only interest in athletics being the spectacular interest of a match or the dubious financial result of a bet.