

direct instruction in the necessary conditions of health, and careful training of the body. It is giving to education the grandest of all objects—use, which, if properly understood, includes the highest and most permanent culture of which the individual is capable. Were our beautiful sea-coasts studded with such colleges, with their wonderful playgrounds washed twice a day by the Atlantic waves, furnishing endless treasures for the eager gatherers, enthusiasm for health-giving studies would grow up in the youthful mind, and a stronger generation mould a nobler society.

The establishment of sanitary improvements by Government, and the remodelling of education, are not the only means by which we must seek to obey those Divine laws which are implanted in our nature. Every class of society, every institution—in short, our whole social life—needs to be re-born into the idea of health. The customs to which we all conform, whether rich or poor, the standards by which we measure success in life, and the means by which we seek to reach it, are all opposed to the idea of health. The hours we keep, our dress, our food, the excitements and strain of life, are injurious alike to mind and body. The deeper we look into the structure and state of society, the more serious are the effects of the general neglect of the laws of human growth. Practical life now is a cruel foe to pure enthusiastic youth; purity and enthusiasm are alike destroyed by the corrupt and faithless society into which they enter. We preach one standard of