

place this important fact first amongst the rules which govern the human economy because it strikes the key-note of education; and it is only through a thorough appreciation of this principle that we shall beneficially change our present systems of education.

Each age has its own special method of existence; thus there are laws for growth, for maturity, for decay. There are the great facts of growth by exercise or use; the necessity of maintaining a just distribution of force amongst the various parts, lest one grow at the expense of another; the alternations of action and rest required in every part of the economy; the varied life of different functions which give to each its individuality and special rule; the varieties of race, of temperament, of individual peculiarities—these will slightly indicate the extent and variety of these unchanging laws by which our human nature is moulded. Their importance may be realized more fully by dwelling for a moment on one or two of them.

What may be termed the balance of power or just distribution of force in the various parts of our physical and mental nature—according to each individual type—is essential to the perfection of the organization—it is, indeed, the measure of health. It is attained and preserved by the due exercise of all the functions of our nature. In ascertaining what is this due exercise, we observe that the different functions of the human being are subject to varying laws of constant or occasional