

It requires a well cultivated mind to concentrate its powers on any one particular subject, when the body is racked with pain. Walter Scott might have done it—did do it—but there are few such men, and it was only at intervals that he could do it. Now, as we know that such a relationship exists between the mind and body, as that when the body is diseased, the mind is less able to act, or to act with energy and efficiency, so we see the importance of having the body, which is the habitation of the soul, to be well fitted up; to be healthy; that the mind may act with more vigor and strength.

Providence has made it our duty to seek the health of the body, and has strengthened this obligation by forming this connection between mind and body, and it is necessary that we have health, that we may perform the duties to which He has called us. Persons may be too weak and delicate to attend to their duty, as for example, to attend church; and they will plead this weakness and want of health, as an excuse for their neglect. But we cannot find an excuse for it; either they or their parents are chargeable for their bad health. More than three fourths—not to say all—of the diseases suffered by the human family, are brought on them by their own carelessness, or by daring violations of the laws which God had ordained for health. Now, if we might have constitutions that could resist disease, or to overcome them, are we not guilty of self-murder when we neglect our health? If we unfit ourselves for God's service, are we not as guilty as though we openly withstood His command. If I cut off my hand because I do not choose to exercise it, am I not chargeable with guilt when I thus unfit myself for performing the duties required, of providing for myself and for others. The cases are precisely similar. If I do not choose to trouble myself to preserve my health, and I thus unfit myself for duty, the demands of the law are not lessened, nor its penalties lightened.

This want of health tends to effeminacy of the mind.—There have been great minds in weak bodies to be sure, but so too, have there been drunkards that have lived four score years, but that proves nothing. No one pretends to say that all who possess great physical power, possess equal mental power. But so long as it remains true that disease of the body, has an effect on the exercise of the mind, it remains true, likewise, that the