

mind requires a strong physical system that it may perform its part well on the stage of life.

But how are we to undertake the duty of bringing others to observe this law of health. Will we tell them that if they do not possess good health themselves their children will not be healthy? They think it folly for us to tell them that they ought to have good health. What they want is sympathy, not advice. We are in the hands of Providence, but He has established laws in the physical world, and if so, when we violate these laws, we are acting against our own interest. We are withstanding the power of Heaven—tempting God. If we observe the laws of his institutions, we may expect to have health, so far as it be for our good. We may look for punishment for the violation of any law, and is it not time we should learn obedience from the lessons Providence has taught, by the suffering endured by bad health, by the millions. We need deep lessons and long continued ones, before we learn these things.

To have good health we must be careful of it while we are young. It is then that the constitution is forming; and if the soft bones of a young child be bent out of their proper position they will be likely to grow out of their position, and the necessary result is, that some part of the system has not room or opportunity to perform its proper function, and thus the health is injured. A child ought, therefore, to be taught how to keep all parts of the body in such a position that each member of the body may perform its part well. They should be taught how to sit; but in order to do this, the seat must be prepared for it. It cannot be taught how to set its feet down, unless there is something to set them on. It cannot be taught how to lean on the chair, unless there is something to lean against. The child ought to be taught how to stand, how to walk, how to do everything that would effect its health.

To have health, exercise is necessary. It is remarkable that the physical constitution becomes more healthy by performing labor; we are told what our duty is: to provide the things necessary for sustaining life. Now, the performing of this duty strengthens the constitution of a man. Now, as the child naturally engages itself at something, it should have something to engage it, that will not let this restless feeling die away. If it be