

Maude Royden, the great English woman sociologist, said, quote: You cannot break Nature's laws, but you can break yourself against Nature's laws. Unquote.

You may lost money, friends, power, prestige and even reputation, but if you have health and courage you can regain lost treasures, climb the heights again and look the sun in the face. But when health is gone, money, power, prestige and friends cannot save you. Nature has decredd that man must work in order to be health, and work must be such as to provide plenty of mental and physical exercise properly proportioned, or the individual must arrange his living outside of working hours to get the needed mental and physical activities in order to avoid a loss in health and happiness. A man who does not work at all soon finds himself slipping on life's highway. Any faculty which is not used tends to deteriorate. But the man who works too hard is undermining his health and wrecking his life. Safety lies in pursuing the middle course of work and play happily proportioned. Measure and proportion. The man who does not obtain both mental and physical exercise in his daily work and refuses to obtain it in some form of recreation has no one to blame but himself if the bloom of health fades from his cheeks. The human system cannot stand a steady diet of hard work and no play. Abolish play and you would destroy happiness, outlaw laughter and you transform life into a gloomy funeral march from the cradle to the grave.

We need teachers in our public schools who have vision, energy, personality and vibrant health. In my opinion, teachers should be examined for physical defects and retired from their teaching until they regain their physical fitness. We have too many teachers in our schools and colleges who have embalming fluid in their veins instead of blood. It is altogether desirable to have in