

grow, and organic tissue to be formed, the sole source of nourishment is again the spiritual—*air*.

It was once supposed that man was made of clay; that all things which had visible form and bulk were formed out of elements possessing a property of solidity; that air could not become solid, nor solids become air; and much illusory physiology was based on this hypothesis. There has been similar waste of labour and ingenuity in looking for historical facts as the basis of national traditions. The facts which we discover will not account for the consequences which seemed to grow of them. The Romans traced their Romulus to the gods; the modern popular historian regards Romulus as a robber shepherd; but he has still to explain whence the idea came which developed the shepherd's descendants into an imperial race; and when he looks for his reasons in the 'soil,' in the circumstances of their situation, he is like a man who would find the secret of the tree in its ashes, or would explain the lifting of the Himalayas by a force which would not elevate a mole-heap. The philosophy of history is gradually discerning that the amount of fact discoverable in early legends is extremely small, and that when discovered it is extremely unimportant. Legends are perceived to have risen out of the minds, and characters, and