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FUTURE GENERATIONS OF CANADIANS.

In the first number published of this JOURNAL, July, 1874, we quoted from a leading contemporary the two following sentences: "We ought to build up a nation which in sheer physical stamina would be unsurpassed. Nor can anything prevent this being our destiny but softness, indulgence, luxury, and want of attention to the laws of health." And we then added, "There is not one probably, who would doubt the truth of the above extract,—doubt that we are at least able to build up such a nation. Nothing indeed need prevent but want of attention to the laws of health.

"But in order that future generations of Canadians may be as healthy, well-developed, hardy, and vigorous, mentally and physically, as may be desired, it behoves us, of the present generation, to commence, as it were, at the beginning; to look after the health and development of the infants, children, and youths of the present age; to teach the young the value of health and the art of preserving it; to go back indeed still further, and awaken the attention of mothers to the necessity of giving heed to the health of their little ones while yet unborn."

Yes, to build up a healthy, vigorous race we must commence with the mothers. A very large, an unusually large, proportion of mothers, as the statistical returns for Ontario

show, die here during the period of maternity, or from the age of 15 to 45, from consumption; a hereditary and a contagious disease. Think of the effects upon the children. It is necessary to commence with the mothers: instruct them in the art of taking care of their own health, as well for their children's sake as for their own.

The children must be constantly provided with pure air, wholesome food, and sunlight, and have judicious mental and physical exercise; and as soon as they are old enough to comprehend it, they should be instructed in the simple rules of hygiene. It is deplorable that amid the many subjects taught in schools at the present time that of hygiene receives so little attention.

This subject of educating the people in the laws of health is one which our Legislatures must take up. Canada is now about the only civilized country in which the Government has not already fairly and fully commenced the work. It is a work of the very first importance. Who can say this subject of the public health is not of greater importance, or that work done in improving the public health will not have a greater influence over future generations of Canadians, than the construction of the Pacific Railway, which is receiving so much attention from our best statesmen? When will our legislators, Dominion and Local, see the importance of the work, or seeing, act?

In this connection we give below