

THE CANADA LANCET

Vol. XXXV.

APRIL, 1902.

No. 8

HOW TO LIVE, TO PROLONG LIFE *

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THE various problems I shall introduce to your notice, as most closely associated with life, are in the lines of Sanitary Science, Food, Alcohol, Education, and Tuberculosis, and more particularly how, by a want of knowledge on these subjects, a soil may be formed in the human system, in fact a hot bed, for the reception of the Consumptive Bacillus, so frequent in our atmosphere, and so fatal as to its results.

Health is a quality of body difficult to define. It is dealt out differently at different periods of life, and is best defined as exemption from disease. My present object is to point out how individual health may be secured, and how a reasonable measure of health may be attained, in the life of the most ordinary individual, inasmuch as the number of years, is not actually so important, as the physiological age of the person, if we may so express it. In all civilized countries, laws exist to protect public health. The past history of the world presents certain epochs in sanitation, each of which possessed its own distinctive character, and guiding influences. The *Hebraic Epoch* of personal sanitation, as defined by the Levitical laws and laws of Moses, for the guidance of daily life. As the practical result a nation was brought into existence, strong, powerful and vigorous, courageous in war, and exercising a remarkable influence in establishing peace. Second, the *Roman Epoch*, known as the period of municipal sanitation, during which the vast water works and aqueducts of Rome were constructed, remnants of which are to be seen at the present time. The extensive baths in the vicinity of that ancient city are evidence should such be wanting, of the habits and life-giving principles of a people notorious throughout the world as to the development of remarkable mental and physical power. Next in importance is the era of *International Sanitation*, of which we have undoubted evidence in the remarkable changes in the sanitary condition of Havana, the outcome of the united efforts of the military, medical and sanitary officers of the

*Lecture Victoria College, Toronto. January 14th, 1902.