

rors, as the conditions may give rise to many and subtle influences.

The food we eat and the liquid we use constitute important items among the causes which tend to affect the stamina and vital powers of man. \* The quantity and quality of the first (Trench for 1863, p. 6) at various periods and under varying circumstances. The conditions under which water, coffee, tea, and other liquids are most beneficial require observation. Theory cannot solve the question unless theory is based on facts.

Locality must be well considered to elicit the results which may be common from similarity in geological, meteorological, or topographical conditions, or in more limited areas which may arise from disturbing elements such as animal or vegetable emanations.

The phenomena which are grouped, rightly or otherwise, under the head of "Intellect," largely affect the organism of man, and it is a question whether we do not have to deal with elements more destructive to human life than from all the causes we have previously noticed, inasmuch as all these are intensified by the social condition of the race. Governments which vary in their tendency to elicit human thought and the development of self-government and individualism will vary in their power of grappling with social evils. Despotism which dwarfs and represses thought, can only be surpassed, in evil results, by the licentiousness which characterizes the other extreme, when every man does that which is right in his own eyes.

Customs which prevail in communities produce in individuals those habits which are injurious or beneficial, and both are apt to escape strict investigation, as they commence with our existence and are strengthened with our growth. We look upon the fashion or custom of the Chinese woman who represses the growth of her feet, and the still more injurious fashion of the European or American who contracts her breathing space, as violations of natural laws, and yet there are evils connected with our every day life more injurious from their numbers, which, if the attempt be made to overturn them, the great mass of society will resent as unnecessary interference.

Custom prevails in our buildings, in our ventilation or rather want of ventilation, in our eating, our clothing and drinking, and from childhood those social habits are so familiar that they pass unquestioned, and yet every fact of our every-day life might be based upon a scientific foundation. It is only of late that attention has been directed to them.

There is one custom of society which as yet has

had but a slight investigation, however fearful the results which a partial lifting of the veil has disclosed.

The drinking *custom* is yet too strongly rooted to permit a candid and honest consideration. The mortality directly arising from the use of alcoholic drinks forms quite a percentage of the annual death-rate; but who can tell the number it adds to the general percentage by diminishing the powers of resistance to disease which might not otherwise be fatal? \*

Overcrowding, whether of dwellings or of localities, increases the death-rate, and it is only by the most perfect Hygienic arrangements that injurious results can be prevented when the population in any given area becomes numerous.

It is through the agency of the intellect that we must look for a regulative of the conditions which will result in the greatest possible physical good; and these regulations can only be wisely made when observation has laid the foundation by recording all the possible facts connected with disease and death, and just in proportion as this is done will legislatures be enabled to enact their laws upon a scientific basis.

In the system of prevention, Quarantine occupies a prominent place, and, to be efficient, requires an accurate knowledge of diseases, their methods of propagation, and the best means of keeping them from spreading.

The aggression laws over-ride individual and communal rights, when the exercise of those rights might be injurious to the people generally. Compulsory sewerage, restrictions as to buildings and the number of occupants, width of streets, and the measures which require the exercise of a restraining legislation.

In Great Britain sanitary regulations, though numerous before 1848, were in that year included in a general Act, and a system inaugurated by which every part of England could avail itself of law to carry out necessary reforms.

\* \* To secure a Hygienic education we must look to three sources:—Governments, Universities, and Individuals. From individuals as such or associated, and chiefly from men in our profession, will come the condition of localities, the elements of disturbance, and all the facts which require a quickened intelligence to eliminate as bearing upon the question. Whilst governments *only* can obtain returns of vital statistics from a whole country by compelling a registration of deaths and the causes of death, they also can secure meteorological observations from all quarters, and by a central depart-

\* "The effect of water is well illustrated by the experience of the Mill Bank Prison. In 1854 the water from artesian wells was introduced, and the result has been the virtual extinction of typhoid and other diseases of the same class, which frequently prevailed in the institution."

\* LIQUOR TRADE AND CONSUMPTION.—"The people of Great Britain are spending in drink \$500,000,000 a year. A trade has grown up with a capital of \$600,000,000. A trade more powerful far than the cotton industry with its capital of \$400,000,000, and which, after all, in its legitimate exercise, provides but a luxury, and in its illegitimate, the most insidious of all social temptations."