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CIRCUMSPECTIVE REVIEW OF HYGIENE.

(Continued.)

Another eminent labourer in the cause of hygiene, to be noticed, is Count Rumford. Whilst in the service of the King of Bavaria, he prosecuted his most useful labours for elevating the poor, improving the condition of their dwellings as regards ventilation and warmth, and suggesting means for a more liberal alimentation. Prominent among the earliest of the physicians of the last century in promoting the health and comfort of our seamen ranks Sir Gilbert Blane. He succeeded in introducing into every ship in the service the use of lemon juice, as a preventative and cure for scurvy. This measure has had the beneficial effect of almost completely eradicating scurvy at sea, and has done more to keep up our naval force in a state of efficiency than any other measure. Sir Gilbert sedulously directed his attention to improve the condition both of the men engaged in the service, and of the medical officers whose duty it was to superintend their health. He caused regular returns or journals of the state of health and disease to be kept by every surgeon in the service, and forwarded periodically to the Navy Board, and embodied his large experience in a work entitled "Observations on the Diseases of Seamen."