

the danger. When it is understood that for a single county, taking a five-year period, the total deaths in females between 10 and 20 was 100 to 54 in men, and that it was one-seventh of the whole, we can appreciate the truth of the remark of Sir Frederick Treves, the great surgeon of England, who says: "The physical condition of a large proportion of the girls and women in this country (England) is quite deplorable, especially among the middle and upper classes. The girl spends hours in an ill-ventilated school-room and upon a piano-stool, and the rest of her time is occupied in eating and sleeping, in preparing lessons, in stooping over needlework, and in taking formal walks with the governess. Her clothes are probably a collection of hygienic errors."

"A good digestion and an active liver are more useful in the battle of life than a knowledge of advanced mathematics, and sturdy limbs and strong hands are of more value to the mother of children than even decimal fractions and a familiarity with irregular verbs."

With such words from so great an authority, following the statistics I have given, it will not be difficult to appreciate the ethical value of education in Preventive Medicine. It is quite evident that it involves education against doing those things we ought not to do, and leaving undone those things we should perform. What is further most apparent is that this education has the highest ethical or moral value, since the mother who understands the laws of hygiene and practises them will not fail to exert her authority in enforcing them by example and precept upon her children. I have but recently returned from spending a few weeks among the dwellers of one of our summer resorts, and have observed how closely *cause* and *effect* are related. You go to a summer hotel, and the usual sight is to see many children and most young ladies dressed in the height of fashion, taking every opportunity to buy sweetmeats from the supply boats, while in the evening for the older ones dancing is often kept up to a late hour, but little real outdoor exercise being taken. On the other hand, if one visits a summer cottage he sees barefooted children dressed in a sweater or an old skirt, offending against all the social proprieties by running about like savages—swimming, paddling, rowing—while ravenously devouring at meal-time the plainer foods, which are most readily obtainable in such camps. The life in the one case has been often a dissipation of energy, and in the other the storing up of a reserve of bone and sinew for the work or studies of a coming winter.

A similar comparison may be made regarding the modes of spending their holidays by persons of maturer years. Many will actually engage in some physical occupation to assist in the elimination of the wastes of the body, while at the same time promoting reconstruction of tissue. Many years ago, Dr. Lauder Brunton,