

sacrificed in early youth to the devils of sin and ignorance and uncleanness (foul air). *

Much mischief comes from the over-estimation of the strength and hardiness of youth. On a chilly day in late September thirty children sat in an unwarmed school-room, the little girls shivering, their cheeks and lips blue with cold. A trustee of the school when told that "the stove should be put up at once or those children will get their death of cold," replied, "Oh they're young and strong; when I was like them, I could stand anything." It is often in youth that the seeds of invalidism and weakness are planted, and in no other period of life is greater precaution necessary for the preservation of health. Begin to train a man when he is young to live long and well. The fallacy that the only care, growing boys and girls require, is to be dosed and nursed through the whooping-cough and measles, must be eradicated before the mission of the sanitarian is fulfilled.

I have read somewhere that infant mortality in old London has decreased by one half since mortuary statistics were first compiled. So much for the progress and benefits of sanitary science. But the high rate of mortality yet prevailing among children, even in the most favoured districts and countries, is a disgrace to our civilization. Nations and politicians should be keenly exercised over the frightful facts revealed by these tables of mortality. It is difficult to estimate the pecuniary value to the nation of an average life. We know that before the American war the slave-dealer thought an able-bodied black worth from 1,500 to

2,000 dollars. Perhaps, no one here would venture to estimate the millions of dollars lost to our country by preventable mortality; yet it would not be a long sum in addition to tell how much the Government spends annually in the only effective remedy—the diffusion of hygienic knowledge among the masses. I am a politician who believe it is the duty of our country to spend more money in preserving the lives we have, and less on the importation of foreigners. Herbert Spencer truly writes: "To the tens of thousands that are killed, and the hundreds of thousands that survive with feeble constitutions, add the millions that grow up with constitutions not so strong as they should be, and you will have some idea of the curse inflicted on their offspring by parents ignorant of the laws of life. Consider, but for a moment, that the regimen to which children are subject is hourly telling upon them to their life-long injury or benefit, and you will have some idea of the enormous mischief that is almost everywhere inflicted by the thoughtless, haphazard system in common use." It is too true that few in middle life are in the enjoyment of continuous vigorous health, and could a thorough investigation be made it would most probably be found in respect to the majority of the others that the seeds of their disease or weakness were sown in childhood. How often do we see an apparently strong man succumb in the prime of life to some malady or epidemic to which others are equally exposed yet escape. The immediate cause of his death is charged to the disease, but who can say that the cause of inability to resist it does not date back as far as, or further than, his school-days.

Seeing, then, that such tremendous issues hang on the right preservation of the health, and the proper development of the strength of youth, it is

* Out of 22,206 deaths registered in the Province of Ontario in 1881, the latest year for which a report is published, 9,510 deaths, or 43 out of every 100, were of persons under 21 years of age. For the preceding five years the percentage of deaths under 21 years has varied from 39 to 44 1