

the prevention of diseases, what a vast amount of good it would accomplish ! Let us explain. For many years there has been a class of diseases called "Hereditary," because the predisposing causes were inherited—because they are transmitted from generation to generation, and thus run in families. Now, if those ancestors were free from taint, or in other words, had perfectly sound and healthy constitutions, the seeds, the germs, the predisposing tendencies of disease would not be transmitted. Let us carry out a little further this line of argument. . . .

There can be no question but that in the inheritance of *morbid tendencies* we have one of the most fruitful sources of disease. This will become more patent in proportion as the principles of physiology shall become better understood in their connection with hereditary influences. Without attempting to describe the various ways in which the seeds of disease, or the predisposing causes, are transmitted from parent to child, we may say they are *manifold*,—in organization or function ; in defective or abnormal structure ; in the weak or excessive development of this or that organ ; in the general want of balance in the organs, and of harmony of function ; in the quality of the blood and the marked predisposition to certain diseases, like scrofula and consumption.

A class of diseases called "hereditary" have existed since the days of Hippocrates, and have always been considered difficult to treat, and much less to cure. Very little attention has been paid to these complaints by sanitarians, as it was supposed they could not be easily prevented. But this is a mistake ; they originate from the violation of law by human agency : they can, then, certainly be prevented.

It is admitted by physiologists that all parts of the body can be changed by proper exercise and the law of nutrition,—some parts increased in size and strength more than others,—so that in this way a far greater measure of health can be secured. It is found that decided improvements can be made in the physical system during the life-time of an individual, and that in three or four generations the human constitution may reach a higher state of perfection. If nature has, therefore, established a physiological standard of health,—which is seldom, if ever, liable to disease,—and at the same time it is well understood this standard is attainable, should not the greatest possible efforts be put forth to secure and maintain this standard ? It is here in this field where the germs (the seeds), the primary causes of a vast amount of disease, are to be forestalled. In this warfare with disease we have been content to lop off a few branches, leaving intact the trunk and roots. We have been battling the enemy in the outskirts, without attempting to take the citadel. Here is a great work for sanitary science ; here this science is destined to reap its richest harvests. It may take time ; but reforms in which the highest welfare of mankind are involved never remain stationary.

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A SWEET temper is to the household  
what sunshine is to trees and flowers.

PEOPLE seldom improve when they  
have no other model but themselves to  
copy after.

KINDNESS is stowed away in the  
heart like rose-leaves in a drawer, to  
sweeten every object around them, and  
to bring hope to the weary hearted.