

but he considers his position cannot be effectively assailed) when in normal quantity by furnishing a nidus for foreign (disease) germs; it nourishes them while going through their life changes, which changes are grouped together as zymotic diseases. These are often called filth diseases, and correctly so, the writer would say doubly so, because first, as it is ordinarily accepted they proceed from some form of so-called filth from the outside of the economy; and second, we would say because they depend for their sustenance on what can be termed filth, which is naturally and continually present in the economy.

It is the firm belief of the writer that every disease, specific or not, is due to the presence of tissue waste in abnormal quantity, or quality, or both; but in specific types there is a foreign element present.

Experience shews the truth of this proposition, for no matter what the *pathy* or *theory* from Hippocrates down, the treatment of disease is "to act on the emunctories" or to remove tissue waste, though much more mystifying language is and has been used. However, as we are now treating of Pathology, we cannot further discuss this subject, and will close by stating that the duty of the physician is bound up with tissue waste while within the body, and that of the Sanitarian with the same material after it has been expelled from the economy.

We can go farther and say that, *per se*, it is not a cause of disease after its removal by the emunctories, even if it is retained for a time in contact with the economy—if *no foreign matter gets at it*.

But, and this is the key to the whole subject, foreign matter will get at it unless it be sterilized and then hermetically sealed, for the air normally contains germs which cause changes in tissue waste, rendering it poisonous to the being from which it came, or, in fact, to any one in its vicinity.

Impart a specific virulent contagium and it is the nidus, the soil specially adapted for any noxious growth.

THE LIVING BEING AND TISSUE WASTE CANNOT BE TOO SOON AND TOO WIDELY SEPARATED FROM EACH OTHER.

If this be so, and the animal kingdom is in common with man liable to disease thus produced, Why do animals escape?

A very pertinent question it would be well for us to consider, for perchance it may point out the road for man to follow to escape punishment, and we will consider it in the next Chapter

#### CHAP. IV.—THE HYGIENE OF INSTINCT.

Animals in a state of nature very rarely suffer from disease; rising in the scale of intelligence. savage tribes are not much subject to disease except when they come in contact with what it pleases them to call civilization.

Rising still higher in the scale, we come to the nomadic tribes with their flocks and herds (of a previous age rather than the present), and there was a similar immunity.

Let us now consider Civilization:

1st: *Ancient*—History informs us that as communities became popular they became subject to disease—sporadic and epidemic—and on the authority of Hippocrates the maladies were similar or allied to those of to-day.

2nd: *Modern*—Pioneers and settlers in new countries have, as a rule, good health and a minimum of disease; but the same families, living in the same place, when they become better off, become subject to various maladies.

It is a common saying in America at least that 100, 80, 60, 40, 20 years ago there were few doctors in proportion to population and but little sickness. It may be answered that there being few doctors, people had to do without them, and though this may account for it to some extent, yet it is not a sufficient explanation.

The writer's experience of the past 30 or 40 years is, that less disease prevailed, and sometime since, when visiting the field of his first efforts for the relief of "*Corpora Aegra*", he found that where he and another supplied every demand, there were now over ten practitioners, and each of these was satisfied with his practice. Though the population (it was a country district, no towns included) had increased, it had not more than doubled.

Coming now to the centres of civilization, whether represented by cities, large towns and commercial centres, or at a distance from these and in country districts where modern incursions shew the wealth and intelligence of their occupants—with all the conveniences and privileges that wealth confers—and it is in such places that we find disease of serious type shew itself. Not only amongst the wealthy and their fine houses, but their dependents and contemporaries who may live in every variety of residences down to the hovel and the cellar, all are similarly and, it would not be a great stretch of the imagina-