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A FEW HINTS ON THE HYGIENIC MANAGEMENT OF THE INDIVIDUAL.

That well-known axiom cannot be quoted too often, "that a large and healthy population is the life and strength of a nation, and the source of its success in science, art, agriculture, and commerce."

If our political economists could only be taught to understand that the enactment of stringent laws for the well-being of our large towns and thickly populated districts, would yield by far a richer return than all the auriferous veins of the far west, it would be a blessing.

If our corporations were compelled to keep our streets from being cesspools, and have more stringent watch over our courts and yards, where hundreds are inhaling a pestiferous atmosphere, our mortality list would not only be lessened, but those who have survived would grow stronger, generation after generation, instead of weakening the bone and sinew of the present rising generation, by allowing them to live over hot beds of malaria.

Let model lodging houses be erected on proper hygienic principles, and we should see a population growing up in vigorous strength and able to compete with their neighbors, in both physical and moral culture. Many a man has been driven from home to the resorts of ruin, because he felt the misery of his dwelling and its surroundings, and from the abodes of vice he speedily finds his way to the hospitals, or the prison.

The fact of its being impossible for us to get on without the aid of all classes combining in the general progress of society, ought to make us mindful in a special degree of that portion of the com-