

the greater part of the inhabitants of cities, and in particular men of sedentary lives. His prescriptions relate principally to the choice of food and drinks, the use of baths, the alternation of repose and labor, the repast, gymnastic exercises, artificial dejections excited with a view to health either upwards or downwards. Hippocrates and his successors, in the schools of the Asclepiadæ, who owed their first scientific instructions to Egyptian priests, gave special attention also to hygiene. Their writings comprise a treatise on airs, waters, and places; 2nd, a treatise on regimen divided into three books; 3rd, a treatise on salubrious diet.

Hygiene, during the Reform period comprising the 17th and 18th centuries was considerably extended, becoming the object of meditation not only of physicians but also of philosophers and learned men of all classes, and governors and statesmen, who endeavoured to ameliorate the condition of the physical life of the nations, and teach them more salutary habits. Renouard in treating on this subject divides hygiene into two great sections accordingly as it refers to man living in society, or as an isolated individual. I quote from his work, page 406. "The founders of Greek cities drew from Egyptian sources a part of their religious rites, and their hygienic customs, to which they added improvements, among others they instituted the gymnasium. In Rome, gymnastics took a worse direction for it was abandoned to gladiators and slaves, who alone combated in the circusses. The baths became, also, under the emperors, objects of luxury and effeminacy rather than salubrity. But the construction of aqueducts, fountains and sewers, the maintenance of cleanliness in cities, the attention to the location of cemeteries without the limits of the town, and the importance of which was attached to the duties of magistrates, all attest that the earlier legislators of the sage people did not neglect the care of the public health. Vitruvius, architect to the Emperor Augustus, is worthy of being consulted, not only as regards the perfection of edifices, but also in regard to their salubrity. He gives next to Hippocrates, the best precepts on the location of cities. He recommends that cellars and granaries be