

co-operate. They must obey sanitary laws, they must take the proper steps in their own homes to prevent the spread of the disease. This is true of all diseases. There is still land enough in the world to afford room for housing the people, and overcrowding should be made to cease.

The study of the statistics of cities and thickly-peopled countries prove that disease bears a close relationship to density of population. Disease means suffering, loss of time, expense, and an increased death rate. This means a lowered duration of life. The time was in Europe when the expectancy of life was about one-half of what it is to-day. The environment means much, as one can see by looking at what has occurred in the canal zone, under the administration of Dr. Gorgas. He has converted one of the most unhealthy districts in the world into one of the healthiest.

But the question comes up, How can some of the problems of public health be solved? In many instances by the aid of the law. There is no greater public danger to-day than that of overcrowding in large cities. The way to overcome this is to have a law regulating the numbers who may live in a house according to its air space. If it is made impossible to overcrowd a house, the people will find some other place to live in.

This would be a preventive measure of much value. It would be good for the health and morals of the people, and would go a long way to lessen the incidence of infectious diseases. This is just the sort of way in which the law might very justifiably tread upon what is called the rights of the people. It is not interfering with a private right, except as it promotes a public good.

Another way in which the law should do something is that in every province and in every school there should be a manual in the hands of the pupils on the care of the health. Every child should be taught the essentials of how to maintain health. If there is any truth in the old sayings that knowledge is power and truth is mighty and will prevail, then this is the place to begin to lay down the foundations of both.

Teach the child thoroughly what to do. The child is the father of the man or the woman. The results will gradually and steadily appear. Contagious diseases will be less prevalent, the infant mortality will fall, general morbidity will be reduced, and the useful working period of life will be lengthened. Much has been done, but there remains much yet to do.