

disease, that invariably such are directly or indirectly ascribable to some physical reason, and we shall be able equally to promote social well-being, and individual health and happiness, as we take advantage of the teachings of Preventive Medicine for the prevention or suppression of physical disease. It is a remarkable fact, with the many examples coming down to us through the centuries with regard to physical education, so important an element in Preventive Medicine, that we have lost or never taken advantage of some of the first principles taught us by the peoples of the older civilizations. For instance, Plutarch, in his life of the Spartan Law-giver, tells us that Lycurgus began the education of youth at the very source. Not only were marriages regulated, but he ordered maidens to exercise themselves in running, wrestling, and throwing quoits, that they might be the more vigorous as mothers. I am not aware that the nursing-bottle was then a part of the nursery furniture. When a woman of another country said to Gorgo, the wife of Leonidas, "You of Lacedaemon are the only women in the world that rule the men," she replied, "We are the only women that bring forth men." But need we more than glance at the delicate mothers and their weakling infants struggling into childhood on artificial foods, in order to comprehend that in a country which, forty years ago, had only 17 per cent. of its population living in cities, and now has 45, the very lack of knowledge or practice of the principles of Preventive Medicine has produced and is producing a race which, in many respects, bears the marks of degenerating influences, which must be reckoned with if we are to maintain that physical pre-eminence inherited from our British forefathers.

Observe it at another stage, that of childhood. Amongst the most delicate indications of robust health is the state of children's teeth; and statistics have been given us by physicians and dentists in Canada and the United States, showing that in a very large proportion of school children, decay of the teeth has taken place, due to innutrition which is ultimately associated with another effect, that of abnormal vision. The causes are patent to all of us. Instead of the plain foods, as whole wheat bread, or even oat or rye bread, the soft starchy foods and sugars are increasingly being used; fats are used decreasingly, resulting in bone and muscle being notably deficient. It is the palate that is tickled, and the innocent child suffers accordingly. But the evil does not stop at this stage. Our social customs seem specially formed to complete the evils already accentuated. I have taken the trouble to tabulate the deaths by ages in some of our counties, and find that from fifteen onward, the age at which that ever-present result of innutrition, consumption, begins to make itself evident, the deaths amongst females was, in a five-year period, as two to one in males, the latter fortunately, owing to out-door life, more largely escaping