

to review at regular intervals. It is advisable that every discharged sanitarium patient should, if at all possible, be placed under the supervision of a physician, who should be a D.S.C.R. or B.P.C. tuberculosis specialist, civilian clinical tuberculosis specialist or a private practitioner.

The proposal to have public hostels ideally situated and furnished for these patients whose home conditions would be unfavorable, should meet with approval. The separation of the sick from the well would control the spread of the infection.

THE VALUE OF PUBLIC HEALTH

Some time ago while addressing a woman's meeting in Toronto, Dr. C. J. Hastings gave utterance to some very valuable thoughts. He said:

"That the ideal of Public Health work was prevention rather than cure. The war revealed the necessity of taking active preventive measures when it was shown that from 30 to 40 per cent. of the men examined were physically unfit for active service. The physical examination of the children in Toronto Public Schools has re-impressed this need by revealing that 50 per cent. of the children entering the Public Schools are suffering from some physical defect which needs attention."

He spoke strongly against children entering school too young. They should not go before the age of seven. Before that they should be out in the open air all day long, if possible. The precocious child should not go to school until eight or nine years of age and then only for half a day. This type of child is just on the border line, and is mentally unbalanced.

He stated that as far back as 450 B.C. Public Health Departments were well established.

Money used by any municipality in safe-guarding health is an investment, he stated.

The speaker referred to the number of epidemics which have been traced directly to the water and milk supply and pointed out that the first duty of any Public Health Department is safe-guarding the water and milk supply.

The modern Department of Health, the M.O.H. said, should embrace all the activities of developing a fitter race, and to develop a fitter race, it is necessary to begin with the expectant mothers. He emphasized the importance of properly balanced diet, pointing out that a great many people eat too much. Dr. Hastings also touched upon the social side of the Public Health work and showed what strides the department is