

would prove infinitely more helpful than the continual grumbling which disheartens rather than stimulates. No matter how great and how well directed the effort of any board, whether it be local, provincial or Dominion, it will fail of its purpose unless it has the approval and co-operation of the population generally. So the individual has his opportunity to do good to his fellow-man and his country by interesting himself in the great problems with which health organizations are contending, and by aiding by example, by precept, and by personal effort, in the instruction of the masses in those rules which we know will do much towards lessening sickness and rendering it more amenable to treatment.

Certain facts have been laid before you to show the wastefulness of disease. For economic reasons, therefore, if for no other we should aim at its suppression. But there are other and better reasons, and at the head of the list, perhaps, the patriotic one. What better could we wish for Canada than that it should be a nation of strong men and women—strong physically, intellectually and morally? Let us aim to establish a Canadian manhood and womanhood robust and capable beyond all other nationalities. Grant us mental acumen to enable us to grasp opportunities and make the very most of them, physical strength to endure when the strain is great, and a moral tone which will require of every man fair dealing and ensure to every man a fair deal, and what power on earth will prevent us from becoming the most truly great of all peoples? Our aim must be then, to make the Canadian stronger physically, mentally and morally, than the man of any other country, and Canadian Clubs could render our Dominion no better service than to assist in having our public health service better organized, and more liberally financed, in educating the people to the desirability of proper control of reproduction and of immigration, in discouraging all habits which lead to useless dissipation of wealth and energy, in encouraging temperance and morality, in favouring the study of the causes of degeneracy, criminality, etc., with a view to prevention, and in increasing the efficiency of our institutions for the treatment of illnesses of any kind.