

hundred times as much more, in costs of sickness than the extra taxes would amount to : while the farmer lives over a damp cellar or uses water from a well he knows is not quite safe rather than at once incur the trouble and costs of draining the cellar or providing a better water supply. Briefly, the two obstacles appear to be want of knowledge and want of means. The obstacles exist everywhere, in regard to individual or personal health as well as the public health, among the educated as well as the uneducated, the rich as well as the poor. In recent years it is true there has been a great general improvement in this regard, and sanitation is becoming a much more popular subject than it was. Very many towns are nevertheless in great want of a good water supply and sewerage, a better system of scavenging or general inspection, certain of the citizens seeing plainly a great need of such, yet the people—the masses, the majority, will not vote the money for the same ; although money for a railroad or a manufacturing establishment would perhaps be readily voted. In Parliament, both Dominion and provincial, the same difficulties prevail. Members themselves may see

the desirability and need of, and would support, a " vote " for health purposes, but feel that their constituents would not take the same view. If we look deeper than the first view, then, we find want of money the one great obstacle to sanitary progress ; and money, after all, chiefly to educate the people. The people must be educated in public health work. Money must be obtained for the educating process. We can only work and wait ; urge and hope. It must come in time. Municipalities, large and small, might now sometimes improve the chances of carrying a vote for money, by allowing a good deal of time to elapse between the proposal or announcement of the intention of the same and the time of taking the vote, and meantime holding meetings and discussing the subject, showing the advantages the proposed sanitary improvements would confer, the dangers of delay, &c. If interest like what is commonly taken to secure votes for members of parliament, aldermen and councilmen, were taken on behalf of the sanitary vote, this would oftener be carried ; opposition usually not being very strong or active.

## MISCELLANEOUS NOTES AND EXTRACTS.

### PRECISION IN PHYSICAL TRAINING.

BY M. GEORGES DEMENY.

The high aim of science should be, definitely, the physical and moral perfecting of mankind. The exercise of the cerebral functions of all ought undoubtedly to be directed from infancy by educators. It is generally agreed that physical education is a necessity of hygiene, but it is not clear to every one that physical education should be subjected to rules and to a precise directing. It is a mistake, in our opinion, to think of getting the best results while neglecting to make scientifically a comparative study of the different methods employed, and while abandoning, as is often the case, the exercise of the body to the caprice of the imagination. There result from this vague condition various currents of opinion con-

tradictory of one another and detrimental to the final result proposed, of ameliorating the physical condition of our population especially of the population at school, of every degree. Fortunately, the elements of physical education are tangible, its effects are measurable, and we can conduct the discussions on a positive ground on which they fall of themselves. This condition is very different from that of mental education. It is a certain motive for improvement ; and we propose to review the precise means which have contributed to the result. We shall first try to show that it is possible to form a scientific conception of physical education at the present time. We shall then see that the new processes of physiology already permit a satisfactory control of its results. For a method of education to be established, it is necessary that the end sought be well defined, and the means employed be perfectly adapted to the proposed end