

notice of the profession and public, and there is no better way of educating the public in the prevention of disease and prolonging life than in gatherings of sanitarians such as the present one, in this beautiful city of Kingston, whose history, from the time of New France and Jacques Cartier, is replete with stirring events.

In the latter end of the eighteenth century the death rate in Great Britain and Europe was 88 out of every 1,000 of the population, while at the end of this century, or just 100 years later, it is only 11, or a fraction over.

During the last century there were only three sanitary reformers of any note—Jenner, Howard and Captain Cook. Up to Captain Cook's time, 1773, scurvy had decimated the British army and navy. Captain Cook inaugurated such sanitary and hygienic reforms that, in a three years' voyage around the world, he lost but four men out of 300, and these deaths were not due to scurvy. The great value of Captain Cook's reforms will be realized when it is known that in Anson's famous voyage of thirty years before he lost by scurvy alone, in three years, 600 men out of a total of 900.

Contrast this with the pleasant times in which we live. There are 700 or more municipalities in Ontario. In most of these there is a Board of Health and a medical health officer. Some of these, especially in the rural districts, are very lax and apathetic in carrying out the provisions of the Health Act. The majority, however, of medical health officers and medical men are doing their utmost to make Ontario one of the healthiest countries in the world. This is being accomplished in many municipalities under great difficulties. The officers of the Board of Health are not always seconded by the municipalities to the extent they should be. The most difficult task of the health officer is to convince the public that they cannot escape disease without absolute cleanliness and pure water. Some of you may remember in one of Theodore Hook's novels, where Jack is persuading his mother and new step-father to go to a bathing resort at the seaside, while he would entertain some friends. "Why, Jack," his mother said, "I have not had a bath for twenty-five years, and there never was anything wrong with your father, and he never had a bath since he was first washed!"

One subject of great importance, in fact, I would place it near the top of the list, is the securing of a supply of pure milk for the use of the public. How can this best be accomplished? I think one of the first essentials of securing this end is to make it compulsory upon every person who keeps cows to see that the animals have an abundant supply of pure water. What can be more detrimental to the health, not only of the animals, but of the people who use the milk, that they are permitted to drink impure water? When we think of the fact that about 88 per cent. of milk is