

highest state of health depends on a normal standard of physiology, in which all parts of the body are perfect in structure, combined with a harmonious development of every organ, it is certainly the province of sanitary science to use all its appliances to obtain that standard * * *

In case the body is thus reconstructed, —made sound and healthy in every part —the germs or seeds of disease will not be found in the system. Here is work for sanitary science on the largest possible scale. In making these changes, in order to secure the highest standard of health and to the greatest number, it will be seen that sanitary science has a great work to do. The whole system of education, especially in early life, must be based more and more upon the systematic training and development of the body. There are a multitude of evils in the present state of society that conflict with the laws of health and life, which sanitary science would remove or regulate. Then, in all matters pertaining to mental improvement, to the progress of society, to every phase in civilization and the various developments of Christianity, the sanitation of the body and of the mind must be paramount to everything else. In fact, the province of sanitary science covers the entire life; not only of every individual, but of the whole human race. No other subject or science is of such transcendent importance. It is in its infancy, and no comparison can be made between what it now is and the magnificent proportions it is destined to attain.

Taking this view of physiology, and that health is its normal condition, it will be seen that all deviations from this state, or violations of the laws that govern it, furnish the causes or entrance of weaknesses, imperfections and diseases which afflict the human system. These changes may occur from internal, predisposing causes, or from agents operating externally to the body. Just at this point, in these changes of organization from a normal to an abnormal state, we are taught most important lessons. On one side, we have sanitation and sanitary science; on the other disease and its superstructure, medicine.

Just here start the most powerful and destructive evils that ever befell the human family. These evils may be trifling in their origin, but increase—sometimes slowly, sometimes rapidly—and become terrible in their results. They include the whole catalogue of diseases; their name is legion. We dwell on this point, for it is very important to have clear and definite ideas of disease, its nature and cause. It is simply the penalty of violated law. There is no mystery in it; no visitation of Divine Providence; no curse inflicted by some evil spirit. It is no less important for sanitarians than for physicians to have a clear and definite knowledge of disease as well as its cause.

HISTORY OF SANITARY SCIENCE AS CONNECTED WITH THE MEDICAL PROFESSION.

Formerly the great object of the medical profession was the *cure* of disease. The programme of studies and lectures in the medical schools was confined almost exclusively to this one idea. The term "hygiene" was scarcely to be found in books, or referred to in lectures. Physiology was comparatively a new science, and some of its most important applications have not been discovered, till within a few years. In fact, this science can not be fully understood in all its bearings without combining with it the principles of hygiene. * * *

From 1840-50 several leading physicians in Great Britain, from careful observation and reflection, began to make some changes in their practice: 1st, to dispense less medicine; 2d, to study more carefully into the natural laws of disease; 3d, to summon to their aid the powerful resources of nature. Among these physicians were John Forbes, John Connolly, Andrew Combe and others. The *British and Foreign Medical Review* was their organ of publication, which attracted much attention. Several works explaining the views of these men were published at that time, and had a large circulation.

From 1840 to 1850 the Registrar-General's office for collecting and publishing reports of the births, marriages, and deaths in great Britain became fairly