

dane existence. And why should this human body be condemned? Is it not the most wonderful mechanism of which the human mind can form conception? Is not its development from a single wriggling monad into the Divine paragon so marvellous that his own intellect cannot conceive its how? Is not the rosy, chubby, gleeful child—the thewed and sinewed man—or best of all, she with curves of beauty where he has points of strength, the lovely vision, whom art vainly essays to portray—are not these the most beautiful of all the beautiful sights this world offers or the imagination conjures?

If we have minds that enable us to know ourselves, intellect to reason why we are, sensations to perceive our environment, emotions to link us to our fellow-beings, is it not only because within this corporeal form there is a mass of cells—a structure sound in all its parts, nourished by pure blood, formed from good food and drink and air? Close, one by one, these windows of the soul, out of which it looks upon this world or in upon itself—obliterate vision and hearing and touch and taste and smell, be the tenant within never so great nor grand, he is buried in a tomb that has no exit.

A thing so beautiful, so marvellous, so wonderful that man cannot even imitate its inanimate outlines, this organ of his intellect, ought to command our profoundest admiration and our ever-zealous care. Fashioned in the image of the Creator, made but a little lower than the angels, why should we neglect this thing of flesh and blood, and bone and sinew, till its beautiful outlines are marred, its parts jangled and out of tune, its vigor wasted and prematurely worn, it is only fit for the decay which has been invited? Were there no other motive, that strongest of all human incentives, self-interest, should induce us to care night and day with earnest, watchful thought for this living, moving, feeling, thinking body. I am what I am, and if I am to aspire to excellence—to attain the highest possible development—to feel and do and become all that man may be, I can only do it by cultivating, developing, improving, and beautifying this thing, which is myself; and this brings me to the a-b-c of all Sanitary Science, that science whose advancement is the prime object of this Association. The first step toward the improvement of the Public Health is the physical purification of the individual. Teach him to care for his own bodily welfare in childhood, in youth, in

adult life. The one foul centre soils in a hundred tangents. Only healthy parents can engender healthy offspring. Only healthy children can grow to healthy men and women by being properly clothed, fed, and nurtured, and these can only remain such by keeping at bay the warring enemy of disease. The bravery of the army is but the bravery of each soldier, the sound sanitary condition of the community only the sum of the cleanliness and vigor and salubrity of each of its constituent members.

These are such simple and self-evident truths that it seems idle to present them; yet these are the only problems we have to propound. There is no mystery, no mysticism in our philosophy. The topics we have selected for our annual programme mean only this: the hygiene of the household and of the school, of the householder and his children, how to secure wholesome food and pure water in what way to remove the waste that becomes filth and breeds disease. This is all there is of it.

Fellow-citizens of St. Louis, this Association comes here in the hope of awakening in you that interest in your own welfare which you have no right to disregard, if not for your own sakes, at least for the sake of your children, and for the sake of the community of which you are a part. Scarcely one of you but has suffered some sad bereavement. Do you realize that quite half the deaths that are happening around and among you need not have happened, that these neighbors and relatives have died from diseases due to preventable causes, diseases which this and kindred Associations, State and Municipal Boards of Health, are aiming to make no longer possible? In Russia, where sanitary neglect is proverbial, the average duration of life is only twenty-six years, over sixty in every hundred children dying before they are five years old. Even in the United States almost half the dead, forty per centum, are children who have not passed their fifth year of age. The total mortality reported in the census of 1880 was 756,893, among which were 8,772 deaths from measles, 16,416 from scarlet fever, 22,905 from enteric fever, 65,565 from diarrhoeal diseases—all preventable, but these are not all the preventable maladies.

First, is the house you live in thoroughly protected against sewage? Do you know this to be so of your own knowledge? Have you taken the trouble to see with your own