

rected. It is thus a matter of first importance to determine how such popularization of a knowledge of sound hygiene may best be brought about. Regarding this, we are learning by experience. It has taken us long years to gain the experience, and, looking backward, we can recognize successive steps in the campaign. Thus, first, in the early Victorian era we find the publication of articles by experts in the great quarterly magazines, with the hope of influencing the cultured higher classes and, more particularly, the members of the Legislature; next, the establishment of associations of experts and their followers among the thoughtful members of the community, bodies for example, like the Institute of Public Health, and the American Public Health Association. Following closely upon this came, in England at least, the establishment in certain centres of popular lectures in which matters of hygiene and physiology might be sandwiched in between addresses upon the "Chemistry of the Candle," and of the latest discoveries in Egypt. I well remember attending lectures of such a course in my boyhood, given in the North of England close upon forty years ago. This was undoubtedly a distinct step forward in interesting the masses, but a yet greater step forward has been made during the last fifteen years in obtaining the cordial co-operation of the daily press, and in this way disseminating widely a knowledge of personal and public hygiene.

But as we have learned from direct experience in Montreal, over and above all these methods is the holding of Health Exhibitions. The active interest taken by the people and by the civic authorities here in Montreal in the campaign against tuberculosis, for example, dates undoubtedly from the Tuberculosis and Health Exhibition held a few years ago, an exhibition which was thrown open freely to the public for ten days, and was visited by close upon 60,000 citizens, men, women and children. The advantages of such exhibitions are obvious. There are a few who are not interested in the matter of their own personal health, who are not curious to see the latest new thing bearing upon healthier conditions of life; few again, who have not a curiosity to learn by easy methods something about the

workings of their body and about disease and its prevention. The most extraordinary and most successful exhibition held last year in Europe was the Health Exhibition, which was open for some six months in Dresden. It was admirably conducted, and its various pavilions and halls covered a huge territory; it was visited by hundreds of thousands of people from all over Europe. Time and again during the days I was there I found the various halls packed with an eager and interested throng. Nor have I met anyone who went or found himself at Dresden this summer, who has not freely declared that it was the most fascinating and illuminating exhibition he had ever visited.

It is a principle absolutely established in teaching, that facts when reaching the brain through the one channel of either hearing, or seeing a written page, do not impress the mind or become fixed therein with the same sureness, as when both ear and eye are employed, or when not the written statement or description but the facts themselves are actually brought within the experience of the observer; or thirdly, when in place of abstract figures, descriptive pictures or illustrative diagrams are employed. The graphic representation of a condition is very much more impressive than any amount of reading or study of columns of figures. Nothing, for example, appears to have impressed the minds of visitors to the Chicago Exhibition more than a little model which was there represented. Every intelligent man and woman has at least a vague knowledge that the infantile mortality in the congested districts of our great cities is higher than it ought to be. How terribly high it is, seems to have been brought home to every one by this little model showing a procession of infants parading before the eye of the spectator, with above them the overhanging sickle of Death, the sickle descending and cutting of every third child. Exhibitions of this nature make an ineradicable impression, they are never forgotten.

And in this connection it must be emphasized that the member of the community who thinks most upon and remembers the lesson taught by an exhibition of this nature, is the susceptible school child. It is easier to influence the open mind of the growing individual to recog-