

Hygiene.

HYGIENE is that department of Physiology which deals with the causes and prevention of disease in their relation to the preservation of health. According to this definition, hygiene, while founded on medical experience and advanced by medical research, is distinguished and defined from the ordinary run of the science and art of medicine, which deal with the cure of disease. What hygiene aims at is the prevention of disease by the exact estimation of the causes which induce a departure from the normal type of healthy life. For this special kind of work, hygiene has been called the preventive medicine, because it tries to anticipate the work of the physician by its endeavour to remove the causes on which the diseases that affect mankind depend.

In hygiene we come across two chief phases, of which the first is "Personal Hygiene," and the second "Public Health." The first section concerned the individual as being a unit and to his duties in maintaining health and preventing disease. The second one treats about "Public Health" and deals with the relations which exist between masses of men and the conditions of healthy living. The study of the first branch embraces such matters as food, clothing, and the like, which relates to the personal history of the unit. On the other hand, as regards the second case, hygiene has to observe the nation and to investigate the laws under which disease is liable to be propagated by the circumstances of collective life. Hygiene comprises many departments, such as drainage, healthy houses and the removal of waste, and they brighten the subjects with which the health-officer concerns himself.

Of course, some hygienic methods were in circulation at the beginning of mankind, but hygiene, as a distinct branch of science, pursuing a very practical relation to the lives of men, had its origin in the eighteenth century. The sanitary historian has to take account of at least three great men who took a very active part in hygienic development. John Howard, one of the most ardent philanthropists who existed during that century, based his work of jail reform on improvement in the terrible state of these