

THE FIRST ESSENTIAL for saving the lives of the thirty thousand Canadian people who die prematurely every year and so keep down by that number the population of the Dominion, is to know where,—in what special localities, the causes of premature or preventable deaths are most prevalent. Wherever epidemic or preventable diseases most prevail, there surely will be found most prevalent the causes of the excess of mortality. In order to learn of these localities, where these causes are most common and fruitful, provision must be made for a system of disease statistics or statements—of regular reports, monthly or oftener, from all parts of the Dominion. It will not do to wait for the deaths. The causes of them must be first and early reported. Such a system could be practiced with but comparatively little expense. The information so obtained should be scattered, in bulletins or reports, freely, all over the Dominion; while at the same time efforts should be made to investigate and remove the causes of the diseases reported. This wide spread information would create, in the various localities or municipalities, a spirit of emulation, with a desire to avoid epidemic or infectious diseases and show a clean bill of health. The Ontario Medical Council and the Ontario Medical Association passed resolutions years ago in favor of a system of this kind.

THE MOST DESTRUCTIVE diseases are the most preventable. Consumption, the most devastating of all, which destroys probably not less than ten or twelve thousand lives every year in Canada, could be stamped out in a few generations by a moderate degree of isolation, careful inspection of meats and dairies, destruction of all sputa from the lungs, disinfection, and full breathing of abundance of pure outdoor air. Other lung diseases, from which the mortality is high in Canada, would soon become rare if all dwellings and other tight-wall enclosures were constantly and thoroughly ventilated and not kept too warm, or if the people would live mostly in the open air :—with free enough ventilation one may live practically in the open air when indoors. With the proper disposal of all excremental and other waste matters—with absolute cleanliness of premises and person—good scavenging and public baths, typhoid fever, diphtheria and diarrhœas, which destroy so many lives, would soon be unknown, while almost all other diseases,—of the kidneys, heart, liver from this very cleanliness, would gradually become less common. There is no doubt whatever about all this. The truth of it has been scientifically and clearly demonstrated in special instances over and over again. To carry out these indications is entirely practical; and the most that is required is an organized system and body of men working persistently in their behalf, chiefly in an educational way, by which much more can be done than by attempts at coercion.

AS BEARING ON THIS subject we may quote the American Lancet, of November, '91 :—“ By well-known agencies, the deaths in Michigan from small-pox, diphtheria and scarlet fever have been reduced by more than eleven hundred per year. But facts show that there still remain seven thousand deaths in the state yearly that could be prevented. Lives lost because no one puts into operation the means that could and would save them. One by one they fall into the deep cold river and sink out of sight because those standing upon the banks are so completely engrossed in their business or pleasures that they do not throw out the life-preservers that are at hand. As it is in Michigan, so it is in greater or less degree in each of the States. Hence the question is pertinent everywhere : What can be done to stop this waste of human lives ?

AT THE LAST ANNUAL MEETING of the British Medical Association Dr. Thomas More Madden said : “ During a long experience as physician to the first hospital for diseases of children established in Ireland, with which I have been connected since its foundation, in 1872, the increasing prevalence of the strumous and tubercular