

science applied to purposes of education, made practically useful in short, must include everything having as its object the preparation of man for the great work of life, the preservation of his powers in the highest possible efficiency, the enabling him, during a long life, to work easily and successfully, so that he should not break down, mentally or physically, until he has triumphantly borne the heat and burden of the day. Under the second head—that of the prevention of infectious diseases, if that indeed be not a part of the first—are placed those measures, such as good drainage and an abundant supply of pure water, which diminish the danger of fever and of other infectious and epidemic complaints.

But I fear that under the most perfect hygienic conditions man will always be liable to many painful and fatal diseases, some due to unavoidable exposure to noxious gases or to inclement weather, others to the premature decay of nature. Circumstances may, however, occasionally arise compelling him to face the causes of disease, and when, as sometimes happens, the voice of duty prompts him, the danger must be calmly and bravely met, but this cannot often be the case,—far more often the danger, real enough, might have been warded off. At most, however, sanitary science only hopes to avert those diseases which interfere with the work of life, during that period when life should be a pleasure. The gradual and painless decay of the mental and physical powers must come at last, but it should not be dreaded as an evil, if it comes only after the heat and burden of a long day have been bravely borne.

## No. II.

However weary the world may get of the subject of health, its importance must be insisted upon until generally admitted. It is mere folly to expect that a few bottles of medicine can produce lasting benefit on any constitution as long as the complaint for which they are taken depends on important changes in the vital organs of the body. But these changes, caused originally by long-continued exposure to unfavorable hygienic