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THE SANITARY RESPONSIBILITY OF THE CITIZEN.

Below are selections from an admirable address delivered at the meeting of the American Public Health Association, St. Louis, Mo., in October last, by Albert L. Gillion, A. M., M.D., Medical Director U. S. Navy, President of the Association:—

All I will attempt this evening will be to convince you that the sanitarian is not a grim-visaged, self-denying, self-tormenting ascetic. If you have come pre-supposing that the priesthood of Hygeia find pleasure in mortifying the flesh, and making of this fair natural earth a repulsive artificial purgatory, begin at once to undeceive yourselves. The votaries of health eat, drink, and are merry, singing the pæans of Apollo, but bearing in mind the Nautch girl's admonition to tune the sitar neither high nor low:

"The string o'erstretched breaks, and music flies:
The string o'er slack is dumb, and music dies."

From its birth this Association has carefully avoided committing itself to the indorsement of fanatical extremists, who, with however commendable purpose, annul the good less radical measures accomplish.

The American Public Health Association denounces intemperance in any form and counsils temperance in all things. It shows how crime is begotten by sin, and sin begotten by disease, and disease begotten by filth, and filth begotten by ignorance; but it does not seek to dispel ignorance and remove filth and overcome sin and punish crime by manacling the thinking man with irons and binding him with thongs that cut into the flesh, and weigh him down from freedom to act. It infringes upon none of his inalienable rights to do with himself what he will, save when his selfish doings in any way affect or concern his neighbors and his offspring. He can dose himself with nostrums until, as Dr. Farquharson stated in the British House of Commons, quoting from the Registrar-Gen-

eral's report for 1881, twenty had died from chloral hydrate, eight from chlorodyne, five from Godfrey's cordial and soothing syrups, and fifty-one from other patent medicines, and if the remains are decently interred or, better, cremated, no doctor among us would thwart his effort to rid the world of one more fool. If it has been your idea that the members of this Association have come to preach a holy war against all the indulgences of life, you need have them with you not many days to be undeceived. Let me begin at once to undeceive you.

The Public Health—the health of the community—is only the health of its individual members, and health is only that condition of well-being, well-feeling, and well-doing of each man, woman and child, which enables him and her and it to enjoy pleasure, and communicate it to others, to be happy and make others happy. It is our self-appointed office to point out the way that leads to this Castle of Delight, our self-imposed duty to see that ignorance, indifference, and inaction do not hinder those who aim to reach this goal.

The sanitarian is the natural guardian and mentor of this mortal body from the moment when two animated wandering microscopic molecules mate and mingle into that one other which is to grow into what you and I are, until, fifty, sixty, perhaps a hundred years after, its elements are given back to the cosmic storehouse whence they had been borrowed. With that other attribute of man which defies death and the grave he has no concern; nor does he magnify his proper charge by deriding the metaphysics of the theologian nor the latter make men more mindful of their souls by disparaging their bodies. Each of these two great classes of the teachers of humanity has hindered the other; the latter perhaps the more, since the neglect of the body has been the foundation of all the suffering and sorrow of this mun-