

Reviews.

ON PERSONAL CARE OF HEALTH. By E. A. Parkes, M.D.,
F.R.S. London: Society for Promoting Christian Knowledge.

If this little book could make its way into every home in Montreal, and be carefully read by the inmates of each household, the services of a physician would be but seldom required. The lamented and gifted author, of whom we sorrowfully wrote a notice some months ago, was called away from his labors a few weeks after he had read the proof-sheets of this, his latest work. It is written on a subject to which he attached the highest importance, and is composed in language so clear, and in a spirit so benevolent, that it is a positive pleasure to scan its pages.

After explaining that health is not merely freedom from bodily pain, but that it is the capability of receiving delight from all surrounding things, and from the employment of all our faculties, he remarks on the strange carelessness with which this precious boon is squandered. He then points out that the secret origin of many diseases lies in the neglect of obvious rules of morality and common sense, and that, if he will, it lies in the power of man himself to erase from the world a large portion of those sufferings, the sight of which we have daily to lament. In the removal of these blots from a world which was originally pronounced good, Christianity and Science must be the chief agents.

The sanitary legislation of the present generation has done much to ameliorate the condition of the people generally, but legislation cannot effect all necessary reform. Personal hygiene must supplement its efforts, and it was to put forward for the benefit of the individual the main rules of the personal management of health, that Dr. Parkes wrote this valuable little treatise.

He has not touched on the subject of the health of children. This task he has left to others; but, without entering into details, he unhesitatingly asserts that at present the frightful difference between the infant mortality of the rich and of the poor classes