

*Nature is universal hygiene.* All animals are scrupulous in hygiene; the elaboration of hygiene moves *pari passu* with the rank of a species in intelligence. Even the cockroach, which lives on what we call filth, spends the greater part of its time in the cultivation of personal cleanliness. And all social hygiene, in its fullest sense, is but an increasingly complex and extended method of purification—the purification of the conditions of life by sound legislation, the purification of our minds by better knowledge, the purification of our hearts by a growing sense of responsibility, the purification of the race itself by an enlightened eugenics, consciously aiding Nature in her manifest effort to embody new ideals of life.—*Havelock Ellis.*