

WATER IN RELATION TO DISEASE.

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LADY PRESIDENTS:

LADIES AND GENTLEMEN:

Good health is the greatest blessing that can be conferred upon mankind, and when it is accompanied by mental and bodily vigor it is priceless. Without it, wealth can not be enjoyed; with it, poverty can be endured. Yet how few value it until they begin to lose it.

A wise physician has said: "The fate of man is in his own hands. He can now choose between health and disease, not perhaps always individually, for the sins of the fathers may be visited upon us, or the customs of life, and the chains of civilization and social customs may gall us, or even our fellow man may deny us health, or the knowledge which leads to health. But as a race man holds his own destiny, and can choose between good and evil, and as time unrolls the scheme of the world, it is not too much to hope that the choice may be good."

Legislators, recognizing the fact that many diseases are largely preventable, have enacted laws for that object, and appointed Boards of Health to enforce the laws. But man is so tenacious of his liberty of action, that he will not be dragooned into the observance of them until he is educated as to their benefit. Hence it is the duty of the Sanitarian to educate him upon the various points connected with his health, and that of those dependent upon him. It is with this view that I address you this evening. And, when doing so, I purpose saying a few words to you upon *Fresh Water*, a necessary ingredient in animal and vegetable life.