

PREVENTIVE MEDICINE.

Extract from a Valedictory Lecture by Prof. ELLINWOOD, PACIFIC MED. COL.,
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There is great need, in my judgment, for the family physician's council in every household, whether there is actual sickness there or not, as alarming as this declaration may seem to some of my hearers. People should get over the expectation of a nauseous dose every time a physician is called. They should know that advice is more valuable than medicine, if taken in time to avoid the necessity of medicine. People should employ doctors to keep them fortified against disease: to instruct them as to the diet best adapted to their peculiar wants and vocations; to supervise the ventilation and heating of their houses, the clothing of their persons, and finally, if they would realize the most they are capable of, the physician's counsel should be frequently had as to the use or abuse, the wear or waste, of their physical and mental powers. How few there are in the whole community competent to judge for themselves in these matters!

Every school should have its medical director, whose skilled eye would detect the overworked or overtaxed pupil, and he should have the authority to say, take less study; or, play for a month, and return only when your powers are recuperated, so that you can profitably pursue your studies. Within my observation many valuable lives have been lost to the world and to themselves, by the pernicious and ill-advised mode of life at school.

Such catastrophes might be avoided by an intelligent medical director of the school, who should examine and thoroughly study the capabilities of every pupil entering there, and adapt the curriculum to the organization or physical constitution of the pupil. And many who enter there now should be advised and guided into other walks in life, where their powers might be developed into something of good and joy to themselves and for the world's advancement.

Such a medical director is more important to a school than any one branch of education there taught. To dispense sanitary science practically, to regulate the hours of labor and prescribe the kind best adapted to the healthful development and progress of each individual pupil, is more important to the man in after years than all the mathematics he gets at school.