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SHORT SANITARY PAPERS FROM THE "SANITARY REVIEW."

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No. I.

The science of health has two great objects ; one—and by far the more important—is to teach man how to maintain himself, mind and body, in vigor, so that he should be in the best possible condition for successfully doing the work of life ; the other—easier and less important—is to remove the causes producing and encouraging sudden and fatal outbreaks of infectious diseases. The former may appear to include many matters not generally supposed to come within the province of the sanitarian. It certainly comprises the training of the bodily powers in childhood and in more advanced life, the formation of habits of industry and temperance, the avoidance of defective hygienic conditions, and perhaps too it includes many of those subjects to which the term education is generally applied. But surely, whether education is or is not a part of sanitary science, there can be no question that it must be based on a sound knowledge of the latter, for, from the intimate union of mind and body, no system of mental training can be scientific which does not take account of the development and preservation of the physical powers. In its broadest sense, sanitary