

dispositions ; when in cases in which individuals cannot of themselves employ or provide suitable preventive measures, these will be provided by communities or the State. Were such the case, not only would the development of actual hereditary disease be thereby prevented in individual cases, but all hereditary predispositions and tendencies, as well as hereditary diseases, would soon be entirely eradicated. And furthermore, the type itself, the race, would be gradually improved. Who can judge of the limit to which man's physical and mental organization may be developed under proper culture, yet partly to be learned? The influence, for good or for evil, of one generation over the next which is to follow, and the next, and all future ones, is not considered as it should be. We of our day hold in our hands the well-being of the young around us, who will soon be the men and women of their day. And it rests largely with those of the present generation whether those of the future shall be effeminate, diseased, deformed, manifesting want of intellect, and filling lunatic asylums, or, be physically and mentally vigorous, healthy, well developed and progressive.

SECTION IV.

MORAL AND SOCIAL CAUSES OF DISEASE.

The chief causes of disease which may be classed under this heading are intemperance—excesses of every sort—in drinking, in eating, in relation to the sexes—immorality—unsuitable marriages, worry and anxiety, fear, idleness and over-work. All of them tend more or less to impair the constitution of the individual and of the offspring, and to lower the standard of public health generally. As two or more of these causes usually operate together, and but rarely singly, it is difficult to estimate the effects of any one of them separately. For example, the man who is badly fed and badly housed, or who is worried or out of employment, is very liable to be, or soon to become, addicted to the use of alcoholic spirits.

Preventive measures in reference to these causes of disease must be sought for not in statutes of compulsion, but chiefly in the education of the masses of the people in reference to the consequences of such causes and how they may be avoided or prevented.

INTEMPERANCE in anything is injurious to health. It is very well known that intemperance in eating as well as in drinking is a com-