

tion, and for their willingness at all times to lend a helping hand to any institution of an educational nature.

I am sure the memory of this night will

long remain in the minds of the members of the Canadian Public Health Association whose good fortune it is to be present here this evening.

THE GOVERNOR GENERAL'S ADDRESS

His Royal Highness, responding, said:

Dr. Starkey, Ladies and Gentlemen,—I desire, first of all, to express my deep satisfaction at being present at this great meeting, which has been called together to inaugurate the 1911 Congress of the Canadian Public Health Association. Of the many subjects which are awaiting solution in Canada, none is so important, to my mind, as that of the health of its inhabitants, both adult and infant; it is a subject which affects every one of us individually, and we owe it to ourselves and to the rising generation to see that conditions are improved so far as lies within our power. Public health is a question which rises above all politics, and it is the duty of the whole nation to join in promoting the objects of the Association which is now gathered here.

The urgent necessity for improvement in the existing conditions is forced on our attention by the reports of epidemics of typhoid, diphtheria and smallpox figuring all too frequently in the press, and by a study of the statistics of infant mortality in your great cities.

The aims and objects of the Association, as outlined by the President, are most commendable, and the idea of extending the membership, so as to include all kinds of workers in the domain of sanitation, is a wise one; because so many of the general public, outside those professional men actually engaged in sanitary work, are becoming extremely interested, and would gladly welcome any means whereby they could learn to act on the right lines. Such information can only be obtained from experts, and it is at a Congress such as this that opportunities are given for imparting and receiving instruction. Here the public and the experts are brought face to face, and the public can avail themselves freely of the mine of information which is thus put at their disposal.

Many of the general public labor under the delusion that to avoid epidemics and to bring health into their daily life they

must be equipped with deep scientific knowledge. This is a totally erroneous idea: profound knowledge and tedious research on the part of the scientist are required to arrive at logical and exact results in the field of hygiene, but these results and their application to our daily life are perfectly simple and straightforward. And before going further I wish to pay a hearty tribute to professional men for their willingness at all times to give the public the benefit of their valuable experience.

As an educational movement this Association is of paramount importance, for what education or knowledge is so important as that of learning how to obtain health by avoiding and preventing disease, and so securing a sound body in which to cultivate a sound mind; thus providing the combination of healthy body and mind, the importance of which has been handed down to us by the ancients.

The healthy upbringing of children, therefore, in their homes and schools, is a point of the most vital interest to everyone, no matter what his station in life may be.

The question of the education of children in hygiene matters has been undertaken more or less in most countries, but a great deal still remains to be done in that direction. Attention must be given to this, not so much as a class task, but as a part of the routine of daily life. And having secured in this Association a means of teaching we have to consider how best to apply this means in order to get out of it the best value.

Everything seems to point to the education of the coming generation as the best field for our energy. While the young are being instructed those of their parents who are desirous of learning will be able to do so, and we shall not waste our time by beating against that wall of obstinacy and apathy which in grown people so often takes expression in the formula "let things alone, what was good enough for our fathers is good enough for us."