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Special Articles

SANITATION AND HYGIENE

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To a person who lives all the year round in a city, the problem of Sanitation is not a very serious one, as the Municipality does nearly everything in that line for him. It inspects his food supply, removes his garbage and refuse, furnishes him with an abundant supply of tested water, isolates and treats his contagious diseases, and by enforcing restrictions in regard to house-plumbing and drainage, removes his excreta immediately and without nuisance, to a place where it can be treated either naturally or artificially, in such a way as to avoid the danger of carrying or producing disease. To the city man then, the question of Sanitation is largely one of personal cleanliness, the ventilation and renovation of his rooms, precaution against flies, the proper care of food on the premises, and the prompt report of any failure of the Municipal employees in carrying out their duties. To the man who goes to a Military Camp, however, either in peace or in war, and to the man who lives a few months of the year with a large family, in an ordinary in-expensive summer cottage, the study of sanitation becomes very interesting and important; for then it is only by an intelligent application to these questions, and a

strict observance of Sanitary principles by each and every person, that danger of serious disease, and annoying nuisance can be avoided.

From a Military standpoint, it is much more important to be a good Sanitarian and so ward off disease, than it is to have great therapeutic skill; for in order to exercise the latter, you must have patients, and that is just what we do not want; as every man in hospital means, not only a loss to the fighting force but a tax on his comrades to care for and transport him. I do not propose to weary this Society with any detailed account of the duties and work of the Military Sanitary Service, but it might be of interest to point out some of the things we do along that line; and to describe some of the simple methods we use to strive to attain our ends.

In the first place we try to make every soldier of whatever rank, a keen sanitarian. All soldiers know of the terrible scourges of intestinal diseases that have devastated armies in the past; carrying off several times as many as the bullets did; and if they can once be made to plainly understand that the rigid observance of sanitary rules will certainly ward off dis-