

ject the prevention of disease by the avoidance or removal of its causes, the preservation of health and the development, invigoration and prolongation of life. This science of prevention, or this branch of medicine, as stated, is a much more exact science—a more complete and perfect one—than is that of cure. It is also a much more simple science, especially as relates to man in his more primitive state, or individually.

The rules of health—the maxims or laws which comprise the science—are simple; although as civilization progresses, and people herd together in cities, these rules become more complex, as it then becomes the more difficult to remove or destroy the waste products of life and so to keep pure the air and water, and also to prevent the spread of any infectious disease which may chance to break out; while commercial intercourse often conveys from city to city the infectious particles or germs of disease. The science, in these circumstances, as applying to the many, is termed the science of public health or public medicine, or, when associated with the Government of a country, state medicine. They are all the same except in the manner and extent of practice.

When disease has not been prevented, when the causes have not been removed or avoided, and the bodily functions—the life processes—have been interfered with, or when any specific disease has taken root in the body, then the healing science, that of cure, must be applied. This last science, relating as it does to all the organs and functions of the body, in health and disease, to the changes produced by disease and to all the remedies and their various effects upon different organs and different constitu-

tions, demands a vastly more extended knowledge, and many years of study and hospital practice, and must ever be confined to a few—to the physicians, even to the specialist; for it is being recognized as so vast that it is being more and more divided into branches. It never can become popular knowledge.

The simple rules and precepts of the science of health should be universally known; they should be popularized and practiced so far as possible by everybody.

Boards of Health, and indeed all health organizations, seem to lose sight of the importance of popularizing health knowledge—of instructing the masses of the people in the simple rules of health. The aim has been too much to make compulsory health laws and enforce them. The law of self preservation is so strong and universal, that there are comparatively but few people who would not practice fairly the simple rules of health if these rules were but taught, and the value of them, and the advantages of practicing them—taught, to old and young, in pamphlets, in lectures, in school and out of school—universally taught.

In Canada, nothing of any consequence has been done in this way, either by public effort or by boards of health, although a few ineffectual attempts have been made. Municipal boards might do much. In some of the states of the neighboring union, notably in Michigan, much has been done to enlighten the public, and it appears great good has followed.

In our cities and towns the mortuary returns show a death-rate 20 per cent. to 25 per cent. higher than in the large cities in England, yet nothing is being done to prevent this destruction of life. According to this, some 25,000