

## HEALTH AND DISEASE.

*Mens sana in corpore sano.*

## Education and Health.

There seems to be a very great diversity of opinion in the world as to what a good education consists in. Edward Everett, himself a very highly educated man, is said to have used the following language in speaking on this point:—

"One of the most highly educated of our countrymen used the following language: 'To read the English language well, to write with dispatch a neat, legible hand, and to be master of the first four rules of arithmetic, so to dispose of, at once, with accuracy, every question of figures which comes up in practice,—I call this a good education. And if you add the ability to write pure, grammatical English, I regard it as an excellent education. These are the tools; you can do much with them, but you are hopeless without them. They are the foundation; and unless you begin with these, not with flashy attainments, a little geology and other ologies and ophies, are ostentatious rubbish.'"

We should want to add to the above that the well-educated individual must have a sufficient knowledge of himself, of his body and its functions, to enable him to understand and appreciate the importance of observing the laws of health. With these few accomplishments, thoroughly and not superficially acquired, a man should be considered as well educated. This cannot be said of a person who lacks any of the above named requirements, no matter how much knowledge of the dead languages, the sciences belles-lettres, or what not, he may possess. We have often met persons who have graduated from some college, perhaps from a university, and considered that they had finished their education, when, as a matter of fact, they had utterly neglected the very foundation of real practical, useful education. They had acquired many facts, had become in some ways accomplished, but had utterly failed to appreciate the character of real education, both as to manner and matter.

A very great share of the educating of the present day has been very appropriately designated as cramming. The main idea seems to be to get into the student's head the largest possible number of facts, without regarding the manner in which they are introduced, or their practical value in the performance of his life's work. There is as great need of reform in the methods of education as in any direction. There can be no doubt that errors in this particular lie at the foundation of a very large share of the increasing weakness of the race. —[*Good Health.*]

## Exercise.

Give your brain sufficient food and an abundant supply of oxygen, and then give it a fair amount of good hard work every day, if you wish to maintain it in a high state of healthy activity. Barristers and clergymen, who use their brains much, are the longest-lived men in the country, showing plainly that regular brain work is good for the general health as well as for the efficiency of the nervous system in particular. The muscular system must be treated in a similar manner, if you do not wish it to become subject to fatty degeneration. An unused muscle shrinks, and becomes soft flabby, presenting an appearance of marked contrast to the brawny arm of the blacksmith. Instances of the feebleness of tissues thus preserved frequently present themselves to the notice of the surgeon. A muscle is called upon to perform a vigorous contraction, but it snaps in the effort. The heart itself is sometimes torn asunder in attempting to send an extra supply of blood to some needy limb. No man can afford to lower his general vitality for the sake of mere idle gratification. He never knows when he may require all the energy which can be stored up in his tissues. A railway accident, a runaway horse, a run to catch a train, a fall on the ice, or even a fit of coughing, may bring a life of misery or an earlier death to one who would have passed unscathed through them all had he allowed his nerves and muscles to wear away in vigorous activity, instead of carefully preserving them, like smoked bacon, in the fumes of tobacco.

## Is the Vitality of the Race Increasing?

Enthusiastic sanitarians point with pride to the fact that the longevity of the race has been nearly doubled since the general introduction of sanitary measures into the great centres of civilization. That there is an increase in the average longevity of human civilized beings, is beyond question, as the fact has been shown by statistics of undoubted reliability. Another fact is equally apparent, however; namely, that examples of remarkable longevity are far less frequent at the present day than they were two or three centuries ago. At any rate, if the records of older towns and cities in England, and in continental Europe, are to be relied upon, the greater frequency of diseases, are facts which also point to the diminution rather than increase of the real vital stamina of the race. Some interesting facts in this connection were recently brought out in a paper contributed by Dr. Rabagliata, of the Bradford Infirmary, to the *British Medical Journal*, upon the question, "Has the duration of human life in England increased during the last thirty years? Following are his conclusions as summarized by the Sanitary Engineer:—

"His conclusions are: (1) That there has been an increase which is entirely attributable to the better management and prevention of fevers; (2) that if the deaths from fevers be deducted, the present rate of mortality is higher than it was 30 years ago; (3) that if the mortality among children and young persons has diminished, the mortality among males above 36 and females above 45 years of age, has markedly increased; (4) that the main causes of the increased adult mortality are worry and anxiety, affecting chiefly the nervous system, heart, and kidneys. The mortality from disease of the nervous system has increased 25 per cent. in 30 years; that from diseases of the circulation, 50 per cent.; that from diseases of the kidneys, 148 per cent."—*Good Health.*

## Bed-Room Furnishings.

A bed-room should impress the observer with the idea of a dainty cleanliness reigning supreme in every part of it, while the prevalence of cool, soothing tones of color suggest repose and rest. The paint might be delicate chocolate, the walls soft pea-green; no color equals green for giving rest to the eyes, and in its paler tints it offers a sense of coolness during the most sultry days of summer, while they are free from the suspicion of coldness seen in many of the grey shades commonly used. Light colors make a room appear larger than the dark shades. Woodwork painted chocolate and cream walls look well with bright blue furniture covering and curtains, or maroon paint and citrine with deep blue. A wall of a pale tone of blue and sage-green woodwork will harmonize with furniture coverings bearing a design of autumn-tinted leaves. Stained boards are without doubt best for bed-rooms, a square of carpet covers the centre leaving three feet all around the room. Dust invariably collects under furniture and chairs, dresses and draughts of air sweep it up into the corners; but the boards, being without a covering, allow of its being easily taken up with a duster. Then, too, the carpet being simply laid down, there is no difficulty in the way of its being often shaken; no tacks have to be taken out or heavy wardrobes moved, so that there is no possible excuse for its being left down until dust accumulates.

## Keeping the Head Clean.

Keeping the head perfectly clean is a great aid to health. A distinguished physician, who has spent much of his time in quarantine, said that a person whose head was thoroughly washed every day rarely took contagious diseases, but where the hair was allowed to become dirty and matted it was hardly possible to escape infection. Many persons find speedy relief for nervous headache by washing the head thoroughly in weak soda water.

Pure and good milk is a necessity in almost every family. It may come into the house in a wholesome condition, yet there is ever the danger that it will become tainted with the sewer gas from closets, or even with the dust carried by drafts through sleeping or living rooms. There can be no doubt that while milk is one of the best and most palatable of foods in summer, it must be carefully guarded from the farm to the table, or it will prove a potent vehicle of disease.