

THE PRESERVATION AND PROMOTION OF HUMAN HEALTH

(Read Before Vancouver Teachers Association)

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Man's health is a precious gift. Its loss causes injury and harm, not only to the individual person, but also to the community. The individual whose health is impaired feels discomfort or pain, he loses the power for working, the ability for earning money and enjoying life. He is compelled to spend his time, and often what money he possesses, in search of health. In short, sorrow, disease, and misery for himself and his family may be the results of bad health.

The community, besides being a loser through the diminution of the working power of the individual citizen, has to bear a material, financial burden for the support of the indigent sick. In case of contagious diseases, sick persons are, moreover, a cause of danger to their neighbors.

Were we to make an estimate of the economic losses caused by illness, which are capable of being prevented by the observance of simple sanitary rules, I think some of our political economists would be astounded; yet we rarely hear of such persons advocating the enactment or enforcement of sanitary laws, and if we do, we always find that the great objection advanced to sanitary undertakings is that "it would cost too much."

The scope of the science of hygiene is the preservation and promotion of human health. its task consists, therefore, first of all, in the preservation, restriction and removal of sickness and disease, in the conservation and prolongation of man's life itself.

No matter how we theorize as to the nature of man, we can at least distinguish two essential parts—mind and body; and however we speculate as to their essence and mode of union, we know at least that all life long they are linked together for weal