

MEDICAL SCIENCE

VIDEO MELIORA PROBOQUE

EDITORS

P. H. BRYCE, M.A., M.B., L.R.C.P. & S., EDIN.
WILLIAM NATTRESS, M.D., M.R.C.S., ENG.

P. J. STRATHY, M.D., M.R.C.S., ENG.
W. B. NESBITT, B.A., M.D., C.M.

ADDRESS ALL COMMUNICATIONS, EXCHANGES, ETC., TO DR. W. B. NESBITT, COR. COLLEGE & MCCAUL STS., TORONTO

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PRESIDENT'S ANNUAL ADDRESS TO THE EXECUTIVE HEALTH OFFICERS OF ONTARIO.

DELIVERED AT LINDSAY, AUGUST 14TH, 1888.

Ladies and Gentlemen.—I am proud to-day of the part, small though it be, that I have taken in securing a meeting of health officers and scientists, in this town; the more so, as I am satisfied from the presence of so many eminent in this, the department of Public Health, and whose names appear on the programme, that success has been attained.

I have been present at the meetings of the Association since its organization and at the later conventions, and remember none that promised better results in the advancement of general and local interests than the present.

I have enjoyed the generous hospitality of other towns and received much kindness as Lindsay's representative. Fully appreciating this, and well aware of the practical advantages to be gained, I was indeed anxious to, in some slight degree, repay such, and further, that the town to which I owed the privilege of being present at these conventions, should reap a certain advantage as well.

My present position is evidence that you have honored me beyond my deserts; and while my motives in bringing you here are confessedly selfish to local interests and local wants, there is also a desire to advance the aims and objects of our Association and further the interests of preventive medicine.

You will have noticed since your arrival here, evidences of our prosperity. Public and private buildings are going up in every direction, the trowel and hammer making music the whole day long. This is very gratifying, but we wish

more, we wish sanitary progress as well. "*Sana mens in corpore sano*" applies equally in the larger sense and to have a healthy town we must be individually healthy. It is to this end that we rejoice in your presence here. We know that pure water is a prime necessity, and good drainage as well. We desire pure air, wholesome food, healthy homes, freedom from dangerous epidemics, less suffering, and fewer deaths; and knowing full well that improvement in each is possible and necessary, we are prepared to act so as to derive benefit by your councils.

I will not trouble you with a lengthy paper, as I am sure the citizens of Lindsay will prefer to have the short time at our disposal more fully taken up by those from a distance, and I feel that on previous occasions I have trespassed largely on your indulgence. There are some subjects, however, that occur to me worthy of notice at this time, and these I may briefly mention for your consideration and discussion.

We know that throughout the neighboring Republic there are manual training schools; between 400 and 500, I believe, in successful operation with some 20,000 pupils, and in Great Britain there are 2,308 science and art schools, and from official returns in that country we learn that after mathematics the largest number of students are studying chemistry, machine construction, physiology, and electricity. We are agreed as to the advantages of such training; we know that to develop and maintain true mental and physical equipoise, muscular exercise of some kind is a necessity—that indeed the one assists and strengthens the other. The experience of such schools demonstrates the fact that students devoting as many as three hours each day to manual labor and the remaining