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## THE SCIENCE OF LIFE AND HEALTH AND ITS POPULARIZATION.

LIFE has been variously defined; but as to what it really is, little is known. Of all that relates to it, however, of its various processes and essentials, a great deal is known. Life and health may be regarded as inseparable, as unless all the processes of life are carried on in a perfect or healthy manner life is not perfect or healthy. The science of life and health may therefore be considered one. We may regard the science of life and health as one of the most perfect or exact of sciences. Of all that relates to the promotion of health, to the development and prolongation of life, the present knowledge is fairly exact. Indeed, the science of life and health is much more exact than that of "medicine," as this has been commonly so called and understood. It may be here observed that, until recently, universally, and even now, very generally, medicine has been confined to the limits of cure. In Dunglison's medical dictionary, a standard one in common use, "medicine" is defined as "that branch of physic which relates to the healing of diseases." Locke defines "physic" as "the art of healing diseases and preserving health; the science of medicine." Until within the last few decades, during many previous centuries very little thought or attention it appears was given by physicians to the prevention of diseases, or the preserva-

tion of health. The Ancient Physicians, as in the time of Hippocrates, seemingly regarded the prevention of sickness as a part of their profession and practice, and made efforts to popularize knowledge relating thereto, but all through the earlier centuries of the Christian period and until quite modern times we can find, in the history of medicine, but little, if indeed strictly anything, indicating that the sanitary science as now understood was regarded as forming any part of medical science or practice. It would appear that, after the decline of the Greek, Roman and Arabian schools of literature, there was, too, a great decline in "medicine," and upon its revival, it was much more empirical and pretentious than it had been, and charlatan-ism, with its basis of drugs and "cure," was much more common than scientific medicine, and prevention formed no part of it. Within the last few decades much more attention has been given by physicians to the causes and prevention of disease and a distinct branch of the science of medicine has been gradually developed, which is called "Preventive Medicine." This is properly and simply the science of life and health, or more briefly, the science of health. If we use the Latin derivative, the *sanitary* science; or if the Greek, the science of *hygiene*, it is all the same. It is the science which has for its ob-