

Sanitation and Life.

Centuries ago, in a wilderness, Moses gave to the Jewish people laws, which we as Christians are only beginning to formulate. The pillar of fire and cloud was leading them over scorching deserts and through malarious valleys, beneath the burning oriental sun. Travelling and camping in companies of thousands, only the laws of sanitation preserved them from extermination by pestilence. Today the well known healthfulness and longevity of the Jews, despite numerous persecutions, are living proofs of the immutability of the laws of health and heredity.

In Greece Galen taught the truths of hygiene, while in the ruins of Roman baths, aqueducts, and sewers we have positiveness of the great and sanitary knowledge of the ancients.

The loss of this science to the world was marked by "pestilence that walketh in darkness, and destruction that wasteth at noonday. Only in the accidental purity of country life was the health of the nations for many years. Later the sciences of chemistry, botany, and medicine combined have shown the relation of sanitation to man, and the reform sought by the philanthropists of all ages.

by this unrecognized means, bein surely uplift-
ing the races.

Lord Beaconsfield, English statesman of Jewish descent, said wisely that the health of the people is the foundation of their happiness and of their power as a state, and that a statesman's first duty is is the health of the nation.

We take this term Health in its broadest sense as referring to the ideal of those qualities which form the highest human types - the concentration of all that is best physically, mentally, morally. Whatever serves the purpose of promoting this welfare is worthy of the aim of each, for himself and for humanity. Hence sanitation, public and domestic, as a factor in the promotion of these qualities is a duty for earnest united endeavor.

The great work of public sanitation is in the carrying out of laws formed by proper authorities for public cleanliness. It includes drainage, sewerage, the ventilation of public buildings, and disinfection.

Domestic sanitation embraces a far larger province of possibility and responsibility. Within its jurisdiction is the oversight of the little things which have the power of determi-

ing so many fates. Cleanly, ventilated dwelling and sleeping rooms, pure water, wholesome food, and reasonable clothing; the drainage of farm lands and the suitable location of buildings, the nursing of the sick, and better yet, the prevention of sickness. "To whom much is given, of them shall much be required" and the woman who makes the study and practice of domestic hygiene conform has greater privileges and opportunities than the most aspiring of her sex has dreamed of.

Only by family and public co-operation may the dreaded epidemics of scarlet fever, diphtheria, and other zymotic diseases be averted.

"The air is full of farewells to the dying,
And mournings for the dead;
The heart of Rachel for her children crying
Will not be comforted."

The prayer for patience and resignation is all very well but we must work and pray for health, knowing that too many of these afflictions arise from decaying organisms instead of coming as celestial chastenings.

Moral disease seldom dwells in a healthy body, amid healthful, well-kept surroundings. Nutritious food and pure air and water will

do more to prevent crime and make symmetrical moral natures than sermons and reformatories unnumbered. That sanitation is in accord with Christianity, remember the declaration of the affinity of cleanliness to godliness. If our temperance workers would inculcate the possibilities of physical culture, domestic economy and hygiene, and the abstinence of stimulating, adulterated foods, the evils of drink might be effectually lessened.

Sanitation affects intellectual strength and activity through the physical health. Not a brain worker but knows how impossible it is to work when suffering from nervous prostration and physical pain. The effects of such efforts are shown in labored, fantastic, or morbid productions. Insanity following so frequently from physical disease is another proof of the relation of mind to body and an eloquent plea for stronger bodies at any cost.

And how shall this be done? We have our State and National Boards of Health whose aims are the report and inspection of conditions favoring or opposing health. much good has been done by these methods but the interest is not general enough. Physicians, Health Officers,

and sanitary engineers do their part but the people are not awake to the wide importance of the science. What is needed is a thorough agitation and dissemination of sanitary interest. Work of such vital political and social moment should not be left to a few but the State should exercise its sovereignty in behalf of the health of the people. Not necessarily by sumptuary laws but by the establishment of lecture courses free to the public where may be demonstrated the cause and prevention of disease and its relation to every phase of national and social life; by more rigid means of inspection and more complete methods of public and private sanitation; by seeing that the laws of health are taught and practiced in the schools.

How much the death rate may be diminished by such means the physician and health officer can tell you. How much the national and social life of our country may be broadened we trust you may yet see for yourselves in the multiplying of churches, schools, and libraries; in the diminished population of our penitentiaries and reform schools; in the absence of saloons and the decreasing number of irresponsible citizens; in the improved

mental and moral tones of the people.

A generation of such living would be followed by a people whose development would exceed in rational prosperity, the progress of a century under the present regime.

We hope to have, ere long, a World's Police whose duty it shall be to make thorough investigations of the source of disease, to unite the universe in a crusade for sanitation. By means of every modern invention, discovery, or appliance of science and art, by world's federations and congresses to possess the land for health.

Pandora's box of evils is not quite exhausted but science has scattered enough of its terrors to reveal hopes at the bottom; hopes that in the fulfillment of natural laws shall be the healing of the nations; hope that wars and rumors of wars shall be forgotten in the practice of the economy of peace; hope, through overcoming, of citizenship in that country where "death never enters" and of which the most blessed assurance is that there shall be no more pain.

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