

**PHYSICAL EFFICIENCY; A REVIEW
OF THE DELETERIOUS EFFECTS OF
TOWN LIFE UPON THE
POPULATION OF BRITAIN, WITH
SUGGESTIONS FOR THEIR ARREST**

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Physical efficiency; a review of the deleterious effects of town life upon the population of Britain, with suggestions for their arrest by James Cantlie

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JAMES CANTLIE

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PRINCE HENRY OF WALES.

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Frontispiece.

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PHYSICAL EFFICIENCY

A REVIEW OF THE DELETERIOUS
EFFECTS OF TOWN LIFE UPON THE
POPULATION OF BRITAIN, WITH
SUGGESTIONS FOR THEIR ARREST

BY

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WITH PREFACE BY

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AND A FOREWORD BY

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DEDICATED TO MY FRIEND
WILLIAM GERARD DON, M.D.(EDIN.)

DEPUTY SURGEON-GENERAL (HON. RETIRED)
ARMY MEDICAL SERVICE

IN RECOGNITION OF HIS CONTRIBUTIONS TO
A BETTER KNOWLEDGE OF THE REQUIRED
STANDARDS OF PHYSICAL DEVELOPMENT AND
EFFICIENCY IN YOUTH, GAINED DURING A
UNIQUE EXPERIENCE OF MANY YEARS IN
THE EXAMINATION OF RECRUITS FOR
THE BRITISH ARMY

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AUTHOR'S PREFACE

THE primary duty of every living thing is to secure the continuance of its species; and it depends upon the parent stock what the physical future of the species is to be. In the case of mankind the habits and customs appertaining to civilisation affect the individual to a degree unknown amongst the lower animals; and therefore the preservation of health in the individual becomes of great importance to the family and to the state to which he or she belongs. Our physical transgressions leave their mark on those coming after us, and the success or failure in life of our children, and through them of the nation, is largely attributable to the wisdom or folly of the parents. Our spiritual shortcomings are constantly brought before us, but the consequences of our physical transgressions are never vividly presented to us until perhaps disease has claimed its victim. Had we more sermons on hygiene there would be a better chance of preserving to the nation

a healthier and a holier people, for the one is the complement of the other. The day may come when matters appertaining to health may not always be considered of less importance than the acquirement of a dead language or the acquisition of some superfluous accomplishment.

J. C.