

deaths in Great Britain are caused by consumption, and nothing so soon diseases the lungs as inhaling vitiated air. God has decreed that a certain portion of oxygen shall suffice for the aeration of only a fixed and determinate quantity of venous blood. If we adapt our circumstances to this law, we reap our reward in comfort and health; whereas if we transgress it, and persevere in breathing an atmosphere containing less than the requisite quantity of oxygen, and more than the usual quantity of carbonic acid, we have no more right to expect to enjoy health, energy, activity of mind and body, than to expect a fire to burn without air, or a fish to live out of water."

Forty-six years ago, at least, then, and probably long enough before—I have not the statistics—the magazines and doctors were preaching the doctrine of fresh air. During all the time since their efforts have been unremitting, and yet there are people still, and many of them, who never think of letting the fresh air of heaven sweep through their homes every morning, and who keep their bedroom windows all but hermetically sealed for the winter.

"Draughts give me cold," says one. Well, then, do not sleep in a draught; put up a screen.

"Sleeping in a cold room gives me cold in the head," says another. Then put on a nightcap.

"But I should freeze!" shivers a third.

Put on an extra blanket, and, if necessary, a pair of loose knitted bedstockings. You will really be the warmer for keeping the window open, for the oxygen of pure air itself sets up a combustion in the body that causes heat. Of course, if the temperature of the room is very low, sufficient coverings, preferably light-weight woollen ones, must be used to ensure that the bodily heat is not too rapidly dissipated.

Unquestionably, living night or day in impure air makes the majority of people ill, sooner or later. Others, with constitutions of iron, may not develop actual disease, but they would be brighter, happier, and more capable, if they persisted in breathing pure air. When a room in which people live is closed, the oxygen is consumed by the process of breathing, and a poisonous gas, carbon dioxide, or carbonic acid gas, is produced. The only way to get rid of it, and ensure a fresh supply of oxygen, is by opening the room somehow, continually, or at frequent intervals, to the free circulation of air from outdoors. If a system of ventilation has not been built in with the house (and, even then, as a rule, doors and windows must be called into requisition for the purpose), otherwise, the inmates must face the consequences.

A Word from P. E. I. on the Tuberculosis Question.

In view of the alarming increase of tuberculosis during late years, many of our philanthropic citizens are making efforts to arrest the progress of this much-dreaded disease. An Anti-tuberculosis Society has been organized in the Province of P. E. I., and also some subordinate societies have been formed in Queen's and King's Counties. They are all doing good work. There is also a dispensary in the city of Charlottetown.

Dr. Potter, of Ottawa, lectured in this city on November 17th. His subject was "Tuberculosis." He stated that 150,000 persons die annually in the United States from this disease, 12,000 in Canada, and 200 in P. E. Island. He said that consumption is infectious, and that the infection may be conveyed from man to man. Good nourishing food, rest, and fresh air, are absolutely necessary. He suggested the building of a Sanatorium in this Province.

Certainly, it is much easier to give advice than to induce people to carry those suggestions into practice. Many who are intelligent enough to "know the right," will still, with obstinacy, "the wrong pursue." Habits are hard to change. Although we are all aware of the vast importance of breathing pure air, yet, when fall comes, the large majority of people put on outside doors and windows, barring out the fresh air as if it were their worst enemy, when, in reality, it is a friend indeed. Many houses are never ventilated during the winter season, and the inmates are constantly breathing foul air when indoors. They

pile on heavy furs and go out for a drive sometimes, for they don't feel like walking with so much clothes on. When they come in they feel chilly and hug the hot-water pipes, or stand on the register, or toast their feet in the oven. The foul air in the house makes them chilly. If they would dress lightly, and go out for a brisk walk every morning when the weather is fine, and take large doses of the bracing, frosty air, they would not be likely to need any other tonic. Walking is excellent exercise. Shanks' mare should be more frequently used. I cannot imagine why some people are so afraid of cold air. Many have been cured of consumption by sleeping out of doors. People should always sleep with their bedroom windows open all night, and practice deep breathing. With plenty of warm blankets on the bed, there is no danger of catching cold. Foul air will give one a cold, but pure, fresh air—never! Surely prevention is better than cure. Here is this grand, mighty health preserver, which is free to all, rich and poor. We have only to open our doors and windows to have our lungs strengthened and vitality increased.

Many people who have lung trouble start for the South as winter approaches, believing that a change of climate will cure them, but they are often disappointed. Other things are also necessary in order to effect a cure. When I was in Florida, a man with his wife and three children occupied the room adjoining mine. They cooked, ate and slept in the room, and it wasn't large either. Rents were high, so the families huddled in together to save expense, and breathed impure air all night. Ventilation was not attended to in that house. Windows were kept closed to keep out the mosquitoes. Room-rent cost from four to eight dollars a week. The weather was nice and warm there in January, and the air out of doors was pure, but there were drawbacks in regard to food. One could not obtain fresh eggs, cream, etc., as we can here in Canada. I missed the cream very much. There are advantages down South, it is true, but there are also disadvantages. Lack of cleanliness is one of great importance.

I will close with a few extracts from the pen of H. F. Achard, M. D., Asheville, in "Life and Health."

"Tuberculosis, like other infectious diseases, is best treated by prevention, which is only possible with a full appreciation of what is to be prevented, and how. In a family where there are consumptive members, these should not have the care of small children, above all, should not sleep in the same bed, not even in the same room, with them. If the mother is consumptive, and cannot employ a nurse, or if the consumptive member of the family must share in the care of the babies, they should be careful to attend to the following "Don'ts," which might easily be multiplied:

"Don't kiss children on the mouth, and don't permit strangers to kiss them at all.

"Don't let children creep on the floor covered with dust, or contaminated with sputum. If you have to spit, use a cup, or a rag which can be burned.

"Don't sweep the floor, or carpet, or rug, with a broom. If you do not have a carpet sweeper, scatter moist tea leaves, and sweep them up. If the floor is bare, wipe it with a moist cloth.

"Don't permit children in a room occupied by consumptives while the beds are being made, or while the room is being cleaned. Any tubercle bacilli deposited in the dust are then disturbed and float in the air.

"Don't permit the baby to have a rubber nipple, or any other kind of 'comforter.' It will fall on the floor and become infected.

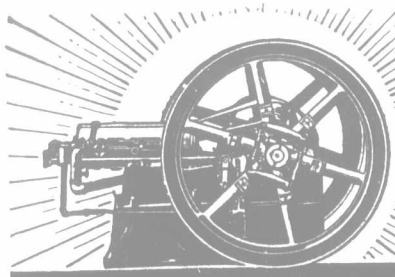
"Don't taste the baby's food with the same spoon with which he is fed; use another spoon and wash it in boiling water. If baby takes the bottle, pour a few drops into a spoon for tasting. Boil bottle and nipple once a day.

"Don't permit your baby to be with out a physician's care. If you cannot afford to pay for his services, go to a dispensary, get advice, and follow it."

Charlottetown. A. R.

A Number of Questions.

Dear Dame Dunden.—How very assuring your writings and replies in "The Farmer's Advocate" are. I take much help



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