

disease germ. In addition they undermine the general health so that disease may find a ready entrance. Ordinarily houses have windows that ornament, but admit neither light nor air. Parlors are gloomy, living rooms dark, and bedrooms poorly lighted and badly ventilated. Everywhere the value of sunlight and fresh air as natural disinfectants is underestimated. The former is doubly effective, acting both as a natural tonic to the system and a destroyer of the tubercle germ, and it is absolutely necessary if a good standard of health is to be maintained and if houses are to be healthful places in which to live, that the action of direct sunlight should not be regarded as something to be avoided. The neglect of ventilation is equally common, especially during the winter months. So much so that life in over heated and badly ventilated rooms is the rule rather than the exception. And to illustrate the injurious effects of such a mode of life it is only necessary to refer to the now well-known experiment of Trudeau. He found that rabbits inoculated with tuberculosis if confined in a dark damp place without sunlight and fresh air, rapidly succumbed, while others treated in the same way but allowed to run wild, either recovered or showed very slight lesions.

CUSTOMS AND HABITS.

Many conditions, customs and habits are to be found in homes, places of business, and in places of public assemblage which aid in the dissemination of the disease germ. Cleanliness, ventilation, drainage, comfort and convenience are the natural enemies of the disease and yet in the very places where these have been most carefully provided for

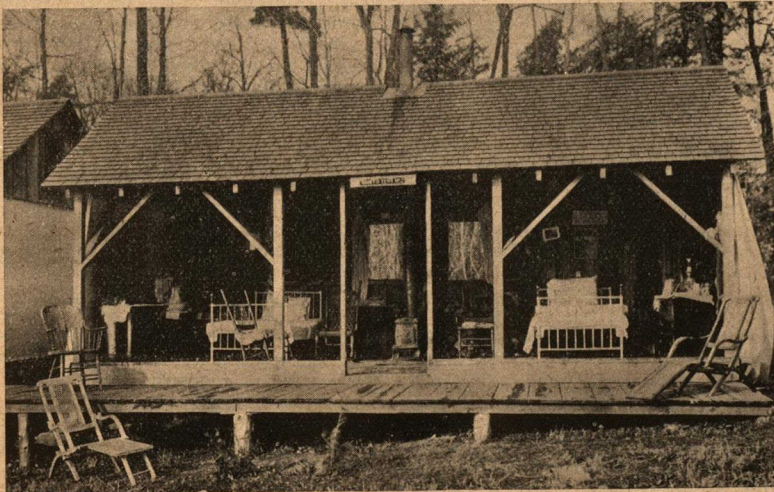
there lurk unsuspected or unheeded some of the most effective agents for spreading the disease germ.

THE SPITTING HABIT.

Of all the habits commonly practised none is productive of more dire results than is that of spitting carelessly and promiscuously. Everywhere are to be found the evidences that this habit is commonly practised, and when it is remembered that almost every consumptive spits as a matter of necessity and that hundreds of consumptives are walking our streets daily in the regular course of business, it is not difficult to appreciate the danger to every member of the community arising from the prevalence of this habit. Spitting is the starting point of all the evil. Anything else that may be described can at best be but a contributing cause, the danger arising from which would be so small as to be hardly worthy of consideration, were it not for the infection which lurks in every piece of expectorated material from a diseased lung.

DUST

Every condition or custom, further, which in any way fosters the accumulation and dissemination of dust intensifies the evil already existing. All kinds of dust affect the mucous membrane of the mouth, nose, throat and deeper organs of respiration, predisposing to tuberculosis and other infective diseases by producing a slight irritation, with subsequent inflammation. And it may be said of the broom and the dust brush that they are directly responsible for many deaths from this disease. How familiar we all are with the method by which



INTERIOR OF ONE OF THE TENT COTTAGES OF THE MUSKOKA HOMES
FOR CONSUMPTIVES