

All wards should be so arranged that the patients can be taken out with as little trouble as possible, to the lawn for open air treatment, when the state of the weather permits of such. There should be a free use of the verandah for open air treatment.

It is estimated that in this country quite satisfactory hospital accommodation can be secured for about \$800 per bed. Expensive woodwork and marble, etc., are only good as means of wasting money.

Closets and bath rooms should be in a tower attached to the pavilion, but so arranged that no odor can enter the wards. This is the only proper and sanitary method.

The diet kitchens for the various wards should be located so as to be convenient for the nurses doing their work, but not too close to the closets.

The whole subject resolves itself into a cheap building which will not burn, with plenty of air and light for the patients, and free from distracting noises.

TOBACCO AND THE YOUNG

It is not stating the case too strongly that tobacco is responsible for many a mental and physical wreck among the young. It would be somewhat of a waste of time to quote authorities in substantiation of the baneful effects of the use of tobacco by those who are in their growing and developing years.

Careful observations, made by competent persons and on a sufficient number of persons, prove that the use of tobacco by growing boys very materially lessens the rate of growth and the mental grasp of things corresponding with the age.

The train of nervous disturbances are well-known. Among them may be mentioned vertigo, fatigue, irritability, failure of memory, tremors, poor circulation, etc. These come from the toxic effect of the alkaloid on the nerve centres.

On the digestive organs the effects of the use of tobacco are well known. Nausea, loss of appetite, vomiting, gastralgia and many other digestive derangements have become familiar as occurring among youthful users of tobacco.

The depressing effects of tobacco on young persons are seen in the case of disease and the way in which it retards recovery. In many instances no progress can be made towards cure until the use of the tobacco has been entirely given up.

The medical profession has a grave responsibility here. Its plain duty is to urge the non-use of tobacco until growth has been completed.