

and dysentery. In the Japanese army during the war with Russia they lost only one soldier from disease for every three or four dying from injuries received in battle. Why? Simply because they chose camping grounds where good water could be obtained, and arranged their camp in a sanitary way. If, by attention to food, water and sleeping accommodation, the death-rate in an army can be reduced so materially, surely the same everyday matters are important, when the health of boys and girls is considered.

As an illustration of the importance attached to so common a matter as a water supply, the experience of Plymouth, Pennsylvania, might be cited. In 1885 its population was 8000. The bulk of the water for the town was brought from a stream on an adjacent mountain. The water was there stored in four large reservoirs. In a house on the river bank between the third and fourth reservoirs there occurred a case of typhoid fever early in the month of January. This patient had a severe relapse which kept him ill till the middle of March. The refuse from the patient's room was not sterilized in any way and was disposed of by dumping it over the river bank. During the last week in March a rapid thaw occurred. Just at this time it was found that the pipe connecting the third reservoir with the second was frozen up and the water in the first two was almost exhausted. The frozen pipe was thawed and repaired, with the result that for the time being water came largely from the third reservoir, running as it did almost directly through the first two because they contained very little water. Typhoid fever broke out in the town, with from fifty to one hundred new cases a day. In all there were 1104 cases in a very short time. A few houses got water from the