

air or by the drinking of fluids contaminated by their discharges.

The infection can be carried about from one place to another in articles of clothing, or of food (milk more especially), or by anything which has been exposed to contagion in the sick room.

Children under the age of ten are the most likely to catch the disease, and it is amongst them that it is most dangerous. Grown up persons are liable to attack. No one can afford to neglect the preventive measures which science and experience have taught.

PREVENTIVE MEASURES.

1. Every one who is suffering from a cold or sore throat should take particular care that all his surroundings are in a thoroughly sanitary condition.

2. When diphtheria is prevalent in a locality, public gatherings in ill ventilated rooms, theatres, public halls, even churches, should be avoided. This is a matter of very great importance more especially in cold and damp seasons.

3. There should be perfect ventilation and the