

tamination in the case of water and human contact in the case of milk, unless pasteurized, being the two prime evils. Contact between people is another way. Fingers stand for all sorts of ways in which human excretions may be exchanged. The fingers go often to the mouth and nose where in measles, whooping-cough, diphtheria, scarlet fever, pneumonia, tuberculosis germs are almost constantly present, and even in the healthy. In coughing and sneezing fine spray is thrown out from the mouth and nose. The germs have been frequently demonstrated in the spray. Drinking-cups and spoons and other things have been convicted. Insects are the third common way in which disease germs are spread. Flies are possibly the most important germ carriers in any community. Children, particularly, should always be made to wash their hands and teeth *before* eating.

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### WEIGHT AND MEASUREMENTS OF GERMAN SOLDIERS

Before the war, the average weights and heights of German adult men who were considered fit for military service by the army medical authorities were as follows: Average height, 5 ft. 3 in.; average weight, 143.3 lbs.; chest measurements taken with the arms evenly extended, close under the nipples in front and close under the angles of the shoulder blades behind, average inspiration, 35 in., average expiration, 32.3 in. This gives a maximum difference between inspiration and expiration of 2 3-4 in.; girth, 29 1-2 in. Whether those standards are being maintained at the present time among the new levies of the German army might be interesting.

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### WHAT THE SANITARY COMPANIES ARE DOING AT THE FRONT

Comparatively speaking, but little is heard at home of the work done by the Sanitary Section out at the seat of war. Yet we venture to say no more important Section exists, and that its influence has been very potent in securing the clean bill of health which is recorded by Sir John French in his valuable but too infrequent despatches. Now and then, however, the veil is lifted, and we are permitted to catch a glimpse of what is being done. We do not get this information from the ordinary war correspondent—if such an individual can be said to exist—but from letters of those in actual service with the forces. Some of the most illuminating letters that have come under our notice are