

evils. Consumption and death are the usual end of a body in which the accumulation of waste organic matter and poisonous gases have been allowed free course. Poor and vitiated blood deficient in oxygen makes degenerate tissues. Death ensues after its unhappy victim has become a centre of infection to all around.

The sentimental poesy of a past generation created a halo of romance around the dying consumptive. Modern science and common sense see nothing lovely in decay; nothing holy in needless suffering and death. The physiology of our bodies is a romance of surpassing wonder and beauty, but the conditions of many lives make it rather a horrible tragedy. ;

It takes a long or short career of crime against Nature's laws to kill, according to the hereditary constitution and the manner of life led.

Dwellers and workers indoors, suffer most; children who might have lived die by hundreds, not only of consumption but as often as not owing to chills and all their attendant consequences. Here we come to that staple argument against free ventilation. The very young, the old, and the weakly catch cold on the slightest change of temperature. Why is this? It is simply a question of balance and of the adaptability of the body to meet and resist the attack of external forces. Contact with cold air causes a sudden contraction of the pores of the skin, and until normal action is restored by exercise their function is partially in abeyance. During the hours spent indoors, breathing

more or less vitiated air, the lungs, skin and kidneys have been taxed to their utmost to get rid of the waste matter generated in the system. When the skin cases partially to do its share of the work, it devolves on the lungs and kidneys and they are unable to cope with it. The phenomena called a chill or cold is the result.

A low temperature in itself is not the cause of illness; it is due to imperfect resistance through debility, local or general. Dr. Newsholme says that the tendency to catarrhs is greatly increased by living in a vitiated atmosphere. A "cold" most commonly results on leaving a tainted atmosphere, which has disordered the nervous system and rendered its control over the circulation in the skin and internal organs incomplete. This was abundantly proved during the Crimean War. When the soldiers lived in tents in the severest weathers, colds were unknown, but when some of the men were put in tents in which the air was warmer and less often renewed, the sick rate increased and catarrh became common. The lungs and kidneys usually suffer chiefly. Pains in the limbs point to the accumulation in the muscles of poisonous acids and the delicate mucous membrane of the bronchial and nasal passages become inflamed and discharge the watery mucus which is the common sign of an ordinary cold. Worse complications often follow. Dr. Abernethy was once talking to a friend whom he noticed seemed unwell. "What is the matter?" said the doctor. "Oh, nothing," his friend replied. "just a cold, that's all." "A cold," growled the