

air became very foul. The telephone company paid little or no attention to these conditions until it noticed that practically one-half of their working force of 60-odd girls was absent from duty nearly all the time.

"At an expense of not to exceed \$100 an air duct was built along the ceiling, opening to the street at the front and discharging fresh air into the room through inch and a quarter holes. Fans were placed at the rear of the room to draw out the foul or vitiated air. A marked improvement in the working conditions was apparent at once. The percentage of absences was reduced to 1.9 per cent. of the entire working force. The girls improved in health and vitality and their work was in every way more satisfactory."

Mr. Pritchard reviews briefly the investigations which have been made into the "overcrowding evil" so common in urban centres.

"It is well understood," he says, "that rooms that are illy lighted and poorly ventilated are unfit for human habitation, either as dwellings, workshops, or places of business. Quarters of this kind are extremely unhealthful and people who live in them are subject to such diseases as rickets, scrofula, and especially tuberculosis. Children who are reared in places of this kind are puny, pale, sickly — much like a plant that has been reared in similar surroundings.

"Among certain people there is a tendency to flock together, to economize on rents by overcrowding. This is poor economy. The expenses of sickness and death are largely increased, and amount to a great deal more than the savings in rent. It is far better to pay more rent and fewer doctor's bills.

"Insanitary dwellings are found everywhere. Of course, they are more numerous in towns and cities, but it is no uncommon thing to find them even in the rural districts.

"One of the important municipal problems is to correct existing evils in tenement districts. This is done by the enactment and enforcement of laws regulating structural conditions and providing sufficient light and ventilation, but when all this is done it requires separate and distinct legislation to correct evils of overcrowding."

Under the heading "Prevention

Counts," Mr. Pritchard sums up some of the conquests which preventive methods have made of the dread scourges of yesterday.

"About ten years ago it was discovered that a certain species of mosquito transmitted yellow fever. Preventive methods were at once vigorously applied, and with the result that this dreaded scourge to human life has practically been wiped out of existence in the United States.

"One hundred years ago there was scarcely a woman in London whose face was not scarred with smallpox, and every year this terrible disease numbered its victims by thousands. To-day, thanks to vaccination, it is unknown in epidemic form and the few cases we have are only those of persons too ignorant or careless to have themselves protected by being vaccinated. Before vaccination was discovered and practiced as it is to-day smallpox killed more soldiers in the army of Europe than were killed by bullets. To-day in the armies of the old world this disease is unknown.

"So you see prevention pays and pays big. Money spent along these lines pays better returns than any other form of investment. If there is any knowledge that we should be eager and glad to get it is the knowledge of how to prevent disease and how to keep well."—*Health Hints, by Edward R. Pritchard; Rielley and Britton Company, Chicago.*

Plumbing and Household Sanitation.

Here is a comprehensive work which proves that, no matter what subject may be chosen, there needs only a writer of authority and enthusiasm to make it interesting. The subject of plumbing might not be thought to afford material for a book of unusual dimensions and of prime importance; but that, perhaps, is because the rank and file of people do not understand what an important part plumbing has to play in relation to the public health, what constant study has been expended upon the subject from early times, what tremendous improvements have been made in the matter of apparatus, how the laws of cities and states have had to take hold of the subject, and how plumbing has become a science rather than a craft.

All of this is what Mr. Putnam has had in mind in preparing his thorough and