

but it requires to be renewed every year. Gravel alone does not form an efficient filter, but with a few inches of sand on top a good medium is formed. The top sand must be washed every week or two to maintain its efficiency.

Boiling the water is the absolutely sure way to kill all the micro-organisms in water for domestic use, but it does not remove suspended matter, and it leaves the water very insipid. However, if the water after boiling is put in the refrigerator beside the ice it will be cooled, the solid particles will settle, and then by pouring the water from one vessel to another repeatedly, it will be aerated sufficiently so as not to be distasteful.

Refrigerators should be cleaned with boiling water twice a month during the summer. Food becomes tainted by odours from other food kept close to it, milk being the most frequently contaminated food in this respect. The cleanest way to handle milk is in glass bottles with airtight covers. These bottles are filled with fresh milk at the farm, the temperature is raised to boiling point in a steam bath, the bottles are closed and transportation begins. Milk kept in open vessels should be covered. Medical men should impart to the people the information that micro-organisms cause decay of all kinds of food, that these organisms are borne about in the air attached to particles of dust (that dust settles everyone knows), and that by covering up food putrefaction will be delayed, if not prevented. The refrigerator should be kept where the air is fresh. Cellars and dark corners are usually full of stagnant and therefore unwholesome air. The cellar requires to be ventilated just as much as the bedroom; in fact, when people do not ventilate the cellar nature does it in this way: Warm air rises and its place is taken by cold air; the warm air of the house passes up and out through windows or leaks in the top flat, and the cold air from the cellar percolates up through the floors. But where does this cold air enter when the cellar is unventilated? It is ground air which will rise even through cement or stones. This ground air is unwholesome, being damp, having an excess of carbonic acid, and organisms both harmless and harmful; therefore it is necessary to ventilate the cellar directly from outside.

The public schools teach a great deal of sanitation, but the medical man must, by persistence,

impress the people to apply their knowledge, and further, with the fact that he knows more sanitation than they do.

Every surgeon knows that a wound must be clean before it will heal; every physician must have observed that a patient does better in an airy room than in a stuffy one; this cleanliness and airiness is only to be had in a well-ventilated room. Now, in order to ventilate a room there must be an inlet for fresh air and an outlet for foul air—the arrangement of these should be part of the directions of a doctor just as much as directions about food. When the window of a sick-room is opened at the bottom and the door is opened, cold air pours in at the window, flows across the floor and out at the bottom of the doorway; the upper air in the room is cooled, flows out by the doorway, and is replaced by air warmed in some other part of the house flowing into the room through the upper part of the doorway or from a hot air register; the patient will probably be at a level between the two currents, but note that, whilst this may be all right for the patient, the dust-laden air near the floor is being carried into the house. Again, with the door open and the window open at the top, then the air flows from the house out through the window; now if the air of the house is foul the patient cannot thrive. Again, when the door is kept shut then the window must be opened, both top and bottom, this giving an inlet for fresh air and an outlet for foul air. Don't let the foul air from a bathroom or from a room where infectious disease is being treated flow into the house. Air flows like water, the warm air always the top current, the cold air the bottom current.

---

#### SOME PRACTICAL POINTS IN THE TREATMENT OF GRANULAR LIDS.

BY G. STERLING RYERSON, M.D., C.M., L.R.C.S.E.,

Professor of Ophthalmology and Otology in Trinity Medical College.

(Continued from March number.)

The use of solid nitrate of silver is seldom required: such cases as demand its use are very serious ones, characterized by persistent atonic granulations. Sulphate of copper in solid crystal is also an excellent stimulant and astringent in just