

colosis, but against attacks of other diseases, both infectious and non-infectious. Domestic animals, fortified with proper hygienic management, are less liable to become the victims of pleuro-pneumonia, for example, or of foot and mouth disease.

FIRST OF ALL, an ABUNDANT supply of PURE air must be provided, without which no one of the more highly organized animals can be healthy and vigorous. With this view, the soil upon which mankind and the domestic animals live must be clean and dry;—well drained, and all waste, decomposing substances,—manures, house refuse, &c., thoroughly mingled with it and in proper proportions, and not left in masses to ferment and decay on the surface.

THE BACK YARD, as well as the front yard, of all dwellings should be kept perfectly free from all refuse, slops and the like, and if it give growth to a good crop of grass, shrubs and flowers, so much the better.

UNDER GROUND CELLARS, under dwellings, as commonly constructed, should be entirely abolished, even prohibited by law. All cellars should be kept as scrupulously clean, dry, well lighted and ventilated as any other apartment.

THE VENTILATION of all rooms or apartments, especially bed rooms, must be provided for by some special means, if the occupants are to retain even fair health and vigor. The most practical, simple, and a tolerably effectual, way to ventilate an ordinary room during cold weather is to provide an opening, in size about 3 or 4 by 6 or 7 inches, between the room and a warmed chimney or stove pipe flue. This effects but little the draft or fire, and will draw off continually the breathed, foul air from the room. The opening should be provided with a sliding door, and the colder the weather and the hotter the fire, the smaller may be the opening. Enough cold fresh air will usually come in through cracks and crevices about windows and doors, but if not, from the walls being very tight, a window should be slightly opened, as by sliding up the lower sash an inch or two and closing the opening below by a well fitting strip of wood, when the fresh air will enter between the sashes and be directed toward the ceiling, preventing drafts. In warm weather, windows and doors should be kept freely open.

FLUSHING living rooms, nurseries, school rooms, &c., at least once a day is an excellent practice. When the room is warm, even in very cold weather, some make a practice of opening all doors and windows for a few minutes once or twice a day. If a wind be blowing, one minute may be long enough to have all the air forced out by a flow of fresh pure air coming in. The occupants should withdraw from the room for the time, or move about in it and not sit in the drafts. When the walls and furniture are all warm, the incoming air becomes warm almost at once when the room is again closed, and no inconvenience is felt. Schools may be flushed at noon time and after four, and nurseries when the children are out of the room, as at their meals or play.

This constant changing of the air—warm breathed air for fresh cold air—incurs some extra outlay for fuel, for warming the cold air; but it must be remembered, pure air is the first essential of life. And it is vastly better to pay a little extra for fuel than to pay the costs of sickness. Householders should always count on this as on any other necessary of life, allow for it in the estimates indeed and make it the first item—a little extra fuel for ventilation—for change of air.

THE WATER and MILK supply must be closely looked after. See that the spring, well, or other water supply is absolutely safe from any sort of contamination—that the washings from filth of any kind cannot possibly get into it. Examine the supply from time to time. See that the milk supply is pure and that the cows from which it is taken are free from any trace of disease.

PROPERLY NOURISHED PEOPLE or animals but rarely contract disease of any kind. Hence the food should be not only abundantly nutritious, but plain, pure,