

the credit of most doctors that they really do try to prevent the spread of disease; but at the same time anyone can see that the system is wrong. Old customs are hard to change, and we do not expect to see a revolution in this one, but if there is in its consideration a suggestion that may be easily applied it is that our municipalities and provincial governments ought more largely to employ our doctors to do preventive work in the way of giving public addresses when epidemics threaten, in inspecting schools more closely, and in probing into health problems generally, rather than to cause them to depend for their whole livelihood upon healing, which in its turn is so largely dependent upon the spread of disease brought about by ignorance and wrong living.

#### When to call the Doctor.

As so many of the diseases of children commence with similar symptoms as cough, vomiting and fever, it is better to call a physician at the commencement because in many cases the severity of the disease may be lessened by early treatment. Many deaths are due to the fact that the child was not considered seriously ill and a doctor was not called until a few hours before death, when it was too late.

#### Disinfection.

After the child has recovered, it is necessary to prepare the room so that it may be used again by the family. As a rule, quarantine should be continued until all desquamation has ceased. The palms of the hands and the soles of the feet usually are the last to peel, so these should be examined. If the peeling has ceased but there is a discharge from the nose or ears, there still is danger. When the quarantine is to be raised, the patient should be given a full bath, the hair washed and clean clothing, which has not been in the sick room, provided. The room then should be made air tight by sealing all openings around the windows and doors. The closet doors should be opened as well as the drawers to the dresser. The bed clothing should be spread around the room and formaldehyde gas set free in the room. This may be done by different methods. Regular formaldehyde generators frequently are used. In some cases, wet sheets are sprinkled with the formalin, which is a forty per cent solution of formaldehyde, and hung about the room. The room then should be left closed for twenty-four hours.

All books and papers are better burned as it is difficult to disinfect them sufficiently. Everything possible should be boiled. All toys are better burned or boiled. When the child is recovering from a contagious disease, there is a period when he feels well but must be quarantined. This period is one of the most trying to the nurse, who must devise amusement for the little one. The making of paper dolls and dresses is one of the most desirable occupations, for these can be destroyed afterwards. It is better that the child should not know of the destruction of the toys for he will not understand the necessity and may have a feeling of resentment. It is better to quietly substitute new dolls and toys for the old ones and the child probably will not notice the difference.

#### The Pestiferous Fly.

We are all familiar with him, for he persists in making our acquaintance. He is a terribly democratic fellow—fraternizes alike with the millionaire and the street sweeper. Like the poor, he is always with us, too much so in fact, for his penchant for human society is so pronounced that he will not be denied. His company might be tolerated, but for his disagreeable characteristics.

Bred in filth, his habits are in keeping with his birth and breeding, for everything vile and offensive in nature seems to possess an attraction for him. He is not the only living creature that revels in the unclean, but unfortunately for the human race it is difficult to exclude him from our company, laden though he usually is with all kinds of uncleanness.

It behooves us to take a little more notice of this intrusive insect, for the probabilities are that he is responsible for more mischief than has hitherto been

ascribed to him. His amazing pertinacity sinks into insignificance beside the menace he bears with him as a carrier of infection. Even as the dread yellow fever has been traced to the mosquito, so may many diseases be traced to the unclean, pestiferous fly. It has been proved beyond peradventure, that in epidemics of cholera the fly has been one of the most prolific causes of infection, carrying it, not alone in his excreta and depositing it on food, but by simple contact with feet and wings.

This being so, where do the possibilities end? Among the many reasons assigned for the spread of tuberculosis, we seldom hear the fly mentioned, yet it is an equally easy matter for the fly, by contact with the sputum of tuberculosis patients, to become equally as formidable a cause as in cholera. Hoffman and Heyward both experimented in this direction, feeding flies from sputum and subsequently recovering bacilli from their dejecta. Typhoid fever usually results from a contaminated water supply, yet in camps where the water was absolutely protected from contamination, it has been known to break out, undoubtedly from infected food, the infections being carried by that minute scavenger, the fly.

Consider his habits for a moment and you will have no hesitation in crediting him with all the crimes mentioned, and many more not yet brought home to him. He revels in waste barrels, he luxuriates on decaying vegetable matter, he feasts with gusto on every putrid bone and straightway departs, laden with infection to disport himself on the meat displayed for sale in our markets, on the fruit vended on our streets, or perchance, visits you in your home and makes free with the very food you are about to eat.

Do you think the possible dangers from this source are exaggerated? On the contrary, however, the full extent of the danger is far from being realized. It is a danger that calls for active co-operation among all classes of the community, for we are all, more or less, to blame. How, you will ask? By not exercising supervision over our immediate surroundings. By allowing the manure to accumulate at your stable, sir. By allowing the dirt piles, containing remnants of food, to remain not far from your kitchen door, madam.

There is no evil without a remedy, and the remedy is in our own hands, if we will but bestir ourselves and devote as much energy to this important matter as we do to the acquisition of the dollar. Let every housekeeper endeavor to exclude the pests from her home and to destroy those that effect an entrance therein. Wire screens are of the greatest value, to exclude them, but for those that have gained admission, burning pyrethrum powder in the house will destroy them. Lemon verbena water or the leaves will banish them from any particular spot; but the great secret lies in prevention.

There are three methods, each of which is effective. In dealing with rubbish, burn it, bury it, or treat it with some germicidal preparation. Nests of larvae, whenever detected, should be covered with chloride of lime, or powdered copperas. All food substances should be carefully inspected when bought and securely screened after purchase. If you find a dealer who does not try to protect his foods from this source of infection, refuse to deal with him.

Institute a crusade against all livery stable keepers and dairymen who do not keep their premises in a sanitary condition. A manure heap, for the reasons mentioned, is a menace. Agitate for city ordinances, compelling the vendors of fruit, etc., in the streets, to keep their wares covered. The pestiferous fly is a fruitful source of danger to the community, but by earnest, concerted action, his malignancy may be minimized, but you must do your share. Don't leave it to your neighbor.

Editor Western Home Monthly—  
Heatherleigh, Sask.

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