

ity, and one which advanced sanitarians would like to see extended even beyond the limits of strictly infectious disease.

Fresh Air for Living Rooms.

W. H. Symons, M.D., medical health officer of Bath, England, presents in an English journal a number of suggestions concerning the ventilation of rooms by means of windows. In this age of free admission of the outside air into living and sleeping-rooms, there is always the very practical question of how to do it inexpensively and at the same time avoid direct draughts. One of the plans suggested by Dr. Symons is available for the French windows which open out in leaves like doors. Opening these partially, a third window may be affixed to the other two so that the three form a bay window, open at the top and bottom, and affording excellent opportunity for the circulation of air. The arrangement may have a partial roof if desired, and is easy to adjust and comparatively inexpensive. For another class of windows, those having sashes, an adaptation of the upper one may be made to form a "double fan." Here the regular sash is shortened and instead of its upper portion two horizontal swing sashes may be made, one hinged at the top and the other at the bottom. A special rail will be needed at the top of the regular sash with two rabbets, and a similar one at the top of the window frame. From the outer top rabbet and the inner bottom one the swing sashes are hung. The two sashes when closed cover both of them the same opening, and when opened, one out and the other in, afford a weather-proof aperture for free ventilation, the size of which is easily regulated. The third plan suggested by Dr. Symons is sometimes seen in principle in this country the baffle-plate. A portion of the glass of the upper sash is cut away across the entire width, and on the outside of the window frame, or to the stonework of the house, is affixed a plate of glass corresponding to the slot in the sash-pane, but somewhat deeper. Similar baffle-plates of wood or of glass are not infrequent here, the sash being raised to give them their efficiency. All three devices are inexpensive means of gaining a continuous supply of good, fresh, outside air.

The Question of Draughts.

Mr. Ronald Campbell MacFie, M.A., M.B., enters the lists in favor of draughts in the "British Medical Journal." "They should be favored rather than feared," he says.

"I sat in a draught and caught a cold," is," he says, "an ordinary statement which one must be chary of accepting, although draughts under certain conditions may be potent factors in the production of a cold.

"But they are merely auxiliaries unless they succeed in cooling the blood unduly, and unless certain germs are present they are quite ineffective.

"It is true that if a man live constantly in a moist, warm, still atmosphere, and if his skin be continually protected from the normal stimulation of cool, moving air—it is true that under such circumstances the skin reflexes, if unexpectedly called upon, may forget their business and respond sluggishly and inadequately to the stimulus of cold, and that heat may thus be unduly lost, with deleterious consequences; but the natural well-fed well-clad mammal has active, ready reflexes, and is not likely to be unduly chilled by draughts.

"The skin," he continues, "is certainly meant to be exposed to moving air currents and to vicissitudes of heat and cold; it is surely meant to have a blood supply that ebbs and flows according to the thermal needs of the tissues; it is surely meant to perspire and to transpire, and accordingly to shut off from wind currents and to enclose it in a motionless layer of moist air is to depart very far from the ways of physiological righteousness.

"The bracing effects of dry air and of seaside breezes are largely due to their stimulating effects on the excretory and reflex functions of the skin, and the man who endeavors to avoid colds by avoiding all draughts will not only catch more than his share of colds, but will possess much less than his share of health and vigor."

We may coin a proverb, Mr. MacFie says. "Shut a window and open a grave," to express the modern opposite to the old-fashioned Italian proverb, "The air of a window is like a shot from a crossbow."