

starts. They are far quicker and do not scatter dust over the stables.

* * *

No individual of ordinary intelligence would think of contaminating a private water supply, such as a well or cistern. He would realize the need of keeping this undefiled. If he did not appreciate the sanitary need he would unquestionably be moved by a sense of decency. There is no question of the truth of this, yet municipal officials and the heads of private enterprises will pollute the water of streams with sewage and noxious and poisonous acids, knowing at the time that the water supply for themselves and their fellow citizens is drawn from this source. They may make the point that the water will be purified by a filtration plant, but the absolutely safe filtration plant is seldom found while in a majority of cases the water of streams is pumped into the mains practically as it comes from the channel.

* * *

Such water is an active source of typhoid infection. Not only does it threaten this danger but it also menaces the general health because of its impurity. No person may drink impure water for any length of time without a debilitating effect. This may not show in an attack of typhoid nor in any other illness, yet the individual will suffer.

* * *

Time was when health departments charged pneumonia almost solely to the hibernating habits of the average flat dweller. But in the light of recent studies and observations, it must be admitted that for danger from foul and germ-laden air, the cars on many city transportation lines have the steam-heated, unventilated flat backed off the map.

* * *

The next time you go into a place where the air is still and quiet, where no drafts are felt, notice how quickly you become heavy, "logy," sleepy, yawny and then get a headache. On the other hand, a breeze in summer or winter stimulates you; does it not? Drafts of pure air are invigorating.

Drafty places are healthier than unventilated places. There is less pneumonia in them. But ventilation which brings about proper circulation of air with the elimination of direct draft, is better still.

* * *

The housing problem is largely a health problem. Here is a hovel or a shack or a disease-breeding tenement. It is a nuisance and the board of health so declares it. Then what? It should be abated. No man has a right to maintain a disease-breeder in a community.

* * *

As a rule, after notice to the owner, the nuisance should be torn down, removed, reconstructed, repaired—some method adopted to protect the community from its vile and vicious influence. The doctrine of personal rights does not shelter a public enemy, as every man is, who persists in keeping up a disease-breeder.

* * *

One of the few known public school sanitary clubs is that called Junior Volunteers, started last month in Oakland, California. The object of the club is the betterment of sanitary conditions, seeing that school buildings and grounds are kept clean, and other matters of general interest to the school. The idea is a good one and might be adopted with advantage to the general health of communities in many parts of Canada.

* * *

The advice usually given in incipient cases of consumption, that the patient should give up indoor work and take up some outdoor occupation, is often detrimental. If he be successful in obtaining outdoor work, he usually earns a smaller wage, and thereby loses vitality on account of not being able to procure proper nourishment. It would be better for him to keep to his indoor employment, but to sleep under the best possible conditions at night.

* * *

Care in the use of one's clothing that it be not cold and damp, keeping the feet well shod, attention to the working of one's physical body, and getting fresh air in plenty is one of the very best ways to secure and retain health.