

CANADIAN OUT-DOOR LIFE.

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A MAGAZINE devoted to the gospel of out-door life in the treatment of tuberculosis and the value of fresh air and hygienic living for everyone.

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Fresh Air and Good Health

THE inestimable value of fresh air is proved not merely by its effect on tuberculosis but by every other disease. The human body, well or ill, needs pure air—needs it all the time. The following from the *Lancet* is in the line of our own continuous teaching and should be very helpful.

"There is no factor more favorable to the successful invasion of the human body by the disease-producing organism than when the air is rendered stale, warm, and musty by human exhalations. For that reason the visit to the place of worship, the concert room, the ball room, the theatre, or the social gathering may often be traced as the starting-point of a common cold or of influenza. There is probably more illness caused by defective ventilation than by draughts. The person who shuts himself up in a very warm room with every source of ventilation practically closed so that the vital quality of the air is destroyed is invariably the first victim of influenza. Such a condition of environment has an extraordinary effect in lowering the tone of the body and its power to resist disease. Disease germs are, of course, ubiquitous, and the only chance of escaping their successful and insidious attack is by keeping the body proof against them by preserving a power of resistance, by keeping, so to speak, the soil in a condition opposed to their development and

growth. In being careful, however, to keep the body in a disease-resisting state there is the serious handicap of having to submit to the indifference of others. In most places of amusement in London, for example, crowds of people are entertained under an environment teeming with pathogenic organisms, and in which the conditions of the air and surroundings are so obviously unhealthy as rapidly to lower the health standard of the body and to render the attack of the disease entity an easy success. In the same way it is futile for a person to provide for himself a satisfactory standard of health by insuring inter alia an abundant supply of fresh air in his own home if even only occasional social engagements compel him to resort to the crowded, ill-ventilated drawing-rooms or dining rooms of his friends. It is time that the real mischief caused by stuffy places and by devitalised air was more seriously taken to heart than it is. . . . Influenza is not a summer disease, and it is hardly conceivable that the germ of this disease can only flourish in the winter unless we find an explanation in the view that its energies are greatly stimulated by stopping the supply of fresh air and by overheating the rooms in which we live. Cold and variations of temperature are, of course, a factor in the etiology of the disease, but its chances of spreading would be far less if people would insist on breathing fresh air."