

than heretofore to these indicated needs. It may from the above be readily seen that well paved and clean streets in a city are not only essential to the comfort but to the health of the people.

Private effort too, we may here note, is very desirable for the purpose of lessening the accumulation of dust in our dwellings. The common practice of sweeping carpets and dusting furniture with dry broom and duster is of little use, removing but little dust, and often is harmful. Carpets should be much smaller than the rooms and so arranged that they can be readily and much more frequently taken up and shaken out of doors than is commonly done. Slightly damp, not wet, dusters should be used to take up the dust, instead of simply wiping it off the furniture with a dry duster onto the carpet again; the damp duster, when all the dust it will retain has

been taken up, to be well shaken out of doors. In this way, with frequent flushing of the rooms by opening windows and doors when the wind is blowing, and the outer atmosphere is fairly free from dust, dwelling rooms might be kept much freer from dust.

Personal cleanliness, by means of frequent bathing, and washing of the clothing, will of course decrease the quantity of dust given off from the human body. And herein lies one great advantage of abundance of free public baths and laundries. The advantage too of breathing only through the nostrils, keeping the lips closed, is apparent, these passages being so constructed as to constitute good strainers of the air which is drawn in through them. John Catlins' little book—"Shut your mouth," had a mission.

THE CHOLERA—POSSIBILITY OF IT IN CANADA—ITS PREVENTION.

THE probabilities appear to be that the Cholera will again find its way into Europe this summer. The London Lancet says, there seems to be little doubt of the advance of cholera in Asia Minor, and therefore of the increasing probability of its invading Europe; and Dr. Jules Rochard, in an article in the *Temps* on the water supply of Paris, sounds the note of alarm, urging upon parliament to pass, as quickly as possible, the bill under discussion for bringing into Paris the Vigne and Verneuil spring water. He says, at the present moment there is an enemy to be kept at bay, the Cholera. It is true, sanitation has made such progress in Europe of late years that the danger of the spread of the disease has been greatly lessened. But should it become prevalent in Western Europe, it would probably cross the Atlantic. Quarantines are not so effectual against Cholera as against many other diseases. It would therefore be well for the people of Canada, although there is no occasion whatever for alarm, to be prepared for a visit from it. If well prepared for it here, we need have no fear of its doing much harm. No disease

perhaps is more truly a "preventable disease" than Cholera. The British Medical Journal, of February 8th, in a timely editorial on "Precautions against the advent of Cholera," says: "Sir Robert Rawlinson has well earned the title to be listened to on public health questions by long and good service as a sanitary engineer, and by the strain of good sound sense which almost invariably underlies even the most loosely thought of his numerous public utterances. . . . Medical investigations have proved that cholera is essentially a filth disease; that it is mainly conveyed by impure water supply and contaminated food; that it makes its places of selection in crowded populations, where scavenging is defective, where personal cleanliness is neglected, and where drainage and sewerage are inadequate, and scavenging and surface cleaning unequal to the necessities of healthy life. Sir Robert very wisely says in homely words, which will have a good effect if they are taken to heart. Popular readers, that the secret of the prevention of all filth diseases such as cholera lies in the purification of the soil, air, and water;