

"To know well the cause of an evil is to be on the way to a cure", and for this subject to be fairly dealt with, and the disease stamped out, our city will soon have to solve this problem. It would both elevate and enlighten the poor to live in homes built on modern principles, with hygienic and sanitary arrangements, and go a great way to relieve the sick and stamp out the disease.

A few months ago 320 families received notice to vacate their homes in the eastern part of the city. There were two patients among this number visited by the nurse, one living with 15 or 20 others, Armenian Jews, sleeping many in a room without a thought of the danger. It was with greatest difficulty the instructions were given, as the interpreter was as hard to understand as the Armenians. These men had no where to go to look for homes. They were renting vacant stables, as the house rents were higher than they could pay.

The district covered by the nurse is from Logan avenue in the East end, to Toronto Junction, west; from below King street south, beyond Wells' Hill, north.

The largest number of patients being between Yonge and McCaul streets, below College street.

The actual nursing begins when the patient is confined to bed. In most cases during the last few weeks of the disease, they are gentle, easily managed patients at this stage, having no strength to raise any resistance. Their only desire is to lie still, and it is only by tact and persuasion that the nurse can get the necessary sponging, rubbing, and changing of clothing done, every exertion causing fatigue.

It is now that the early work tells and the nurse becomes indispensable to her patient, as this is the most dangerous stage where the disease is most transmissible, and the patient unable to follow rules or instructions. Those in attendance are responsible. The patient becomes variable and fanciful about food, and asks for the most unreasonable and unseasonable things.

Now, the narcotics are needed to quiet, and give rest from the incessant coughing and restlessness. It requires vigilance indeed not to overdo, but to give enough to relieve, yet not too much.

There is no one requires a good cook as much as tuberculous patients, nor any who need more thought bestowed on the food values. This is not often found in the poor homes. The nurse is called upon to teach and sometimes cook the nourishing food for the patients.

She is well rewarded in most cases for the work done by the response in carrying out the instruction given, and the last words are often given in the form of a blessing to the nurse who stands near to close the weary eyes.

It is to be desired by all interested in this great Anti-Tuberculosis Movement that our citizens may become wide-awake to the danger. And our city authorities enforce the laws and make new ones prohibiting expectoration on our streets, in our parks, in large places of resort, in stores and factories where persons are regardless of the feelings of others. Our eyes seem to open slowly to these facts, but they are being opened, and may we look for much being done in every direction.

Don't Get Old

THE man that looks at language as he looks at life, in cold literal outline, will dismiss this advice as some foolish theory about physical perpetuity. Mistaken in his inference he also thinks life more than long enough. He is pessimistic. He is old, however young. And to him Mark Twain's words are the most acceptable answer: "Cheer up, the worst is to come."

Another man sees some poetry in language and finds some good in life. He holds that if you can tell him how to continue to eat well, sleep well, work well, enjoy life generally, and shed abroad some of his own happiness, he doesn't want to get old. He desires to remain young as long as possible, as long as enjoyable, useful life remains in his being. This man is optimistic. He is young, however old. There is a man that was thought to be thirty-six when he was only twenty-three, but now he is thought to be a little

over forty when he is really fifty-three. When young he was old, but when old he is young. Pessimism is old age. Optimism is youth.

HOW TO BE YOUNG THOUGH OLD

The conditions necessary to the preservation of youth belong both to body and mind. They are judicious exercise, sufficient rest, good plain food, temperance in eating and drinking, chastity, cleanliness, pure air, work, recreation, good society, equanimity, rectitude, and doing good. These conditions have been told times without number in all ages, but they have been far less observed than ignored. Obedience never fails to bless, while disobedience brings the inevitable curse. And in exact proportion to the closeness or otherwise of relationship to law is the resultant good or evil. I remember hearing a venerable doctor deliver an address on the laws of health. Being late and the hall well filled, I had to take a seat on the