

He concludes: "To most people the bright sunny skies, the pure, bracing, intoxicating air, the exhilarating freedom of out-door life, and the unrivalled scenery of Alberta will amply compensate for the artificial pleasures of Eastern life which they are obliged to forego.

We would recommend any Canadian who is suffering from this disease, in any stage, or who is only predisposed to or threatened with it, not to seek a warm climate. He should undoubtedly live in a dry aseptic atmosphere, and hence, of course on a dry soil. Such conditions are indispensable, but rarely found except on elevated situations. If the home of such a one be not in a locality of this kind, he should change it. For the earlier stages of the disease, the out-door life of Alberta would probably promote a cure. But we have no doubt that there are many elevated, dry, somewhat protected localities in every province of the Dominion in which such cases would improve, and recover if the out door life were persisted in, as above indicated.

The night—the bedroom—usually presents one great difficulty. A window should be kept open, as practised in Germany and advocated in France. In very severe weather in Canada, of course a very small opening would suffice, and in moderate weather a larger one. But we contend that this is not enough. One opening, as

of a window, affords but poor ventilation. The air cannot thus be properly changed or renewed. Some means **MUST** be employed, for withdrawing the breathed air from the room if the full benefit, or near it, of the fresh or open air treatment is to be obtained. Opening a window top and bottom even is not enough: except it be in mild weather when those openings can both be large. An open grate, fire-place, or open stove, with ever so little fire makes the best "outlet." If such be not available some sort of connection must be made between the room and a warmed chimney flue or stove pipe, either directly, if one be in a wall of the room or pass through the room, or indirectly by making a flue from an opening in a wall of the room to the warmed flue. An opening cut into a stove pipe of 25 to 30 square inches if one passes through the room, affords good ventilation. But the room should be kept cool; warm air is depressing and the change from it to the outer air during the day may prove irritating to the lungs.

There are probably not less than 10,000, if not more, deaths in Canada every year from this fell disease. If such treatment as above indicated, were adopted in the earliest stages of every case, this high mortality would soon be greatly reduced and many thousands of lives saved.

## THE ART OF COOKING, BY EDWARD ATKINSON, LL.D.

EXTRACTS FROM A PRACTICAL PAPER READ AT THE BROOKLYN MEETING OF THE AMERICAN PUBLIC HEALTH ASSOCIATION.—CONCLUDED.

**M**Y Aladdin ovens, so called, are adapted to methods of cooking corresponding to broiling, roasting, baking, and braising; but they can also be used for boiling and simmering.

My Aladdin cooker, so called, in which the heat is conveyed through water, is devoted wholly to boiling, stewing, and simmering, especially the latter. I neither attempt or desire to *fry* anything in either kind of apparatus. About nine-tenths of all the cooking of my somewhat large family has been done with this apparatus for nearly two years, and I also have an office lunch-room for the use of about twenty employes, in which no other apparatus is or can be used. My summer kitchen at my sea-side house is fitted with

a grill which is very seldom used; it proves to be most convenient to use the cooking stove, heated with hadwood chips, for boiling the water for tea and for occasional frying.

My winter kitchen is a large one, and it depends upon the range for warming it. The range, therefore continues to be used to some extent for cooking, mainly for preparing breakfast, but I contemplate substituting a special stove without any oven, which will heat the room with much less coal, the top of the stove being fitted for cooking in the ordinary way. Neither the oven of the stove in summer nor of the range in winter are now used for cooking: therefore, the kitchen is never overheated and the food is never