

to impose upon you by asking for free advertising space in your columns. We, therefore, hope that you will be able to publish this notice, but in case you feel that you cannot, that you will not have an unfavorable opinion of our press service.

The following is the notice:

"Probably not more than one person in every hundred, taking the country as a whole, gets enough fresh air to ward off the ordinary attacks of dangerous infectious and contagious diseases," says Dr. Livingston Farrand, Executive Secretary of the National Association for the Study and Prevention of Tuberculosis, in a statement issued regarding the subject of this bulletin.

"People," continues Dr. Farrand, "fail to get enough fresh air either because their lungs or other respiratory organs are affected, or, more generally, simply because they do not open the windows and doors. For the former class a physician is needed, but for the latter, plain directions on how to live, work, play and sleep in the open air will do more than hospitals and drugs.

"To meet the need of this latter group,—not especially those who are sick but those who are seemingly well,—the National Association has prepared a handbook on "Fresh Air and How to Use It," written by our expert, Dr. Thomas Spees Carrington. This book is designed to prevent tuberculosis by showing those people who have no trace of the disease how to ward off the attack of consumption by living and sleeping in the open air. Failure to get enough fresh air by working and sleeping in poorly ventilated, overcrowded rooms is one of the most prolific causes of tuberculosis and also of a host of other infectious diseases. This free gift of nature is probably the world's best medicine, not only in the treatment, but also in the prevention of disease.

"Our new handbook on this subject tells how anyone can obtain fresh air in the home, the shop, or the schoolroom at a cost ranging anywhere from \$1.00 to \$1,000 or more, according to the elaborateness of the equipment desired."

While we cannot afford to distribute the book itself free of charge, we will send to anyone an illustrated synopsis or summary of it, entitled "Directions for Living and Sleeping in the Open Air," on request at our office, 105 East 22nd Street, New York City.

Philip P. Jacobs,

*Assistant Secretary National Association
for the Study and Prevention of
Tuberculosis.*

Cheap Health Administration.

Sir,—Amidst all this talk of epidemic of smallpox in Quebec and, Montreal typhoid in Ottawa, Toronto and Calgary, it is refreshing to find at least one city with a different showing. I have made inquiries in this city, and I find that at the time of writing there are no cases of smallpox, typhoid, diphtheria or scarlet fever, no infant under twelve months old died during the month of July, and the Isolation Hospital is empty.

The sanitary staff consists of one part-time medical health officer, one sanitary inspector, one visiting health nurse and one Isolation Hospital nurse. The city has a permanent but rapidly growing population of between twenty and twenty-five thousand, and a summer population of two or three thousand engaged upon dock and elevator construction. The Cost of the Sanitary administration (except scavenging) amounts to less than \$9,000 per annum.

Can any other city beat this record?

*H. White,
Fort William, Ont.*