ground around human habitations or from gaining access to water used for drinking or domestic purposes......

Finally, in cities, good pavements, absence of unccessary disturbance of the soil, cleanliness of the streets, and laying of dust by sprinkling, are not only conducive to comfort but are sometimes hygienically important in preventing infection from the ground and dust.

FOOD AS A SOURCE OF INFECTION.

When we consider in how large a degree the certainty and the severity of infection with many kinds of pathogenic micro-organisms depend upon the number of such organisms received into the body, we can appreciate that the danger of infection from food which contains a mass of growing pathogenic bacteria may be much greater than that resulting from the reception of infected water or air, media in which infectious organisms are rarely present in other than a very dilute condition. The entrance into the body of a single infectious bacterium with the inspired air is, at least in the case of many diseases, not likely to cause infection ; but let this bacterium fall upon some article of food, as for instance upon milk, where it can multiply in a short time at a favorable temperature many thousandfold, and evidently the chances of infection become vastly increased.

Among the various agencies by which infectious organisms may gain access to the food may be mentioned the deposition of dast conveyed by the air, earth adhering to vegetables, water used in mixing with or in the preparation of food, in cleansing dishes, cloths, etc., and contact in manifold other ways with infected substances.

Fortunately, a very large part of our food is sterilized in the process of cooking shortly before it is partaken, so that the danger of infection from this source is greatly diminished and comes into consideration only for uncooked or partly cookel food and for food which, although it may have been thoroughly sterilized by heat, is allowed to stand considerable time before it is used. Milk, in consequence of its extensive employment in an unsterilized state and of the excellent nutritive conditions which it presents to many pathogenic bacteria, should be emphasized as especially liable to convey certain kinds of infection—a fact supported not less by bacteriological than by clinical observations.....

Upon solid articles of food bacteria may multiply in separate colonies, so that it may readily happen that only one or two of those who partake of the food eat the infected part, whereas with infected liquids, such as milk, the infection is more likely to be transmitted to a larger number of those who are exposed.

In another important particular the food differs from the other sources of infection which we have considered. Not only the growth of infectious bacteria, but also that of bacteria incapable of multiplication within the body might give rise in milk and other kinds of food to various ptomaines, products of fermentation, and other injurious substances which when ingested are likely to cause more or less intoxication, or to render the alimentary tract more susceptable to the invasion and multiplication of genuinely infectious organisms.

I have thus far spoken only of the secondary infection of food by pathogenic micro-organisms, but, as is well known, the substances used for food may be primarily infected.

Chief in importance in this latter category are the various entozoa and other parasites which infest animals slaughtered for food. The dangers to mankind resulting from the diseases of animals form a separate theme which would require more time and space than this address affords for their proper consideration.

NEVER stand still in cold weather after having taken exercise and become warmed; and always avoid standing on ice or snow, or where exposed to cold wind.

WHEN going from a warm atmosphere into a cold one keep the mouth closed, so that the air may be warmed by its passage through the nose before it reaches the lungs.