

was too dangerous for them to have a smoking fire. They dug a pit in which they set fire to charred remains of burned trees and slept with their legs dangling in the hole. A hunter in the Canadian woods who, notwithstanding his absence from civilization, took a severe cold asked his companion, an Indian guide, how to keep from taking cold. He received the laconic reply, "Keep your feet dry."

Even an Indian, whose skin has not been so softened to the effects of colds as have ours, appreciates that cold is the antecedent of colds and takes precautions accordingly.

Undoubtedly overexposure to high temperatures may also reduce our immunity to the germs lying about. It is, however, only in cold weather that rooms are heated much above the surrounding atmosphere. Again, cold is really to blame for the results. "Bad air" is usually the result of economy in fuel. Poor ventilation is unknown in July.

An ideal room temperature for the sedentary is that between 60 and 70 degrees. Below these temperatures the heat regulating apparatus of the body finds it necessary to close up the peripheral vessels more or less, internal congestion slowly begins and the conditions for a cold are secured.

As most of us are slow to respond to the intelligence of a temperature only a few degrees lower than that for comfort, though we are less obtuse to stronger thermic impulses, the temperature between 60 and 66 degrees has been well termed the danger zone and undoubtedly more colds are acquired at these than at lower temperatures. We should be alive to our thermometer if we may coin the phrase, and respond accordingly, even at the expense of a few hodfuls of coal, for often a cold and its consequence will cost more than a ton of fuel.

Dental Examinations.

Oral Hygiene, a journal published in Indianapolis, opens a campaign to show that many diseases result from diseased teeth and gums, and to prove to life insurance companies that dental examinations of prospective policyholders are as necessary as medical examinations. Dr. Alonzo Milton Nodine, of New York, in the first of a series of articles on that question, holds that tuberculosis and pneumonia are

caused largely by germs fostered in septic mouths, and that carious teeth prevent the proper mastication of food, causing a condition that weakens the resistance of the system.

A Triumph of Science.

Only a few years ago consumption was regarded as an incurable disease. All who were afflicted with it were supposed to be marked for death, and it carried off a greater number of victims than were claimed by any other malady.

All this is changed now and in changing it the medical profession has won what is probably its greatest victory. There are various treatments that are said to secure good results, but an important part of all of them is plenty of fresh air and plenty of nourishing food. In fact it seems that fresh air and nourishing food alone are able to do the work of restoration.

Commenting on the triumph that science has achieved over tuberculosis, the *Boston Globe* shows the wonderful progress that has been made by giving the deaths per 10,000 population in Boston, New York, London, Paris and Vienna in 1881 and in 1911. The figures for New York relate only to Manhattan borough. The showing is as follows:

	1881.	1911.
Boston.	42.39	15.49
New York.	42.68	20.27
London.	22.42	13.46
Paris.	41.12	34.94
Vienna.	69.67	26.02

Thus we see that in thirty years the death rate from consumption has been cut down to much less than half its former size.

As tuberculosis is now recognized as one of the infectious diseases it is manifest that a reduction in the number of deaths from it will be followed by a constant reduction of cases. Of course, it is evident, that not more than half as many will contract it now that there are not half as many cases to contract it from it. It looks as if in the course of years the great white plague will be relegated to the list of minor ills that afflict humanity.

Every Child to His Garden!

Those few words embody a dream of mine, writes The Tatler in the *Hamilton*