

might possibly have to be used in the crusade against consumption, but that "to make a deep and lasting impression, the truth we have to impart must be repeated until it is digested and assimilated, and becomes a fixed and permanent element in the mental constitution."

Surely the simple rules of health, the by no means difficult precautions by which infection can be avoided, the ways and means which are necessary in the early stages of the disease to arrest its progress, could easily be adopted in any home, however small. No longer need it be considered as an absolute certainty that when once consumption has entered a family all are doomed to die. Dr. Adami, in his address at the annual meeting of the Canadian Association for the Prevention of Tuberculosis, said: "That, mighty as are its ravages at the present time, it is a preventable disease, and, to use the words of His Majesty, uttered at the Intercolonial Congress of Hygiene in 1891, 'if preventable, why not prevented?'"

Now that the combined efforts of the General, Provincial and Municipal authorities, as well as the co-operation of benevolent individuals, are crystallizing into action; now that sanatoriums are being built, or isolation camps planned, in various parts of the Dominion, we may rest assured that this most righteous crusade is marching on to victory, and that the frightful record of yearly victims, mostly amongst young people under five-and-thirty years of age, will be greatly reduced in numbers, especially from the cities of the Dominion; and it is in the crowded cities, rather than in the free and open country, that the bacillus of consumption stalks abroad.

For the comfort of our many readers who are in the daily enjoyment of God's greatest blessing—pure air and sunshine—and for whom if they will only obey the simple rules submitted for their guidance, the foe need have no terrors, let me quote the words of Dr. Noble, who, after stating that more than 50 per cent. of all cases were curable, even though no drug could kill the germ, remarked: "There is only one treatment for consumptives that will cure, and that is to have them breathe out-door air twenty-four hours per day and 365 days per year, to feed them well and keep them comfortably warm. An ideal sanatorium," he added, "would be a farm situated not in a cold region, but in a moderate, even climate. The patients would be the better if they did their own farm work, raising their own eggs, milk, vegetables, fruit, etc."

It seems to the writer that a very important point is to obtain the faithful, conscientious co-operation of the patients themselves. Once let them realize that by their own carelessness or wilful neglect other lives are endangered, and that they are in a very literal sense "their brother's keeper," nay, more, that their failure to abide by the simple rules laid down for their guidance is no less criminal than deliberate murder, the battle would be more than half fought already, and the victory almost won.

H. A. B.

HOW TO PREVENT CONSUMPTION.

The following general precautions are advised by the Canadian Association for the Prevention of Consumption:

Live as much as possible in the open air.

All rooms occupied by consumptive persons should be as well lighted and ventilated as possible. Fresh air, light and sunshine are the most important preventives of consumption. It is not safe for a healthy person to share a bedroom with a consumptive.

No chimney should ever be blocked up, and windows should be kept open.

Cleanliness and good sanitary surroundings are important, both for the prevention and for the cure of consumption.

Wet dusters must be used to wipe up the dust on the floor, furniture, woodwork, etc., and must afterwards be boiled. Tea leaves used on the floor should afterwards be burnt. Do not chase dust about or stir it up.

Milk, especially that used for children and invalids, should be boiled or sterilized. Meat should be well cooked.

A room which has been occupied by a consumptive should not be used again until it has been thoroughly cleansed.

When not provided with a proper spittoon, a consumptive person must not spit into a handkerchief, but into a piece of rag or paper, which must be burnt.

Handkerchiefs which may have been used of necessity should be boiled half an hour before washing.

Consumptive persons must not swallow their phlegm, as, by so doing, the disease may be conveyed to parts of the body not already affected.

A consumptive person must not kiss, or be kissed, on the mouth.

A consumptive person, when coughing, should always hold a handkerchief in front of his mouth, and avoid coughing in the direction of another person.



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Women as Confidantes.

This little screed is meant for the eyes of the feminine portion of this goodly company of the Ingle Nook. I want your opinion on a subject over which I have been thinking for several weeks. It entered my mind when reading Shakespeare's Henry IV. (the first part), where Harry Hotspur says to his wife, Kate:

"But hark you, Kate;
I must not have you henceforth question me
Whither I go, nor reason whereabout;
I know you wise; but yet no farther wise
Than Harry Percy's wife: constant you are;
But yet a woman; and for secrecy
No lady closer; for I well believe
Thou wilt not utter what thou dost not know;
And so far will I trust thee, gentle Kate."

A pretty speech for a man to make to his wife, wasn't it? Yet womankind as a whole rather than Kate Percy, the

individual, receives his censure, and to none of them can he give any more credit than that they will not tell what they do not know. I did not just approve of Harry Hotspur's opinion of women on this subject, but it set me thinking, and I'm asking you as I asked myself: Are women—not any one particular woman, but women in general—trustworthy confidantes? How many women have you heard say when imparting some piece of interesting information: "This was told me as a secret, but I don't mind telling you, for, of course, it will go no farther? And you murmur something indistinctly, and wonder why she still calls that piece of news a secret. Tell Mrs. X—, and tell her not to tell." was a favorite recipe for spreading news in a village where I lived once, and because it worked so well, it made me angry.

Men say a woman always gives a promise of secrecy with a mental reservation. She thinks her promise is not broken if she only mentions it in whispers to her closest friend, or her hus-

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