

Indeed, the pendulum has been swung to the extreme limit, and the open window, especially of the sleeping room, has been advocated for all.

With so much publicity with regard to open-air life and the open window and the great advantages to health accruing therefrom, it is interesting to enquire how far the people have gone towards following out the advocacy of the open window.

In city life it would appear that in the late fall, winter and early spring seasons this is not followed out to any very great extent, as one can easily prove by observing just how many windows are open while walking along any street at daybreak.

On a recent morning visit when day was just breaking the writer sauntered homewards along several streets, and although it was a beautifully mild April morning, he was surprised to see only here and there an open window, and even then most of the few which were open were only open to a very slight degree.

This would naturally lead one to the conclusion that the open window is taken very little thought of by the mass of the people and that the publicity campaign so far has produced no particularly striking results.

"Early to bed and early to rise" is an old adage, but most people find the two hardest things in life are to go to bed early and to arise early.

The freshness and quiet of the early morning, especially in spring and summer, as well as the health-giving properties of the purer morning air, should be taken more cognizance of by those fighting tuberculosis; and all would certainly benefit by adopting the rule of arising in spring and summer at daybreak.

The cult of the open window, with the practice of daybreak rising, might well be more actively pushed, but one must not forget that the open window in summer time must be screened from flies and that at all times it renders access decidedly easy for burglars.

Garbage collection and disposal is no doubt a considerable problem in large cities. It is a sanitary matter, and as such should be under the control of the Health Department.

In winter-time snow by-laws are enforced, and every householder is required to shovel the snow from the sidewalks. In summer-time street cleaners are abroad, but the sidewalks and boulevards are totally neglected, except where private enterprise keeps a well-trimmed lawn and a clean sidewalk.

In Toronto this spring the sidewalks and boulevards have