

by the wise men has been applied, much depends upon the individual will to live correctly.

And most of that living correctly is contained in the simple precepts of old-fashioned morality concerning alcohol, concerning purity, concerning avoidance of indulgences and excess, not excluding excess of food.

A clean mind in a clean body. The ideal is as old as the Stoics. But it is as modern as it is ancient, and to-day it is the essence of sanitation, of social morality, of eugenics. He who follows the prosaic directions of common old-fashioned morality is already far advanced upon the science of health.

### The Ventilation of Sewers.

The arguments in favor of omitting the house trap for the purpose of increasing the ventilation of sewers are stated by Mr. R. L. Fox, of the Batavia (New York) Sewer Commission, in the *Cornell Civil Engineer*, as follows: (1) Omission of the house trap permits a better discharge of house sewage and prevents solid matter from settling in the soil pipe. The air from house plumbing is usually worse than sewer air. (2) It simplifies and reduces the expense of plumbing. (3) It obviates the frequent clogging of the house connection which usually occurs at the trap. (4) It reduces the danger of illuminating gas from leaky mains reaching the house, as the omission of the trap allows the gas to pass freely up the stack and be harmlessly dissipated into the air. (5) Scientific examination in Paris, London, Boston and several of the largest cities in the world proves conclusively that the air in the trapped soil pipe is more dangerous to health than the sewer air, and free circulation of air throughout is the best remedy for both sewer and soil-pipe air, as they are harmlessly dissipated into the air above the roof, and the fact that there is a free circulation of air throughout the system prevents the formation of dangerous gases in quantity, for the reason that as rapidly as made they are dissipated.

### Health Insurance.

Robert Lynn Cox, general counsel and manager of the Association of Life Insurance Presidents, writes an interesting

article for the *New York Times*, in which he expresses regret that the mass of the people do not more seriously interest themselves in such information upon the importance of hygienic living as has been recently put before the public by the meeting of the Fifteenth International Congress of Hygiene at Washington.

Says Mr. Cox:

"We come to the method of getting all of this scientific knowledge transformed into popular information for the public. To me it seems to be the duty of the magazines, the newspapers and large business concerns directly interested in the economic and industrial development of the people to take up this gigantic task.

"In the dissemination of such knowledge and in the situation of such interest life insurance companies and the press should work hand in hand."

The press is doing a good deal, and the life insurance companies are doing a good deal, and so are the magazines, to popularize interest in preventive hygiene and sanitation. While the work is necessarily somewhat slow, it is encouraging to see that progress is being made. The ready acceptance of the anti-public drinking cup laws in such places as have passed them is evidence of the fact that the life insurance companies and the newspapers and magazines are getting a hearing. Without "missionary" work in advance of its passage the law abolishing public drinking cups would probably have been ignored by the people and by the authorities. It has been accepted by a prepared public without a protest. It is rarely that anyone is heard saying that it is unnecessary legislation. Proper ventilation as a preventive of tuberculosis is also being widely appreciated. A fair proportion of the people, of large cities at least, are pretty well protected from typhoid fever by water filtration that reflects agitation upon the part of the press. Popular sentiment in behalf of legislation to prevent the pollution of streams by turning untreated sewage into them is growing as a result of the hectoring of the press. Eventually the application of health rules as a form of personal health insurance will increase the "expectancy" of persons born in an enlightened age. Life insurance premiums, as well as doctor's bills, will be reduced materially