

This is the most deadly of the infectious diseases.

It has been demonstrated that tuberculosis is one of the diseases that is preventable, and it has also been demonstrated that it is one of the diseases that is curable if taken in time. Fresh air, rest and good food, are the requisites for its cure; and if the individual cannot afford these things it is most surely the duty of the state to assist to bring him back to health again.

Much good is also being done by smaller organizations by disseminating truth as regards the things needful to be recognized for health.

It will be generally believed some of these days, that the double window is one of the things against good health. During the summer months people live much out of doors; the windows are wide open; they enjoy the summer evening on the lawn and during sleeping hours fresh air is circulating in the sleeping chambers in abundance; but the moment the blasts of winter come the doors are shut, the windows are closed, and to ensure that no fresh air can possibly get in, another window is screwed on tightly.

Fresh air is surely as necessary in winter as in summer!

To change anything that has to do with the settled habits of people is difficult; but if the people are shown the right way they will in time do the things that are right.

We are apt to be too self-satisfied with present conditions, and whether it has been our religious training or not, we are too apt to put the blame of our own physical sins upon Providence. The snuffing out of a life by a disease that could have been prevented does not justify us in saying "It's the Lord's will." We would speak truer words were we to say "It is our own carelessness."

Providence has arranged everything for the maintenance of good health. Fresh air is free and is one of the prime necessities of good health, but we can thwart the designs of Providence by closing out the fresh air and breathing poison, with resultant sickness.

We trust that every reader of SUNSHINE will give attention to these simple things in life, that cost nothing, and yet count for so much as regards good health.

### Oxygenizing a City.

How Chicago was Educated to the Value of Fresh Air.

(Burton J. Hendrick in McClure's Magazine, abridged.)

The campaign waged by Dr. William A. Evans, of Chicago, to provide the people of that city with fresh air was described at considerable length in McClure's Magazine some time ago. The story shows what a militant apostle of fresh air can do to decrease the death rate in a crowded centre of population by making proper use of nature's great tonic. By forcing the ventilation of thousands of street cars, bakeries, restaurants, theatres, workshops, factories, department stores and other buildings, Dr. Evans reduced materially the amount of bad air that carried disease in every breath, and along these common-sense lines he worked out the oxygenizing of the city.

#### MONKEYS CURED OF CONSUMPTION.

It is very interesting to note that Dr. Evans experimented first with animals, and he made the remarkable discovery that tropical animals not only can be forced to adapt themselves to the chilly northern atmosphere, but he also learned that by keeping them outdoors all winter, the problem of fighting tuberculosis in the Zoo was solved. The superintendent of the Zoo had been trying the old method of supplying artificial heat for the animals, but the death rate remained extremely high, and the chief cause of it was tuberculosis. Then it was that Dr. Evans suggested the experiment of leaving five sickly monkeys outside to see if they would grow accustomed to the cold weather. They were to become perforce fresh air cranks.

Even the sanguine doctor could hardly have counted upon the splendid result of his experiment. It is described as follows: "With the gradual approach of winter the monkeys showed