

THE SUMMER OUTING—DANGER SIGNALS.

AS the season is again not far off when many persons, especially in cities and towns, leave their homes for a few weeks and seek change and recreation, rest and renewed vigor, in some rural location, we would again point out some dangers. Fathers and mothers often much need the annual rest and recreation and the children, change and health. Thousands are now contemplating where they shall spend the approaching hot season: while thousands of others, even in small towns and rural homes, who have not yet made it a practice to seek a change or a summer holiday, should do so, and see how much better they would be.

Many are now asking: "whither shall we go?" Some families will go to the sea-side or some little town near one of our many beautiful inland lakes, or perhaps to a farm house, and board; others will rent a cottage at one or other of these places; while some will "camp out." All these ways of spending the holidays have their dangers. Narrow minded croakers, too conceited to take kindly to advice, write and talk about "sanitary cranks" turning people upside down and making them unhappy by frequent warnings and timely cries of danger ahead; but we simply desire to place our readers on their guard, that they may exercise due care, and not to alarm them. We have known parents take their family to a so-called "health resort" and afterwards find that they had rushed "into the jaws of death;" diphtheria striking down their loved ones, they return home—"All that was left of them"—depressed with grief, instead of bringing back with them improved health and renewed vigor. Scarlet fever, too, and typhoid fever, sometimes lurk in "health resorts," and even farm houses, and new-comers, perhaps not vigorous and well fortified, fall ready victims. Grown men and women have found typhoid fever in unexpected places, perhaps in the water supply or a cess-pool, whence it would not infect more vigorous or indigenous persons; and busy curious little children have found scarlet fever and death in old houses amid rags or old clothes which had not been disturbed for years.

Last year the Connecticut State Board of Health issued a circular bearing upon this subject. It states that there are places "which have gained popularity as

summer resorts, and which, by reason of overcrowding and negligence of sanitary laws, are dangerous to all who frequent them." And again: "The much vaunted salubrity of the country farm-house, which was so far beyond criticism a few years ago, has now, under the illuminating exposure of modern sanitary science, lost much of the charming halo of the goddess Hygeia which formerly surrounded it." The frequent proximity of hen-roosts, cow-yards, ill kept stables and worse pig-styes, the cesspools and privy vaults, with the probable consequent contamination of the well, renders many of them places to be specially avoided. The prevalence of typhoid fever in the autumn is partly due to the exposure which summer tourists have incurred by a careless indifference to the sanitary condition of the places in which they have sojourned.

Most of these hygienic defects would be obvious; but parents should before trusting their "loved ones" in any strange house "pry into" even the underground part of it:—see that its foundation and cellar are thoroughly dry, clean and well ventilated. In dark, underground places with decaying organic matter, diphtheria lives and thrives best. Look well to the water and milk supply. Boiled water is always absolutely safe. It may soon be cooled and aerated again, if so desired. We have known children to be made ill by the milk of a cow fed on stable and kitchen garbage. Boiled milk, too, is always safe and probably more digestible than raw milk. The most careful enquiry is sometimes necessary in order to make sure that there be no infection lurking in or about the dwelling from previous cases of disease, not properly disinfected. Avoid a crowded place. It cannot be healthy. "Camping out" is a good way to spend a few weeks in hot weather, when a good dry locality can be found convenient, well removed from any malarious spots. But, be cautious too here about the "beautiful spring water." It may contain the malarial poison. Boiled, it is safe, and it may be cooled in a hole dug in the ground. Don't take many food luxuries with you or buy them when holidaying in warm weather. Most people get too much of these at home. Good bread and milk, eggs and fruit form the best diet, and children should not be indulged in much if anything besides.