

plied to the poor gratuitously at the Board of Health Office. Any defect in a closet, or stoppage in, or bad smell from a drain, should be immediately seen to, and remedied, as more evil than can afterwards be cured may arise from these causes in a very short time.

#### DUST BINS.

Every house should be provided with a proper ash-pit or dust bin, and these should be emptied at least once a week, which removal should be undertaken by the Corporation. It is well to keep some disinfectant sprinkled over the contents of the dust bin.

Do not put any vegetable or animal refuse into the dust bin, as they rot there and throw off poisonous gases. *Butter to burn them.*

All cesspools should be abolished by Act of Parliament, and every owner of premises where they exist should be required by law to fill them up and drain the premises into the common sewer. Slops should never be allowed to remain in any part of the house, but let them be promptly collected and passed into the drain. All floors should be thoroughly scrubbed at least once a week, and in hot weather it is well to mix some disinfectant with the water. Do all scrubbing in the morning, so that the floors may be dry by night. Never sleep in a damp room if you can help it.

#### WHITEWASHING AND PAPERING.

Whitewashing should be done at least once a year. Papering should be renewed at least once in three years, and care should be taken always to strip off all old papering before putting on the new.

It is better, from a sanitary point of view, that small rooms, and those occupied by the poor, should not be papered at all, but coloured, as the colouring is more easily renewed, and does not harbor infection or vermin. If, however, the rooms are large and airy, there is not, of course, the same objection to papering. Avoid bright green papers, as there is generally much poisonous matter in the colouring.

Always renew paper and whitewash after illness in any particular room or rooms, and have the paintwork and flooring thoroughly cleansed after the room has been properly disinfected. It is much cheaper to pay for whitewash than for medicine.