

it is no protection at all against scarlet fever or mumps or any other illness.

In diphtheria an antidote is formed, but often disappears again, and therefore this disease may be suffered more than once. In typhoid also an antidote is formed lasting a year or two. We know and are learning more of this antidote against typhoid. We do not know yet much about that which perhaps protects against tuberculosis.

Now, no one dreams that the antidote for measles can be developed by diet, exercise, or clothing; by fresh air, drugs, or anything in fact, except by suffering an attack from the measles germ. Nor can anyone seriously believe that the antidotes for typhoid, or chicken-pox, etc. (except that for smallpox vaccination takes the place of an attack of smallpox) can be developed except by equivalent means. If "good health" will not protect against any of these diseases, taken *one by one*, how can "good health" protect against *all* of them taken together?

So we might deal with fallacy after fallacy, all based, however, on two.

POPULAR FALLACIES

The first of these is that infectious diseases come from "general bad surroundings." The truth is that they come solely from certain germs growing in the body, and practically the only sort of "bad surroundings" which cause infections is association with one of these infected bodies or with its discharges.

The second great basic fallacy is this, that "general good health" protects against infection. The truth is, that the only true protections against germs we know are, first and best, to