

try as this national movement to educate the people to adequate understanding of the nature and importance of these topics?

The best physicians assert that public health is not so much a matter of curing disease as of spreading the knowledge of how to prevent it.

Along this line the work of the women's clubs is invaluable. It is inculcating in thousands of families practical knowledge of hygiene and right living. It is arousing a public interest that promises within another generation to revolutionize conditions in both the home and school.

No wonder that sensible men no longer deride the club woman. She has won a place of honor and achievement in the modern social system. That she will continue to occupy and adorn it goes without question.

### Escaping of Contagion.

The November number of the *Toronto Health Department Bulletin* points out that when all is said about contagion, and the methods of carrying the same, we come back to the old query, "How do any of us escape?"

To tell the truth, we all take into our bodies every day by our mouths all sorts of germs, some of which may be disease producing, and the fact that only a few of us succumb to the effects of these germs, shows that we are able to resist them.

In other words, the body is immune to the attacks of those organisms, in most cases. The better the physical condition we are in, the better we can resist them. When we become over-fatigued, over-worked, under-nourished, chilled, get wet feet or are exposed to sudden change of temperature, then the mechanism that protects us against disease is apt to give way, and the tissues which are constantly resisting the inroads of these bacteria fail in their function, and we get perhaps a cold, or the grippe, or pneumonia, or rheumatism, or possibly diphtheria or scarlet fever. Tuberculosis or consumption particularly, is resisted by keeping the body in the very best physical condition.

To keep well requires constant care on the part of the individual in seeing that he is suitably clothed, fed and housed, that he gets sufficient sleep, exercise and fresh air.

It is the duty of the state or municipality to see that certain general regulations relating to the health of the community are carried out, but each individual must look after his own welfare, and try to keep himself in such a condition of health that he is at least immune to the great majority of infectious diseases.

### Physicians and Contagious Diseases.

In the latest number of the *Quarterly Bulletin of the State Board of Health of Iowa*, Dr. Gullford H. Sumner, secretary, presents the question of disinfection in a number of its practical aspects. One of these articles is addressed to the physician. It is based on the general ground that although many of the physicians are thoroughly aware of the need of especial care not to spread the infection of one of his patients to the outside world and to other patients, there are many others who have given the subject hardly a thought. But at the same time one having in no ways a medical training may readily see that such cross-infection is not only possible, but even easy. It is a factor to distribution of infectious diseases that is recognized in the building of hospitals and the arrangement of the equipment and details of the same, and is one of the subjects appealing most strongly to hospital men, but outside the hospital doors it is true that but little attention is paid to it.

"One of the most important means to be used," writes Dr. Sumner, "in the prevention of the dissemination of infectious material, is the care taken by the physician before he visits a home where a contagious disease exists. There is a simple method whereby any physician may properly prepare himself to visit such an infected home." The secretary suggests for such occasions an outfit consisting of rubbers, overalls, blouse, handkerchief, and cap, together with a small hand-satchel, the clothing to be worn when coming in contact with contagion and the satchel to carry it to some place where it may be fumigated. This may be done at the physician's home by using a small box and the formaldehyde method, remembering that ammonia may be used to kill the formaldehyde odor and make the garments available for immediate use after fumigation.