

Proper precautions in cases of tuberculosis would entirely stamp out the greatest scourge of the race. The bacilli enter through the air passages and lodge at some point on the respiratory surfaces. The sputum should be at once burned, or else put in a strong disinfectant solution, as it contains enormous quantities of bacilli, which, if allowed, to dry and mix with the dust becomes scattered broadcast, carrying infection everywhere. The patient should never be allowed to expectorate in a handkerchief unless it can be burned at once. They must sleep in the open air, be given plenty of nourishing food, and access to the sunshine. This is all that can be done for them, but it is all that is necessary.

Diphtheria begins with a chilly sensation, headache and general aching of the muscles and some soreness of the throat with swelling. Send for a doctor at once when these symptoms appear. Gargle the patient's throat with salt and water (glycerine, alum and boric acid for smarting); keep the air in the room moist with steaming tea-kettle with a small quantity of tincture of benzoin added; place the patient flat on the back. There should never be a death if taken in time and antitoxin used. Death results from blood-poisoning and not from choking.

Symptoms of typhoid fever are constant headaches night and day, aching of the limbs and a dull tired feeling, loss of appetite and often nose bleed. Send for a doctor, and while waiting for him to come give the patient a good tub bath, keeping ice cold cloths to the head. Give plenty of cold boiled water, and lemonade to drink. Give only liquid food and at stated intervals. Never leave a delirious patient alone.

Dysentery, erysipelas and other more or less common disorders should be isolated and antiseptic precautions taken as in the case of other fevers.

THE CARE OF MILK

William Newman, Lorneville, Ontario, in speaking of the care of milk, said: "Milk is the perfect food for mammals, giving nourishment to every part of the body. For the very young it is the food of all importance, having in it all the needs for the growing child or the young animal. If the child does not thrive on the whole milk, there are formulas provided by competent physicians which can be easily procured, showing a means of preparing the milk whereby the child is fed according to its weight and age."

To make it possible to get the milk from the cow in a clean condition, have the hair clipped close to the udder and in around