
SWEET SANITATION

LITTLE THINGS THAT WE SHOULD REMEMBER

LIFE is but a short journey at the most, beginning and ending in the mysterious unknown. Each of us must travel alone. Many walk but a few steps and stumble back into the infinite whence they came, others accomplish half the way, while only a small percentage finish the full natural span of a normal life. Without our consent we are launched upon this sea of life, and must walk the span whether we like it or not.

However, we are not mere automatic machines that, once being set in motion, must go on in the same manner indefinitely. Something is left to our own decision; for we have the power of thought and observation which we may increase by study.

With the proper knowledge, we may preserve our health, thus living as it were, as long as we choose. Our great study today is proper sanitation. Now the very word sanitary means health; sanitation is the practical application of knowledge to the preservation of health.

It is a well-established fact that without germs there could not be disease. True, they can do us little harm if we are in perfect health; but who of us, even the strongest, can truthfully say he is perfectly healthy? We all have germs, which do not harm us unless the condition arises which is favorable to their growth. Those which in one person remain slumbering, in another become an active disease. The scientists and doctors, who have the welfare of the race at heart, are now striving to teach people how to prevent disease.

The question for us is to keep from acquiring strange germs. These, added to our own, are fatal. It is a simple matter to keep the little imps out of the body, but a very different matter to prevent their destructive work once they get in.

Through educating the public, the recent passing of laws to abolish the common drinking cup and filthy roller towel has been made possible. The mouth and hand are the two great germ carriers. In this day we can avoid all contagion, since the manufacture of the sanitary individual drinking cup and towel, which may be destroyed after each usage.

It is knowledge and care, in these little but important matters, which make all the difference between health and disease.—The Courier.

“Earlie, why don’t you let your little brother have your sled part of the time?”

“I do, ma. I take it going down hill, and he has it going back.”—New York Morning Telegraph.