

Notes on Health and Sanitation

GET RID OF FLIES.

NOW is the time to begin the fly campaign. Just because the house fly disappeared with the advent of cold weather, do not consider him gone for good.

Maggots hatched late in the season may hibernate in manure, and the adult fly may hide in crevices. All possible breeding places, such as manure piles, garbage and refuse dumps should, therefore, be eliminated at all times of the year, while a thorough house-cleaning and fumigation is as necessary in the Fall as in the Spring, so as to kill the fly in his hiding place, whether crevice, attic or basement. Big flies show a preference for undisturbed warm places during the cold weather.

The more flies sheltered during the Winter, the more you will have to start with in the Spring. Don't think you are exempt, for no house or stable is now entirely free from flies.

Don't forget that the common house fly lays over 100 eggs at a time, during the laying season in the Spring; these eggs hatch in about eight hours into larvae (maggots) and in about 10 days into full-fledged flies.

Don't fail to do your share toward this great work of preventing nearly all forms of contagious and infectious disease, viz: diphtheria, smallpox, scarlet fever, tuberculosis (consumption), typhoid fever, all forms of dysentery and other intestinal diseases.

Wrapped Bread Better.

The Kansas State Board of Health has recently made some interesting experiments in testing bread wrapped and unwrapped. The tests were made for the purpose of ascertaining the correctness of claims made by bakers that the wrapped bread did not keep, soured sooner, became mouldy, lost moisture, and finally cost too much. Summarizing the results obtained, the report says, "We found that the loss in weight for the unwrapped loaf was about twice as great as for the wrapped loaf; the acidity (or souring quality) remained practically the same; the salability was prolonged to twice the ordinary period. Wrapping improves the flavor."

The Cancer Problem.

Cancer is one of the chief causes of death. It claims about 75,000 lives every year in the United States. At ages over 40 the disease causes one death in eight among women, and one death in 14 among men. At ages over 40 it is a greater menace than tuberculosis or pneumonia.

Much is known about cancer, but the present knowledge is not sufficiently utilized. Cancer is not a constitutional or blood disease, but is at first a local growth which can, at that time, be easily removed by prompt surgical operation.

Housing Facts.

Some interesting figures have been prepared by Dr. Buchan, the Medical Officer of Health for Bradford, England. The death rate last year in one and two-roomed homes was about 25 per 1000, three-roomed houses 20, four-roomed houses 12.4, and in houses of more than four rooms only 8.6 per 1000.

Thus the mortality rate where people are crowded together is three times what it is in other places.

"Common Cold" Hints.

Prevention is easier than cure.

Keep away from those who have colds.

If you have a cold keep away from others.

Frequently enter the outside air during the day.

Compel yourself to breathe plenty of fresh air at night.

Clothe yourself properly; lightly indoors, and more heavily when outdoors.

If perspiring don't go into the outside air.

If mother has a cold she should cover her nose and mouth when nursing baby.

Eating utensils of one afflicted with a cold should be sterilized before being used by another member of the family.

Avoid draughts.

Twenty-four hours in bed breathing pure, fresh air is the best treatment for a cold.

FIRST-AID PACKETS.

FIRST aid packets, in the present European conflict, as in the Spanish-American and Russo-Japanese wars, have played a very important part. German physicians writing from the front, comment very favorably on first aid packets with which the German soldiers are provided. The packets are fastened on the front of the coat instead of being carried in an inner pocket, as the French soldiers carry theirs, so that they are quickly and easily accessible to the German bearers of these packets. The United States soldier carries his fastened to his cartridge belt or waist belt, which too, is very handy for quick use. The first aid packet is surpassing all expectations. One physician mentioned a typical instance of peritonitis in a case of abdominal wound with protrusion of the liver. These or similar packets should be ready at all times in every household.

Under Penalty of Disease.

Spitting on sidewalks, streetcars and other public conveyances as well as the floors not only is prohibited by law, under penalty of fine and imprisonment, but also under penalty of disease.

Consumption germs left in public places are almost sure to be carried on shoes and trailing skirts into private buildings and homes; they may be carried by flies, blown about in the air, in dust and in many other ways spread where they may cause sickness and death.

Not many people who have tubercle bacilli (consumption germs) in their mouths know it. You may have them in your own mouth, hence do not endanger your fellowman by the vicious and filthy habit of pernicious expectoration.

Health Notes.

War's greatest ally is disease.

Public health is purchasable and it is the best bargain ever offered.

The keynote of the present campaign for public health is education.

More than 150 cities in the United States now have bacterial standards of milk.

New York City is sending 2,000,000 units of tetanus antitoxin a month to the warring nations of Europe.

Venereal diseases constitute probably the most important factor in the degeneration and depopulation of the world.

There are 4,000,000, or four out of every 100, in the United States, who are victims of morphine, opium or cocaine.

The aggregate cost of illness, due to occupations alone, in the United States amounts to \$772,892,860 and this is for the most part preventable.

In New York City it was found that 30 per cent of the children living with tuberculous parents were also affected with the disease.

The people of the United States and Canada spend over \$110,000,000 on patent medicine every year. Most of this patent medicine contains narcotic drugs and many contain alcohol to develop the liquor habit.

Inspection of housing conditions should never be neglected by a wide-awake health department; this should be done no matter what size the city is; it is one of the greatest opportunities a health officer has at his command to bring better health to the community.

The following is a warning from Buffalo, N. Y.: A state law should be passed compelling parents to consent to the use of antitoxin for their children even though they don't wish it used upon themselves. If the children were of age they would probably demand it. If a child commits a crime the parents don't have anything to say about its punishment; the courts take charge.

Planning for Home Garden

(Continued From Page 5.)

selves. Here they are likely to receive better culture and more fertilizer and to give correspondingly larger crops of finer blossoms.

The hardy perennials as a class are far easier to manage than the annuals and are cheaper and more natural in the effects they give. Once planted they are always planted and in most cases need little or no further care. Their ability to take care

of themselves year after year makes them very cheap and the busy householder is assured of splendid results without the time and trouble of annual planting and the necessary care connected therewith.

They may be grown in almost any location where plants are wanted, under trees, among shrubs, along borders, by themselves, in shade or sun. During recent years there has been a greatly increasing tendency toward the more general use of these materials, which should be commended and encouraged.

(Concluded Next Week.)

Spending your time calling attention to other people's mistakes is a bigger mistake than any of theirs.

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