

MELINDA DAY BY DAY

IT is to be hoped that the very simple, lucid instructions given by Dr. Margaret Patterson to the newly-formed Sisters of Service, and printed on page 9 of Wednesday's Globe, will be read and re-read by everyone, because we none of us know when we will be called upon to look after a case in our own house.

Special attention should be paid to the tribute Dr. Margaret lays at the feet of fresh air and sunshine. For once let us defy a very silly fashion which tells us to blind and to curtain our windows till they completely lose their usefulness as channels of light and air. This style of swathing our windows is open to question in normal times, anyway, and there are many people of very good taste who think that a window which form a frame for a bit of tree and sky, and perhaps an attractive piece of architecture, is really much more beautiful than a window so done up in lace and muslin bandages that it forms merely a lightish spot in a dark wall.

But, whatever our taste in normal times, our duty in times of epidemic is to let in that prince of germ-killers, the sun, and his able second, fresh air. Unfortunately we do not have to go to the "Ward" to find these foes of sickness excluded. There are countless fine houses in Rosedale and on the hill where large and finely-furnished rooms pant for fresh air, and the sun is a commodity kept strictly out of doors. It is all very well to have the "sun room," which has sprung into fashionable popularity; while one is in the sun room it is all right, but forty sun rooms will not make up for one un-sunned, unaired bedroom, and it will not obviate the danger lurking in the drawing-room, where the light is dim, if not religious.

There are apartment houses in Toronto, quite fine ones, too, many rooms of which know nothing but artificial light. Extra precautions should be taken to see that places like these are at least filtered by a current of air, and are kept more than scrupulously clean. It would be well for people living in such places to make their drawing-room into a bedroom and use their kitchen as a dining-room also during the progress of the present epidemic, as these two rooms are usually the best lighted, the inner rooms being given over to sleeping, on the principle that anything is good enough for a bedroom.

Another precaution that should be taken by down-town workers is the precaution of not taking any meals down town unless it cannot possibly be avoided. Sandwiches and a bottle of milk brought from home may seem like cold comfort at the lunch hour, but from all accounts there is precious little comfort in an attack of Spanish influenza, and at any rate, it is our duty for the sake of others, to do everything that we can to prevent ourselves becoming a distributing centre for the "noisome pestilence."

MELINDA YONGE.