

FRESH AIR AND HOW TO USE IT

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649221097

Fresh air and how to use it by Thomas Spees Carrington

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THOMAS SPEES CARRINGTON

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HOW TO USE IT**

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By

THOMAS SPEES CARRINGTON, M.D.



A house among the leaves, twelve feet above the ground, for open-air living and sleeping. (For a description see page 168.)

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HOW TO USE IT

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THOMAS SPEES CARRINGTON, M.D.

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for the Study and Prevention of Tubercu-
losis; Author of "Tuberculosis
Hospital and Sanator-
ium Construction"*

SECOND EDITION

THE NATIONAL ASSOCIATION FOR THE STUDY
AND PREVENTION OF TUBERCULOSIS
105 E. 22nd ST., NEW YORK

1914

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THE NATIONAL ASSOCIATION FOR THE STUDY AND
PREVENTION OF TUBERCULOSIS

FIRST PRINTING, 1912
SECOND PRINTING, 1914

PRESS OF WM. F. FELL CO.
PHILADELPHIA

Preface

There is no point at which the campaign against tuberculosis has had a more beneficial effect on popular opinion than in the change of attitude toward the value of fresh air both in health and disease. Emphasized first as an agent of cure, the public is now beginning to recognize its value as a mode of prevention.

There has resulted a demand for advice and information as to methods of obtaining fresh air which the National Association for the Study and Prevention of Tuberculosis is endeavoring to meet by the publication of the present volume. In preparing this book Dr. Carrington has kept constantly in mind the practical difficulties which the modern house dweller must meet in his attempt to avoid the evils of our present methods of construction. These difficulties serve also to emphasize the profound ignorance which surrounds the whole question of interior ventilation. No other problem of public hygiene is more in need of thorough investigation. The present widespread interest in the subject affords ground for hope that such investigation will not be long delayed.

LIVINGSTON FARRAND, M.D.,
Executive Secretary



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