

air. The upper sash of the windows should be sufficiently lowered to leave a space of three or four feet vertical and of the width of an ordinary window, for the outside air to enter. The door should be open sufficiently to allow a very free passage of air, especially in the summer. In the winter a good fire should be kept up, and the door not be so wide open. It is perhaps better that the patients' beds should not be placed directly between the windows and the door, but a little to one side. The nurses are to be strictly charged to keep the windows and doors open night and day—an injunction which, for their own comfort, they are too apt to disobey. Visits should therefore be made at unexpected hours.

Such ventilation as this is intended to place the patient in as nearly as possible the same condition as if he were in the open air, except that he is sheltered from wet and cold, or excessive solar heat. Its object is to increase the æration of the blood, induce or promote destructive oxidization of morbid matters, and to favour also their elimination from the lungs in the expired air.

I have myself placed typhoid fever patients in conditions like those mentioned by Dr. Jones, except that they were in private rooms instead of hospital wards; and that in cold weather in October and November.

When persons with "perilous diseases" are thus benefitted by free exposure to air, those in average health (though perhaps much wanting in vigor), need not fear like exposure; or, at least, exposure to fresh air from a window constantly open a few inches at the top night and day, when other means for an abundant supply of fresh air are not provided. Instead of this, we find almost everywhere now double windows to exclude the pure air, and in pleasant days a small opening is permitted in the frame of the outer sash for a few hours, and this is called *ventilation*. Is it surprising that but few who are born survive 70 years; that very many die during their first year of existence; or that there are so many ailing, so many invalids, so many sick?

E. P.

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## THE EFFECTS OF GROWING VEGETATION UPON HUMAN HEALTH.

BY W. EASSIE, C.E., F.L.S.

THE influence of plant life upon animal life for good and for evil, has never obtained sufficient attention, which is the more wonderful when we consider their close relationship. . . . The boundary line between the vegetable and animal kingdoms has been almost effaced in modern times, and it is difficult to say where the one ends, and the other begins. We are told, however, that the germinal matter of the lowest forms of vegetable life in water is universal, and that they are in a higher state of development there than in the air. The fungi exercise an important influence in inducing a diseased condition