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## *Address To Young People.*

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### FRESH AIR.

**D**ID you ever go into a house, a school, or a work-room, and find it stuffy? If you should pass from one stuffy room to another, of course, you would not notice any difference; but in passing from the fresh air and sunlight outside into a stuffy bed-room, or school-house, you could hardly fail to notice the difference. You would soon say to yourself, "What a frowsy room!" Yes, it would be frowsy. And yet, stuffy rooms are exactly the rooms in which many people sleep at night, and in which they work all day, because they do not know any better. They have never learned that if they live in close rooms all day, and sleep in stuffy bed-rooms all night, they are starving their bodies. For we may starve our bodies in other ways besides not taking enough food. Our bodies need something besides what we eat and drink. They need something which we get from the air, and which we cannot get in any other way. And the need for this something in the air is very pressing indeed. You can prove this yourselves by closing your mouth tightly and holding your nostrils firmly together. How long can you keep from breathing? Perhaps, for a minute or two. Sooner or later, however, do what you will, you are forced to breathe again. The flesh and blood cry out for that invisible thing in the air which we call oxygen gas.

If you should go into a closet, or box, and close it tightly so that no air could pass into, or out of the box, you would learn, in another way, how strongly the blood and flesh crave oxygen. For a little while, you would feel quite comfortable, but as soon as the oxygen in the box became scanty, through your using it up in breathing, you would begin to pant. And if you did not open the box and let in some fresh air, you would soon die.

How large a room, then, should we live in, in order not to suffer from lack of air? The answer to this question will depend upon a number of things. If no fresh air could get into it, we should die in a large room just the same as if we were in a box or small closet, only we should live a much longer time. But, if you suppose that air is made to pass freely into and out of a room or a box,