

already seen, expired air is saturated, or nearly so, with moisture. The quantity thrown off from the lungs daily is subject to variation, but is usually between 9 and 10 ounces.

EFFECTS OF VITIATED AIR ON HEALTH.

I have already pointed out that vitiated air, and more particularly air that has received largely the products of respiration, is extremely deleterious to health. But I would now emphasize the insidious character of these impurities, how they gradually undermine the health and how easy it is for us to habituate ourselves to a morbid condition of the air we breathe. Fainting fits, giddiness, nausea, and headache are recognized as the immediate results of breathing the air of badly ventilated halls and rooms, but it is not so widely known that indigestion, diarrhoea, and impaired and feeble condition of the system—a general lowering of the bodily and mental vigour are often caused by the continuous breathing of vitiated air. Those who through carelessness, or apparent necessity of circumstances, live and work in a confined atmosphere, run a great risk, for apart from immediate evil results, they are not in a condition to resist attacks of zymotic diseases. Further, statistics clearly prove that the death rate of those living and working in an impure atmosphere (e.g. certain factories, mines, crowded tenement houses, etc.), is much higher than amongst those whose more fortunate lot allows them to live and work in a purer air.

VENTILATION.

For private dwellings no cheap and efficient system of artificial ventilation has as yet been invented. For public halls, schools, hospitals, and the like, however, there are now systems by which the air may be kept perfectly wholesome without creating a draft, either in summer or winter, and at the proper degree of temperature and moisture. What we might call public ventilation should now become a matter for legislation. Our public schools, halls of assembly, and all confined spaces, where large numbers of people congregate, should all be provided with the requisite means for constantly renewing the air. As private individuals, we have to be thankful that the materials of which our houses are constructed—and more especially brick and plaster—are porous, allowing a constant interchange of the air within with that outside. We should take care to increase this