share than heretofore of the attention of the profession everywhere. There is no doubt upon one point at least. If we cannot absolutely stamp out certain forms of disease by well-regulated sanitary measures, we can certainly greatly mitigate their severity and save many lives that are now lost. We should, therefore, be particular to see that the evacuations should be so disposed of as to preclude the possibility of their incurring any subsequent damage. Defective drainage, if it exists, should be remedied as speedily as possible. The water in which the patient's clothes have been washed should not be thrown carelessly into the yards attached to his residence. In short, all the sanitary precautions recommended by men of eminence in the profession who have written upon the subject should be closely observed.

PRACTICAL NOTES AND EXTRACTS ON HYGIENE.

BY THE EDITOR.

The Air-Ventilation—Quantity of Air Required.

We propose to give in this and in succeeding numbers of the SANITARY JOURNAL practical notes and extracts on hygienic subjects, especially on air and the water supply.

An adult man, in ordinary work, gives off from the lungs in 24 hours from 12 to 16 cubic feet of carbonic acid gas, besides an undetermined quantity of the same by the skin. On an average he may be considered to give to the atmosphere ·6 cubic feet of carbonic acid every hour, while by the same channels, the skin and lungs, pass off in 24 hours 25 to 40 oz. of watery vapor.

"Organic matter is also given off from the skin and lungs," says Dr. Parks,* "the amount of which has never been precisely determined. Nor is it possible, at present, to estimate it correctly. This organic matter must be partly suspended, and is made up of small particles of epithelium and fatty matters detached from the skin and mouth, and partly of an organic vapour given off from the lungs and mouth. The organic matter from the lungs, when drawn through sulphuric acid, darkens it; through permanganate of potash, decolorises

*Practical Hygiene.