

BED-ROOM VENTILATION.

Next in importance to the ventilation of school-houses—a subject noticed in the September number of the *SANITARY JOURNAL*—is the supplying of bed-rooms with abundance of fresh air. A large portion of life, nearly one-third, on an average, is spent in the bed-room. During sleep, too, the power of the system to resist the effects of morbid influences is less than at other times, when the body is in a state of greater or less activity, hence there is at that time a greater necessity for carefully avoiding all exposures to insanitary influences. The dullness, headache, and want of appetite so common in the morning, especially in those who are not vigorous, are usually caused by sleeping in small, badly ventilated rooms, and re-breathing, over and over again, the same atmosphere.

Some persons, without knowing why, have an unaccountable horror of night air. But it is necessary that it shall be breathed, the whole animal creation breathes it, and the only way in which we can avoid it is by shutting ourselves in perfectly air-tight rooms. These, in order that each individual shall be provided with a full supply of tolerably pure air, should have capacity for from 20,000 to 25,000 cubic feet per head, or about 3,000 cubic feet per head per hour. This would render it necessary for our bed-rooms to be at least ten times the present average size. It may be asked, how is it that so many live through the night shut in seven by nine rooms? It is because such rooms are far from being air-tight. A certain amount of fresh, cooler air is constantly entering through cracks and crevices about windows and doors, while the fouler, warmer air is forced out through other cracks and crevices. But this is very far indeed from being sufficient. The area of inlets for the admission of fresh air, according to Dr. Parkes, should be about 24 square inches per head, in ordinary conditions of the atmosphere. Though obviously the size must vary somewhat with atmos-