

VENTILATION AND HEALTH.

The time is about past, for this year, in Canada, when windows and doors can be left freely open, day and night, to let in abundance of fresh air and afford free ventilation. Thousands will soon be shut in close rooms, with double windows, to breathe over and over, again and again, the same air ; drawing oxygen from it at every breath, and at every breath exhaling into it poisonous gases and vapors—waste excremental matters from their own bodies, and frequently from the bodies of others occupying the same rooms. Is it surprising that so many die during the latter part of winter, and in the early spring, with lung diseases—consumption, inflammation and congestion of the lungs, bronchitis, &c. But the weather is blamed for this increase in the death-rate from these diseases. This is largely misplaced unjust censure. It is most difficult to get people to understand or comprehend how large a quantity of air around us, we, at every breath, render unfit to be drawn into our lungs. Herein lies the chief benefit of out-door life : the breath, as it escapes from the mouth in the open air, is usually at once dissipated and carried away, so that no portion of it gets back into our lungs again : in close rooms this is not the case. The expired air floats about an unventilated room, and some of it soon finds its way back into our lungs again, and hence into our blood, where it is incompatible with good health and vigor. Very much better, and more economical in the end, will it be, for those who can, to burn extra fuel during cold weather, and let into their rooms, night and day, abundance of fresh out-door air. Those must suffer more or less who cannot or do not do this.

THE WORST CRIMINALS in the prisons of Canada, and elsewhere, are surrounded, at the public expense, usually, by the best or most approved sanitary conditions—provided so far as possible with pure air, water and food, and comfortable quarters. The poor laboring man and mechanic are permitted to live on in want of healthy surroundings, frequently without the knowledge or means necessary to obtain the essentials of health and of life. Too frequently their landlord is permitted to surround them with the causes of disease and death. Who is to help them ? Philanthropists *might*. Those who control state and municipal affairs *should*. Is there no temptation to intemperance and crime among the poorer classes arising from the insanitary conditions in which they are permitted to live ?