

are more or less noxious to its purity, and consequently render it more or less dangerous.

Q. What quality should the air which we breathe possess ?

A. It should be pure. If it is laden with miasmata, or unwholesome exhalations, it becomes a slow but sure poison.

Q. Why must the air which fills occupied rooms be often renewed ?

A. Because that air is no longer pure after having been inhaled ; it has thereby lost its vital, and acquired noxious properties. It has been infected by its passage through the lungs. The reason is this : when we breathe, we consume the oxygen of the air. It mixes with the blood, and pervades the different parts of the body, seeking the carbon which we have absorbed in our food (see combustible food). The oxygen consumes this carbon, thence is produced *carbonic acid* gas, which is poisonous and destroys those who inhale it. Consequently, for the preservation of her own and of her family's health, the mistress of a household should constantly renew the air which has already been used.

Q. As we inhale only the Oxygen of the air, what becomes of the Azote ?

A. We absorb it in nutrition, as will be hereafter shown, (see reparative aliments).