

then, it may fairly be taken for granted that there has not been a sufficient observance of hygienic precautions. The air has not been renewed; sufficient purity has not been observed. Such is the immensity of the mighty ocean of the atmosphere, that it suffices for the removal of every impurity, if we only resort to the wise, yet simple precaution of instantly replacing the portion that we consume. To breathe a polluted atmosphere, when we have it so completely at our disposal to avail ourselves of that which is unpolluted, is a monstrous error.—It is as if one, who might have fair water from the spring, were to consume soil and impurity instead.

The epidemics of the middle ages, like the febrile and cholera epidemics of recent times, yield, I conceive, forcible evidence as to the truth of these averments. The people in those days, as much too often in these, lived with little regard to the exigencies of their position. There was no adequate provision for personal or household cleanliness—none for the introduction of pure air into the dwellings. *It is not, perhaps, too much to assert that these epidemics are but another name*