



while the air, now impure, is breathed out of the body.

This process of renewing the tissues of the parts of the body is a chemical change, and, like all chemical actions, it produces heat. This animal heat is constantly being produced, distributed, and regulated, so that a person in health has the same temperature day and night, summer and winter, and in all climates. As soon as this temperature rises we know there is disease in some part of the system, and that "the man of the house" is making extra efforts to protect his home, and needs outside help.

Whether we sleep or wake, the work of purifying the blood should be going on in the lungs. The air, so pure, and sweet when it is inhaled, is foul and deadly when it is exhaled. It is then carrying the impurities it has received out of the system. It has lost its purifying power. If re-breathed it does not cleanse the blood and if continued to be breathed serious results follow. Every effort should therefore be made to ventilate our rooms, furnishing a good