

## PRACTICAL NOTES AND EXTRACTS ON HYGIENE.

VENTILATION.—This is the season of closed and double doors and closed and double windows. Too many seem to forget that they are constantly consuming oxygen and that a constant supply of fresh air containing this element is absolutely indispensable to health and vigor of constitution. The want of fresh air is felt most at night, in the bed-rooms. About one-third of one's life is passed in the bed-room. Here there is no moving about from room to room, or out into the fresh air, no opening of doors. According to the most reliable authority, from the most carefully made and considered estimates, every adult requires 3,000 cubic feet of fresh air every hour, if he is to be surrounded with sufficiently pure air. This would about fill a room 16 feet square of floor space, and 12 feet high. And the air in this should be completely changed every hour. Now bearing this in mind and considering that most people pass the eight hours of sleep in rooms with only capacity for, at most, 2,000 cubic feet, with no provision for change or renewal, excepting the minutest cracks and crevices of doors and windows, and the pores of the walls, it should not be a matter of surprise that many awaken dull and depressed in the morning, can take only a light breakfast, instead of a good substantial one after the long fast, and prefer to take the street cars rather than walk a mile; feel a want of vigor, are easily affected by sudden changes in the atmosphere, and are susceptible of disease. Let such try the experiment of making two openings, an inlet and an outlet, in the bed-room, on opposite sides of the room, if possible, as by lowering an upper sash or two, and after a month's experience they will hardly close them. The size of the openings must be adapted to the state of the outer atmosphere, and the number of occupants of the room. Practical directions for regulating the openings to suit the temperature of the air inside and outside have been given in previous numbers of this JOURNAL. Most dwellings now have means for keeping the air a little warmed at night in severe weather, and it may be necessary at such times to consume a little extra fuel in order that the bed-rooms shall not get too cold; though this is a matter of comfort rather than of health, especially after becoming a little accustomed to the change. The bed, especially the head of it, should not be so near the inlet as to cause a draught to be perceptible.

CARE OF THE SKIN.—Hufeland, a celebrated philosophic physician, and professor of medicine, long ago wrote thus, on