

thrown off into the atmosphere, and may give rise to most serious specific disease in those inhaling them.

EFFECTS OF BREATHING BREATHED AIR.—The effects of breathing air which has become decidedly offensive to the sense of smell from containing the foetid organic matter, carbonic acid, and excess of watery vapor exhaled from the lungs and skin, are very marked in most persons ; they are frequently languor, heaviness, headache, and sometimes nausea and febrile symptoms, which may continue for a day or two. When the air becomes still more impure from this cause, it soon destroys life, or if the persons survive, they suffer from a sort of ‘putrid fever,’ with boils and other evidence of affected nutrition.

Effects speedily fatal from breathing air vitiated by the exhalations from the human body are familiar enough. In a Shetland trading vessel at Leith, a number of years ago, the master and mate went to sleep at night in the cabin, with the companion and skylight shut, and were found the next morning ‘almost dead,’ from breathing over and over again the exhalations from their own bodies. The captain died in about 24 hours, but the mate recovered. The captain and mate of a French ship, at Jersey, both died under like circumstances. Most persons are familiar with the history of the Calcutta ‘black hole,’ in which 123 out of 146 prisoners died in 11 hours, from breathing the exhalations from their own bodies ; with that of the Austerlitz prison, in which 260 of 300 Austrian prisoners died in a short time ; and with that of the steamer Londonderry, in which 70 of 150 passengers died during a stormy night, in the tightly closed, cabin all from the same cause.

When breathing such poisonous exhalations in large quantities gives rise to consequences so fatal, it cannot be doubted that breathing them in even minute quantities is a cause of much mischief, and must interfere more or less with health and perfect nutrition ; even though it may not be possible to estimate the amount of the mischief, or to trace the effects direct to the cause. It is very generally admitted that breathing an atmosphere vitiated by exhalations from the lungs and skin, produces a ‘kind of putrescence in the blood in proportion to the amount inhaled and the period of exposure to it.

When an atmosphere but moderately vitiated by respiration is breathed almost continuously for a lengthened period, its effects are usually complicated with those of other conditions. Persons who are compelled to breathe such an atmosphere are usually at the same time of sedentary habits, and perhaps remain in a constrained