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HYPER-VENTILATION.

By this heading it is not intended to imply that it is possible to ventilate too freely, or to supply an excess or over abundance of fresh air; but, on the other hand I would insist that a supply much in excess of what has heretofore, even up to the present time, been considered by our best authorities sufficient and ample, is absolutely essential to perfect health.

Pure air is now generally regarded as not only very essential to health, but as a valuable article of the *materia medica*, though it has not yet found a place in the pharmacopœa. Time was when it was thought to be 'too strong' for those affected with disease, though it was thought to be very good for strong healthy people who could 'stand' it. Though very many people now regard it quite differently, full value is not yet placed upon it by the masses, or even by physicians generally. At this season of the year, and for six months to come, all sorts of devices are, and will be, adopted to prevent its entrance into dwellings, and windows and doors made as tight as well taxed ingenuity can make them.

We are told that 2,000 or 3,000 cubic feet per head per hour is necessary, and that in ordinary states of the atmosphere, with the temperature of the air in a room 10° or 15° above that of the outer air, an inlet with a sectional area of 24 square inches would admit this amount. This in order that the carbon dioxide in the atmosphere of rooms should not exceed $\cdot 7$ per 1,000 volumes, as indicating the highest permissible amount of poisonous organic matter in the air. And this, too, as if the supply of outer air was limited, or cost a certain sum per cubic foot.

True, in cold weather, it costs something to warm the air in occupied rooms, and to the very poor this is a matter of deep consideration, and that cannot always be provided for, but to a very large number it is only a comparatively small item, if the warming