

trate, because the air which has not undergone the action of light is unwholesome. Like plants, man deprived of light will etiolate and wither.

Q. What should furthermore be observed ?

A. As much as possible, bed-rooms should not be occupied until bed-time, and, then, nothing should be kept therein which might emit any odor, however agreeable. Flowers, medicine, articles of food should be excluded. All strange emanations vitiate the air. In the rooms of the sick, especially, these practices should be carefully observed.

Q. What attention should be given to a newly constructed house ?

A. In order that a newly built habitation may be occupied without any danger to health, it should be left to dry for a year at least, so that it may, during that interval, be subject to the influence of winter winds and summer heat. Imprudent persons who avoid this precaution, pay for their temerity, as a rule, with rheumatism, erysipelas, chest complaints, &c.

Q. How can one be assured of the salubrity of an apartment ?

A. By inclosing and exposing therein, during 24 hours, 500 grammes (two pounds) of quick lime. If the weight of the lime be increased