

CONTENTS.

CHAPTER I.

INTRODUCTION: Definition and Objects of Hygiene—Importance of the Subject—Vital Statistics, and Conclusions to be drawn from them—Examples of the Results of Attention and of Inattention to proper Sanitary Conditions: in the British Army; in various Cities of Great Britain; in India; in the West Indies—Diminution of Death Rate following Sanitary Enactments in England and Wales—Application of this to Ontario—Statistics from the Reports of the Registrar-General of Ontario—Comparison of Average Age and Death in different Occupations—Causes of the Differences	PAGE 9
--	-----------

CHAPTER II.

The Blood the Pabulum of the whole Body—Its Composition—The Circulation—Changes wrought in the Blood—Respiration—Action of Oxygen in restoring the Blood to a Proper Condition to go again to the Tissues—Means by which Oxygen is brought in contact with it—The Lungs; their Structure—Mechanism and Chemistry of Respiration	19
---	----

CHAPTER III.

Normal Composition of Atmospheric Air—Impurities contained in it—Their Sources: Respiration; Fires and Lights; Putrefactive Processes; Manufactures; Injurious Occupations; Wall-Papers; Ground-Air; Churchyards; Marshes, etc.—Effects of Impurities—Statistics showing them in the Army—Among Teachers—In Hospitals and other Institutions	28
--	----

CHAPTER IV.

Amount of Carbon Dioxide which may be allowed—Amount of Carbon Dioxide resulting from Respiration, from Fires, from Lights, from Sickness—Quantity of Fresh Air Necessary to Reduce these Amounts down to the Normal Standard—Number of times in which the Air in a room may be Changed—Proper Temperature and Moisture of Air—Cubic Air Space and Hourly Supply—Size of Outlet and Inlet Spaces—Relative Positions of these in different Seasons—Experiments of the late Mr. W. R. Briggs—Contrivances for Window Ventilation—Diffusion of Gases—Action of Winds—Cows.....	38
---	----

CHAPTER V.

Systems of Natural Ventilation—Louvres—Ellison's Conical Bricks—Sheringham Valve—Tobin's Tubes—The Jacketted Stove—Stallard's Double Ceiling—Potts', and Varley's, Perforated Cornices—McKinell's Tubes—Watson's Tube—Artificial Ventilation—Warming always to be Considered in connection with Ventilation—Various Modes of Warming—Stoves—Open Fires—"Galton Grate"—Hot Air—Steam—Hot Water—Practical Hints for the School-Room	53
---	----