Address Before the Training School for Nurses.

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take the pulse, the temperature and the respiration; indeed, you should learn to be the eye and the ear of the physician during his absence, and be able to report to him any change that may have taken place in your patient.

Let me strongly urge you to attend strictly to the ventilation of your ward. Your own health demands it, as well as that of your patients. After remaining in a sick room for a time, your senses become oblivious to the vitiated state of the atmosphere in it; but it is none the less baneful.

Pure air is composed of oxygen, nitrogen, and carbonic acid gases, in various proportions, with watery vapour and traces of ammonia. It is the oxygen in the air that sustains life. A warm-blooded animal cannot exist in an atmosphere from which the oxygen gas has been extracted. It has been computed that the respiration of an adult person will absorb the oxygen gas from a hogshead of air in an hour. In other words, place a man in an air-tight space containing 10 hogsheads of air, and he should not live longer than 10 hours in it.

At each inspiration of an adult about 30 cubic inches of air enter the lungs, to be brought in contact with between five and six millions of air cells, through which the blood flows with great velocity. You can, therefore, readily understand the rapidity with which gaseons substances will enter the blood.

The changes produced in an occupied air-space by respiration and transpiration are as follows: The amount of oxygen is greatly lessened, the carbonic acid and watery vapor are largely increased, ammonia and organic matter are evolved, and suspended matter, in the shape of low forms of cell-life and epithelium scales, is thrown off. The change in the character and quantity of oxygen exhaled, with an increase of earbonic acid, together with the organic impurties, so vitiate the air as to render it one of the most potent of all the predisposing causes of disease.

To keep a sick room at a healthy standard the air should be renewed at the rate of about 4,000 cubic feet per hour for each thro ance been occu A co hour is the 71 from it is outle best on t mode WOOG them You cann sary. every have mem tition V VOIL 1 to cr and expe

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