

ties of water are discharged from the baths, sinks, and closet pans, a corresponding quantity of soil pipe air is displaced, and it rushes upward, and finds escape through the pans, into the apartments; for as I have already stated, the pans are unprovided with traps. This is not mere theory; it is a too well established fact. I trust it will command the serious consideration of my successor, and that he will see the way more clearly than I did, to a practicable remedy, at a moderate cost.



PRACTICAL NOTES AND EXTRACTS ON HYGIENE.

Continued.

The Air—Ventilation—Temperature and Movement of Air.

In ventilation there are three special points requiring attention, viz.: A sufficient and constant supply of fresh, pure air; the proper temperature of the air; and the prevention of perceptible draughts. The sufficient or necessary amount of fresh air, and the necessary air-space, for each individual have been sufficiently dwelt upon. Before explaining the methods of moving the air in ventilating, it will be necessary to notice two or three other points, as the temperature and the size of inlets and outlets:

THE TEMPERATURE of houses, as a rule, "is kept too high," says Dr. De Chaumont, "and as this is usually accompanied with insufficient change of air, frequent catarrhs and colds in various forms are the consequences. For a sitting-room under ordinary circumstances, an uniform temperature of 60° Fahr. to 62° Fahr. (15° to 16° Cent.) is sufficient; for a sleeping-room even a lower temperature is admissible, as it is easy to supplement it by additional covering. This is especially the case in illness, where a free supply of fresh air is always desirable, even when it must be obtained at some sacrifice of temperature. At the same time, there are some cases, such as bronchitis, whooping-cough, and convalescence from exhausting diseases, where a moderate degree of warmth must be kept. Infants and aged persons also require a higher temperature than healthy adults, but in these cases much may be done with clothing. In a workroom a lower temperature even than 60° Fahr. is often desirable, and this applies both to manual labor and to head-work. It is here that the question of cubic space comes to be considered in a practical point of view, for of