

interchange as much as possible by such means as are available. Draughts from open doors and windows are certainly to be avoided, but they may be overcome by judiciously placed screens and numerous other devices for distributing the current of fresh air. One such that answers admirably for the bedroom in winter is to raise the lower sash of the window, allowing it to rest on a piece of board some three inches high, and which fits snugly into the window frame. The air will now enter in a broad stream between the upper and lower sashes, and the sliding pane of the storm sash can be left open, as a rule, without fear of a draft. I might add here, that it is extremely important for the air of a bedroom to be pure and fresh, and the temperature of a room should be such as to allow the above, or some similar, method of ventilation to be practised throughout the winter. A grate fire is perhaps the very best means of assisting ventilation for private houses. If its function were only that of keeping the air of the room pure it could not be too strongly recommended, for it compels fresh air to enter by doors and windows, and by its strong draught continuously renovates the atmosphere. Looked at as a source of heat, it may be considered extravagant, but is certainly the most healthful, as well as the most pleasant and attractive of all our modes of heating. The windows should be opened for ten minutes first thing in the morning, and the whole air of the house renewed. Even on the coldest day, this will be found economical as regards fuel, as well as invigorating.

#### TEMPERATURE OF THE HOUSE.

One word may be said here regarding the temperature of our houses in winter, since it is a matter closely related to ventilation. It is more healthy to have the air of our bedrooms too cold than too hot, and the same remark refers, though not with equal force, to the rest of the house. I feel sure that many diseases of the lungs and throat are the result of going out of our over heated houses into the severe cold. The difference in temperature is enormous, and the system is in the worst possible condition to withstand the shock.

And now that I am about to conclude my lecture and these suggestions, which if put into practice may mean better health for many of us, let me urge upon every householder the necessity of knowing that