

carbon extracted therefrom, the latter would be equal in weight to half a pound or more of charcoal, and this quite independent of the other obnoxious matter given off by the lungs."

Sleeping in bed-rooms which are lighted and warmed artificially, without being properly ventilated, tells against the health in two ways, for the air is not only poisoned by the carbonic acid given off by the fire and lamp or gas, but these latter also deprive it of a deal of its oxygen.

Air in-doors is undoubtedly impure, and incapable of supporting life healthfully, if it contains ten parts of carbonic acid in ten thousand. Well, to say nothing of other impurities, I do not think it would be above the mark to reckon thirty parts instead of ten to the air of ordinary school-rooms, public buildings, theatres, and other places in which crowds assemble, and the atmosphere of nineteen out of every twenty bed-rooms is just as bad.

We have at all events in scientific ventilation a remedy for the impurities of the air caused by the deadly gas carbonic acid. In a well-ventilated room this is carried off up the chimney, or outside somewhere, it matters little so long as it does go, and so long as pure, wholesome, breathable air takes its place. Bed-rooms, by-the-by, are too often ventilated, as it is called, through doors that open into passages, themselves probably highly impregnated with unwholesome odours and bad air. The system of ventilation in many hotels, for example, is faulty in the extreme, and the bed-rooms when untenanted are very often completely neglected, so far as the purity of their atmospheres is concerned.

The air we breathe in-doors is often poisoned by noxious gases emanating from the drains, and not from these alone, but from everything fluid or semi-fluid or damp that is capable of giving off either vapour or odour. Even the odours from the kitchen ought to be prevented from entering the living-rooms.

Want of cleanliness—perfect and complete cleanliness—tends also to poison the air. We should remember that an atmosphere impregnated with dust is not a wholesome one, especially if that dust is occasioned by the disintegration of substances in the room. But I may safely say that dust and dirt are convertible terms.

Although I do not wish to touch upon the subject of ventilation in this paper, I must remind my readers that the object and purpose of all ventilation should be to obtain pure air of a uniform temperature; and that this air should be equably diffused, and never amount to an actual strong current or draught, that may come in contact with and chill the body of the inmate.

The air in the house should be pure *all throughout*. It is folly ventilating one room and neglecting others; the law of diffusion of gases militates against any such plan, and the atmosphere of a house ought to be pure and wholesome from attic to basement. This is very seldom the case; on the contrary, the air of one apartment often poisons that of another; and accidents to drains periodically poison the whole. Very large houses or mansions are sometimes most faulty in their drainage, and outbreaks of fevers are not unfrequently the result of this, so much so that to reside in some of these is quite as dangerous to the health as to reside in one of the poorer districts of London.

The air we breathe in-doors cannot be too often renewed nor too carefully regulated while sickness prevails; but more especially should the ventilation be attended to when that sickness is in the house in which we live. It gives a patient a far greater chance of life if, when ill, he is put in a room with a southern or south-western exposure—a room from which the carpet has been removed, the floor being kept spotlessly clean, and every unnecessary article of furniture taken away, and every curtain or hanging, that may collect dust, taken down. The room should have a cheerful appearance nevertheless; nothing should be left a moment therein that may taint the atmosphere; and such a thing as a slop-pail should never be seen inside its door. A plentiful use of disinfectants should be made, and if the illness be of an infectious character, a screen should be hung before the door, and kept damp with some disinfectant.

It is a well-known fact that a window may be opened wide without fear of cold or draught, if the space be covered with a wire-gauze screen or piece of perforated zinc. This should be borne in mind by those who wish to awake of a morning feeling refreshed and comfortable instead of tired and jaded and sleepy.

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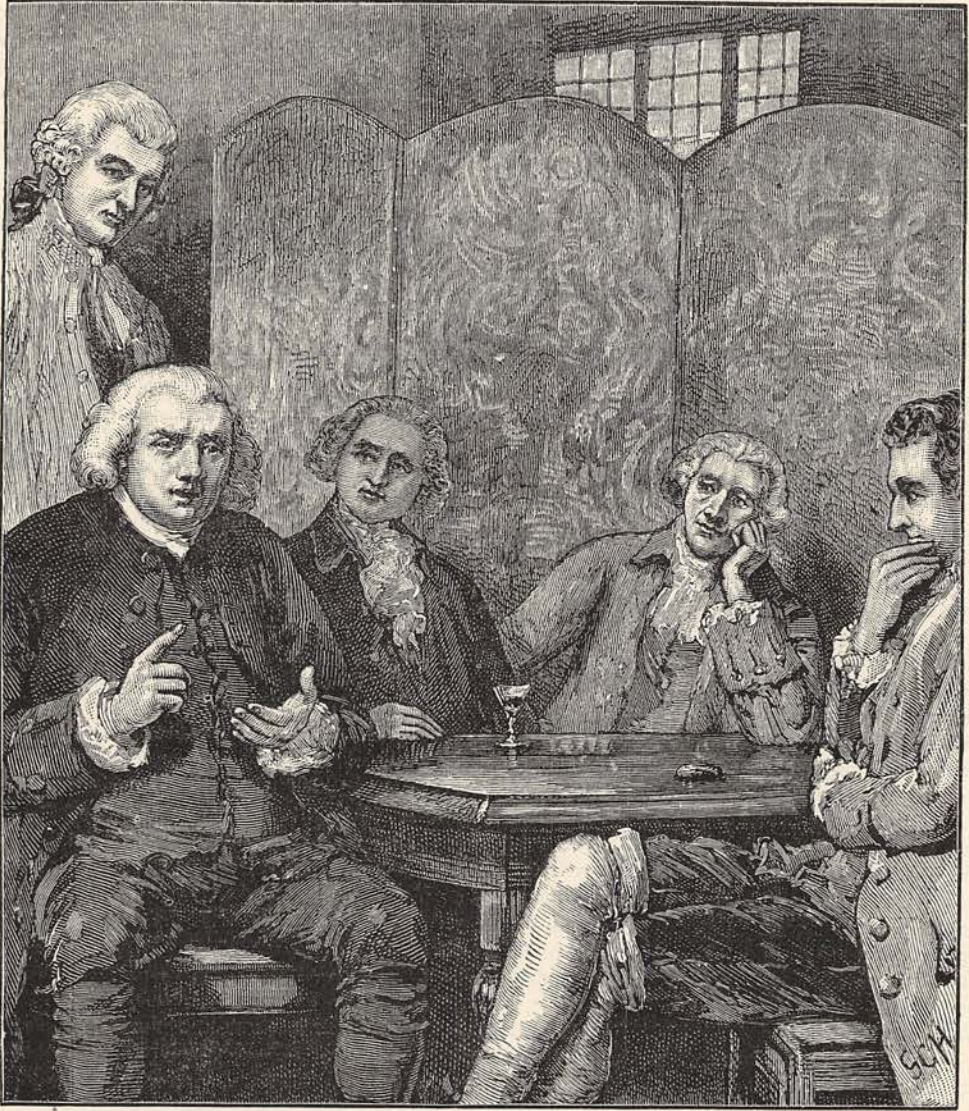
## DOCTOR JOHNSON ON THE TEMPERANCE QUESTION.



At the present time, when the topic of intoxicating drink is occupying more attention than it has ever done in the history of mankind; when physicians of the highest standing in the world of medicine are pitting the stern authority of science against the insidious attractions of alcohol; when Captain Nares proves that the austere cold of the North Pole can be best encountered without the aid of "strong waters;" when Lord Wolseley, of Cairo, wins Tel El Kebir, amid the burning sands of

the East, upon diluted tea; when the advance of the Blue Ribbon Army has become as imposing a fact as the Holy Crusades; when the genius of the Chancellor of the Exchequer is called upon to face a grave fiscal difficulty, all brought about by the great decrease in the Excise returns; when Sir Wilfrid Lawson has grown quite as much an institution in the House of Commons as the Prime Minister, or the Speaker—it is, perhaps, neither uninteresting nor inopportune to focus what the great and good moralist, Doctor Samuel Johnson, said on the Temperance Question,





DOCTOR JOHNSON AND THE TEMPERANCE QUESTION.

anticipating by his sagacious utterances these days of Total Abstinence Societies and Bands of Hope. It is, perhaps, matter for wonder that his wise conclusions on this debatable subject have never before been grouped together. The maxims of Solomon about the wine that is a mocker, and the strong drink that is raging, and the lines that Shakespeare puts into the mouth of *Cassio* to *Iago*—"O thou invisible spirit of wine, if thou hast no name to be known by, let us call thee devil!" together with that eloquent regret that "men should put an enemy into their mouths to steal away their brains," have often served to "point the moral and adorn the tale" of the fervid temperance advocate. Doctor Johnson anticipated Dr. Richardson, Dr. Andrew Clark, and Sir Wilfrid Lawson. He was a temperance preacher, whose sermon was never

intemperate. He lived in a wine-bibbing age, when to get "drunk as a lord" was a fashionable fact, and when to be "a three-bottle man" was to graduate for the amenities of the dinner-table. His was the age of taverns. The famous club he founded was held at the "Mitre." His best friend was Mr. Thrale, the brewer, whose executor he became. Yet, among the multitude of sayings of the Fleet Street philosopher, enshrined in Boswell's surpassing biography, there are none which are at once so convincing and conscientious, none which will more profitably repay thoughtful reflection, than those bequeathed to us as to what the doctor said on divers occasions upon the subject of inebriating beverages. Turning over casually the pages of my beloved Boswell, and reading them in this connection, I find much worthy to extract



in a concentrated form under the heading of this paper.

Permit me, as modestly as I may, to string together one or two of these exceedingly precious pearls. The period is 1772. Doctor Johnson is in his sixty-third year. The scene is the "Crown and Anchor" tavern, in the Strand. The company consists of Lord Elibank, Mr. Langton, and Dr. Vansittart of Oxford. Of course, the faithful Boswell is present, as he will be in all the following conversations. "A gentleman having to some of the usual arguments for drink added this: 'You know, sir, drinking drives away care, and makes us forget whatever is disagreeable. Would you not allow a man to drink for that reason?'—Johnson: 'Yes, sir, if he sat next *you*.'" A *jeu-d'esprit* this, I take it, that is scarcely in accordance with what the dogmatic doctor's critics delight to describe as his "elephantine wit." It must be remembered that Johnson in his earlier years drank wine and other liquors; but, as he told Miss Macleod, when in the Hebrides, "I took the opportunity of a long illness to leave it off. It was then prescribed to me not to drink wine; and having broken off the habit, I have never returned to it." And, speaking of this Scotch tour, Boswell remarks that when Johnson was staying with Sir Allan M'Lean, "we only regretted that he could not be prevailed upon to partake of the social glass. He urged that 'in proportion as drinking makes a man different from what he is before he has drunk, it is bad, because it has so far affected his reason.'"

Johnson is supping at the "Crown and Anchor" tavern. Sir Joshua Reynolds is one of the company, as also is Lord Dunsinan. Boswell reports: "We discussed the question whether drinking improved conversation and benevolence. Johnson: 'No, sir; before dinner men meet with great inequality of understanding, and those who are conscious of their inferiority have the modesty not to talk. When they have drunk wine every man feels himself happy, and loses the modesty, and grows impudent and vociferous, but he is not improved: he is only *not* sensible of his defects. . . . I admit that the spirits are raised by drinking as by the common participation of any pleasure; cock-fighting or bear-baiting will raise the spirits of a company as drinking does, though surely they will not improve conversation. . . . After a

ten years' forbearance of every fluid except tea and sherbet, I drank one glass to the health of Sir Joshua Reynolds on the evening of the day on which he was knighted. I never swallowed another drop till old Madeira was prescribed to me as a cordial during my present indisposition; but this liquor did not relish as formerly, and I therefore discontinued it."

Following Boswell's honest register, we find Johnson at General Paoli's. The company numbers Sir Joshua Langton, Marchese Gheradi of Lombardy, and Mr. John Spottiswoode. "Wine," says Johnson, "makes a man better pleased with himself. I do not say it makes him more pleasing to others. The danger is that while a man grows better pleased with himself he may be growing less pleasing to others. Wine gives a man nothing. It neither gives him knowledge nor wit. It only animates a man, and enables him to bring out what a dread of the company has repressed. It only puts in motion what has been locked up in frost." Spottiswoode remarks, "So, sir, wine is a key which opens a box; but this box may be either full or empty?" The Doctor replies, "Nay, sir; conversation is the key; wine is a pick-lock, which forces open the box and injures it." When Boswell had some intention of representing his native county in Parliament, Johnson, in a letter pregnant with other sage counsels, remarked, "One thing I must enjoin of you, which is seldom observed in the conduct of elections; I must entreat you to be scrupulous in the use of strong liquors. One night's drunkenness may defeat the labours of forty days well employed." Boswell seems to have been the recipient of much advice of this description. Here is a further sample:—"As we drove back to Ashbourne, Dr. Johnson recommended to me, as he had often done, to drink water only; 'for,' said he, 'you are then sure not to get drunk, whereas if you drink wine you are never sure.'"

Boswell proceeds to cite, as an instance of drink not shortening life, the case of a certain Scotch lord. Johnson, with his usual intelligence and accuracy of inquiry, asks, "Does it take much wine to render him intoxicated?" Boswell answers, "A great deal either of wine or strong punch." "Then," says Johnson, "that is worse; a fortress which soon surrenders has its walls less shattered than when a long obstinate resistance is made."

EDWARD BRADBURY.

## HOW I FURNISHED.



O two people ever furnished exactly alike, hence I suppose it is that no golden rule is offered by their elders to innocent young householders when they set about feathering their first nest. So much depends upon the ways and means that perhaps it is unnecessary to lay down any hard and fast line to be generally followed, for what is within the reach of one is out of the range of another.

In brief, circumstances alter cases, and as a result the inexperienced find themselves driven upon their own resources, which means that in despair they take advantage of the convenience of the "through-out" furnishing firms. But with regard to myself I determined that I would not pursue this ready-made mode of making my house habitable. Its rooms, argued I, need as much consideration in respect to colour and cut as I exercise when giving my tailor an order. A very laudable determination,