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The New-Orleans Daily Bee.

Saturday Morning, Jan. 5, 1850.

THE NORTHERN MAIL failed yesterday from beyond Montgomery.

PURE AIR.

One would imagine that what is so ready at all and so indispensable to the healthy play of the vital functions, as pure air, would as a matter of course, be freely enjoyed. Nothing could be more erroneous than such a conclusion. In cities, mankind wilingly acknowledge the benefits of fresh air—in practice they, for the most part, act as if the theory were untenable. For a more reason to regret that in a city, full of disease and life is the ample supply of unvitiated atmosphere. Every intelligent person is aware of the truth of the general proposition, that without pure air we die. But very few take the trouble to examine the subject beyond the admission of this universal postulate. They will not reflect that if the excessive or premature death, the imperfect supply must necessarily involve a derangement more or less grave of the animal economy. It is just as absurd to suppose that health can be maintained by breathing habitually a vitiated atmosphere, as it would be to argue that minute doses of arsenic taken with our food would not ultimately poison the system, and yet the custom of nineteen-twentieths of our citizens is based upon ideas equally unsound and irrational.

In the construction of public and private edifices, and in the houses of a large majority of the people, the paramount necessity of furnishing an abundant supply of pure air for the purposes of respiration, is also ignored. The deleterious effects of the neglect of a great physical law, are witnessed in the pale countenances of a feeble and consumptive race, and those who are vigorous organization expose them so much to the mischief. The educated reader scarcely needs to be told that the air which he breathes becomes immediately charged with poison, and that the quantity of carbonic acid, which is thrown into the atmosphere by breathing, is a mortal poison, and deadly in its character. An animal placed in an atmosphere composed of air exhausted by the respiration of other animals, will die in a few minutes. Man is not an exception, but that the exception is sufficient to supply the requirement to show, as such a case would prove, but he is very frequently placed in a closely ventilated apartment, where the supply of air is inadequate, and where he is consequently compelled to breathe a partially vitiated air. How is it, we ask, that we can live for a considerable time in such a place? The reason is, that we breathe in an unconscious manner, and that our system is supported by the vital energy, which we have inherited from our parents. Take away the vital energy, and the result of the presence of a crowded audience in an unventilated place, would be as certain as the sun is to rise and set. Let the ventilation be perfect, and the vitiated atmosphere, instead of being injurious, would be as innocuous as the effluvia of the vegetable and animal kingdom, by which we are constantly surrounded. Let the ventilation be imperfect, and the vitiated atmosphere will form a nucleus, by which the vital energy will be exhausted, and the system will be overcome by the poisonous effluvia.

Our ancestors, in their wisdom, knew the importance of ventilation and pure air. Nowadays, we have introduced a system of ventilation, which, if it ever stands an important test, will be found to be a mere sham.