of shortening the hours of labor from time to time as the case may demand it, and thus reduce the period that the human system is in contact with the exciting cause. It is not probable that paralysis is due to the direct pressure of compressed air, otherwise all men would be immediately affected alike, without exception, as all parts of the body must be absolutely permeable. The cause may perhaps be sought for in the fact that with each breath a quantity of oxygen is inhaled from two to three times greater than that inhaled in a normal atmosphere. That the system struggles against this abnormal state of affairs is shown by the fact that the number of inhalations per minute is involuntarily reduced from thirty to fifty per cent. It follows, therefore, that the shorter the period of exposure to compressed air the less the risk.

On the other hand, persons affected immediately upon emerging are usually somewhat nervous and excited, which incites excessive action of the heart, and thus accelerates the general tendency to paralysis. Violent exertion, such as climbing of ladders and hard work, must be avoided.

The only other inconvenience experienced in caisson work is in the temporary effect on the ears in passing through the air lock. A short practice, however, soon enlarges the eustachian tubes, so that by setting the jaws at a certain angle no effect whatever is felt on the ear drum.

As the weather became colder the men became subject to cold and congestion of the lungs while undergoing the severe change of the temperature from eighty degrees to forty degrees, which attends a passage out of the air lock. A simple and effective remedy was provided for this by putting in a steam coil composed of six rings of one inch pipe, lining the inside of the lock and provided with an outlet pipe. As soon as the outlet air cocks were opened, steam was allowed to flow through the coil with the most satisfactory results. No reduction whatever of temperature took place, neither was there any formation of the disagreeable mist which otherwise attends a reduction of pressure.

Another sanitary measure, rendered necessary by the