

Hygiene in the Home.

To be healthy, wealthy and wise is the ambition of all people without exception. Of these three to be healthy is of the most importance. Health should be prized above everything else. Without health no man can be happy. No man can make the half of himself that he would otherwise have made, if he has a shattered brain and a weak body.

Health is one of the few things that money cannot purchase and yet there is nothing about which people are so careless and neglectful. People seem to think that their bodies are their own and that they have the right to abuse them in the way that pleases them best. Is it true that our life is our own? It is our own only so far as it is our duty to preserve and make the best of it that lies within our power.

People who would look with horror upon one who would think of committing suicide, violate the laws of health constantly and by so doing shorten their lives and endure much suffering while they live.

There are certain sanitary laws layed down in the Bible which were strictly adhered to by the Jewish people. There is not a people recorded in history who were as free from hereditary and contagious diseases as were the Jews. On those days one was reproached if he had ill health and the preservation of the health was considered to be a religious duty which under no circumstances must be neglected or overlooked.

In mythology the ancients personified health by the goddess

Hygieia. Her abode was a place remarkable for its sylvan beauty. They did not burn bloody sacrifices upon her altar but the "Oriental fragrance" perfumed her atmosphere and her festivals were celebrated by the music of the shepherd's pipe and the songs of maidens. The gymnasium was her favorite resort where the youth of the land were taught how to secure strength of mind and body.

Good health is unknown to the people of today. A perfectly healthy person would be a curiosity. A man without an ache or pain and with his faculties and powers properly developed would be a sight which few of us have ever beheld.

And to think that this lack of health is in most cases due entirely to our own carelessness and neglect. The time was, some years ago, when the body was looked upon as being a worthless lump of clay to which very little thought or care should be given. People then tortured the body and considered it a part of their religious worship. Such is not the case now, people have become more enlightened and within the last few years much thought and study have been given to the best way of preserving the health of the people, by a careful study of the laws of hygiene and today there are discussions upon all matters which pertain to health and longevity.

The wealth of the land depends much upon the health of the people. That which concerns and touches the health of the people is care and intelligent management of the home. Hygiene like charity should begin at home. With homes which conform in every particular to the laws of hygiene the health

of the people will be insured and the work which they will be able to accomplish will be greatly increased.

There are so many things which must be looked to in order to have a house free from everything which would be detrimental to health. To have a healthful house it seems that one must begin with the foundation, yes, and before the foundation, a house must be in a locality where the surroundings are altogether healthful. The nearer man lives to nature the better health he will have. Animals which are not cared for by man are almost free from any disease. New countries which are uninhabited are more healthful localities than any other, the water has not been contaminated by passing through the ground which is full of decaying organic matter. All is clean pure and free from pollution. Not many people feel inclined, or have the opportunity to try pioneer life neither can we all live in the country and so it requires constant care and attention to make places habitable.

The land around the house should be well drained and entirely free from surface water. A low damp location is sure to be a place deadly with malaria. After the location for the house has been selected, the construction of the house should be looked after. The rooms of the house should be large and well supplied with windows. It is better to have a few good sized rooms than a multitude of small ones having but one window. If possible a fire place should be in each room for the sake of ventilation.

Light in the house is one of the absolute essentials to health. A bright cheery well lighted room is almost an inspiration in itself. Light is admitted into the sick room now; patients are not shut up in a dungeon of darkness as was the custom some years ago. The house should not be shaded by trees. Oftentimes it is necessary to sacrifice beautiful trees in order that the whole house may be heated by the genial rays of the sun.

The question of heating our houses is one of great importance and at present the opinions as to which is the best method seems to lie between hot water and steam heating. Perhaps the perfect mode of heating has not yet been found. This discovery has been left for some inquiring mind in the future to devise.

The importance with which careful ventilation has been looked upon can be traced back to the ancient Egyptians. Perhaps there is no other one thing which is so much neglected today, as that of furnishing our houses with pure air. Many people are so dainty that they would not take a drink from the same cup which another had used and yet they will sit in a room and breathe the same air over and over again and think nothing about it.

When we remember that three fourths of the body is composed of water we realize how much water we are in need of and how necessary it is that we should be supplied with good pure water; that which is free from all injurious substances. Most of us judge water by the taste but this must not be taken as a guide. Only a chemist can decide upon the purity of water and if any thing is found which may prove of injury its use should be discontinued. Bright sparkling