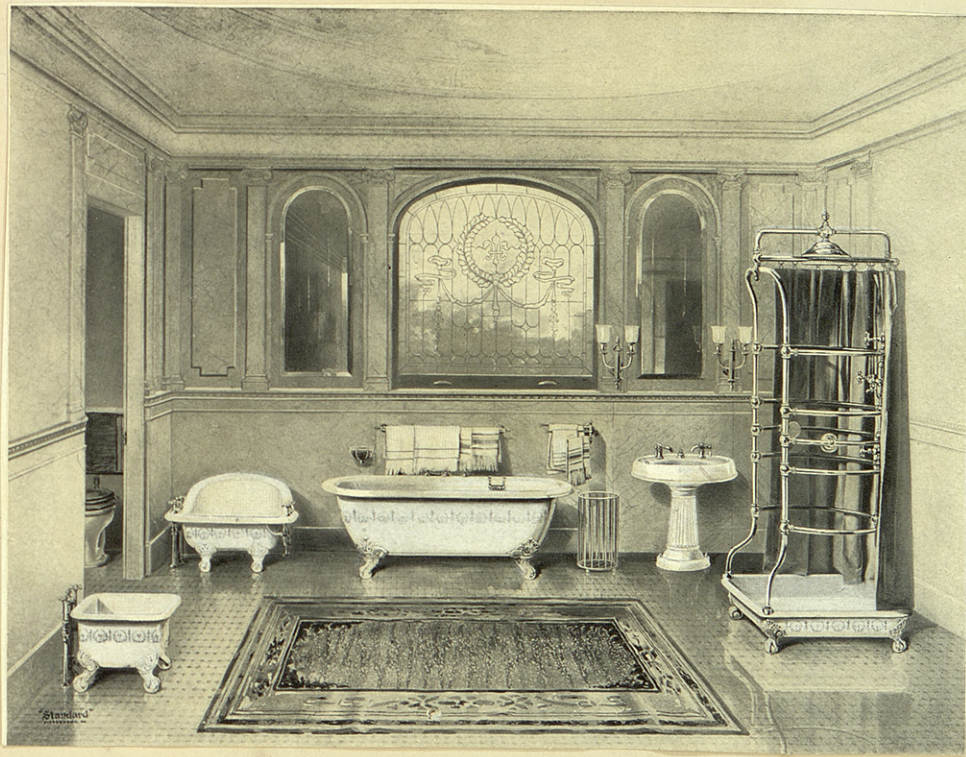

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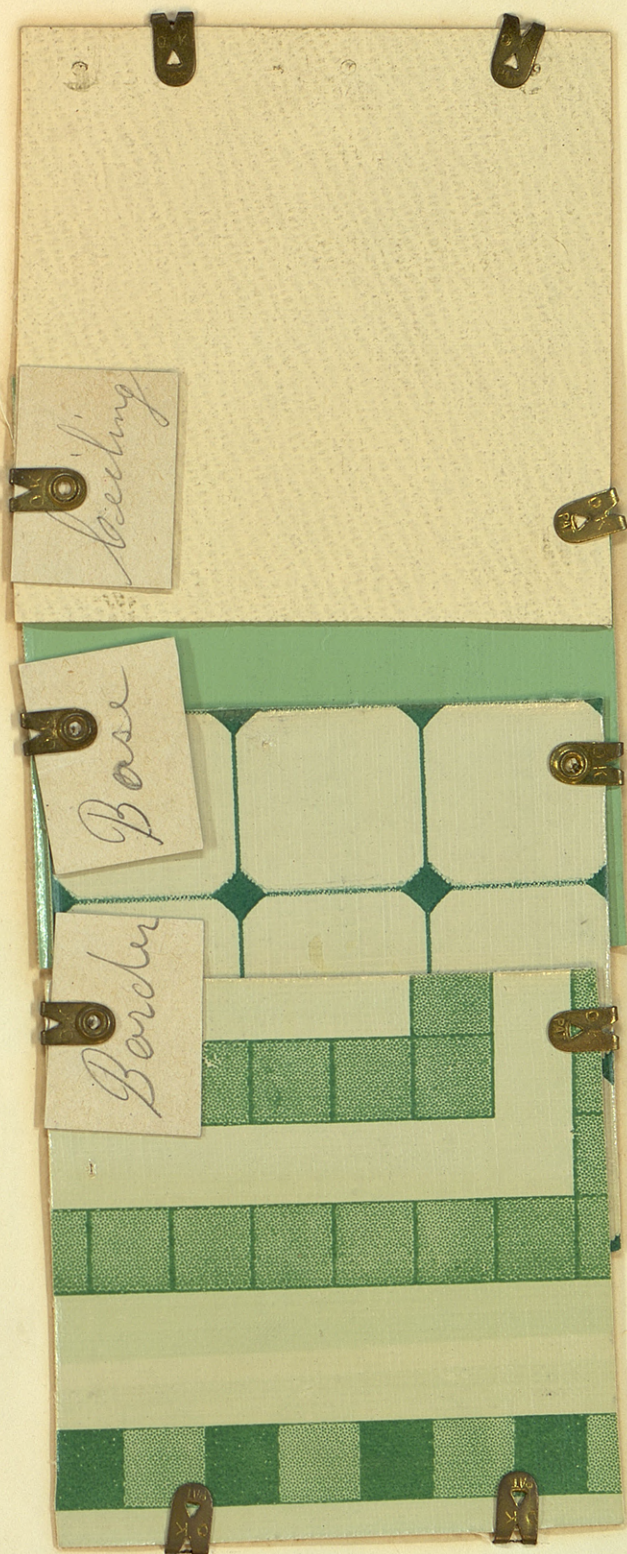
An Ideal Bathroom--Its Equipment And Care

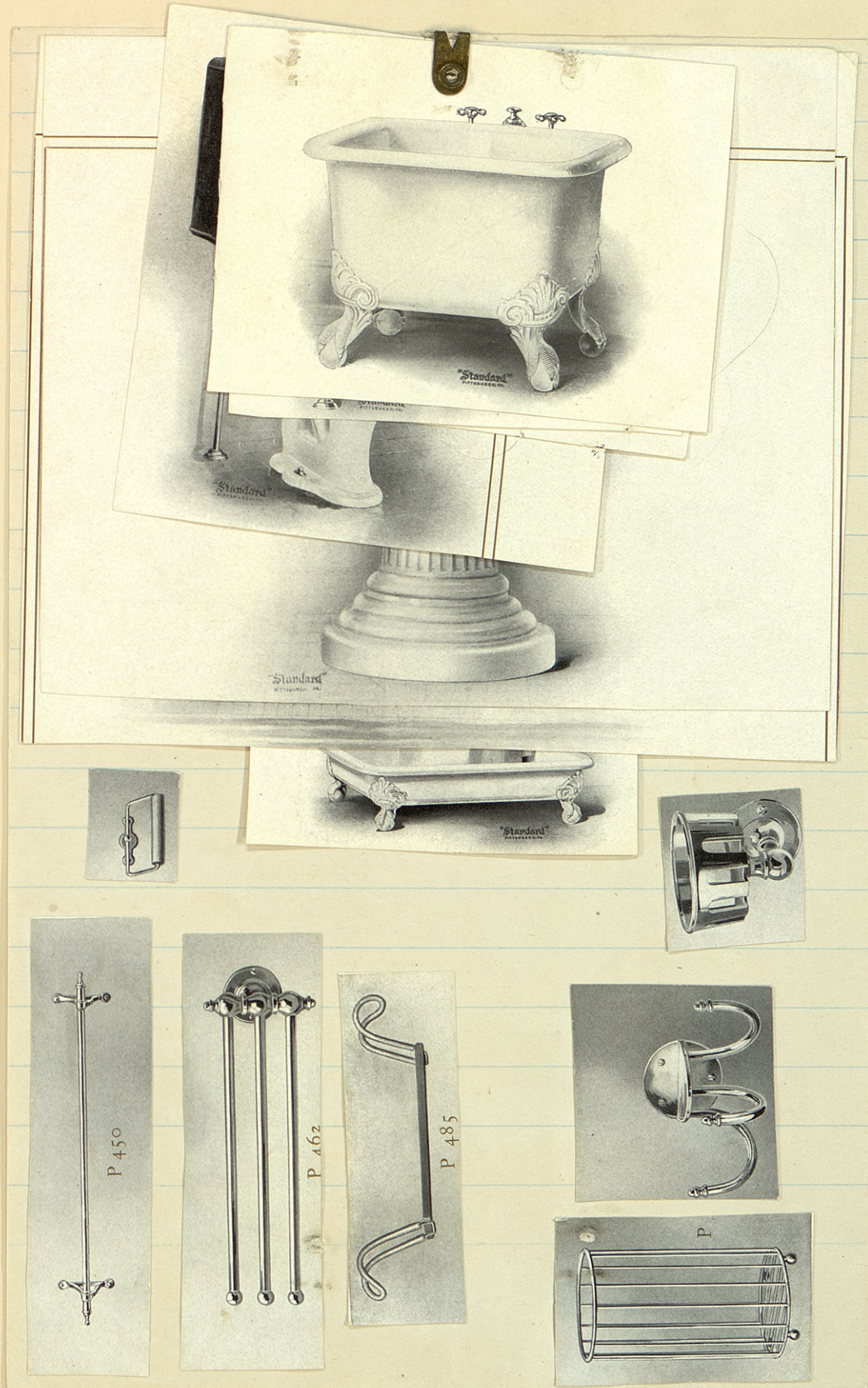
by

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1908







An Ideal Bathroom--Its Equipment And Care

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The Bathroom--

I. Introduction--

- a. Object or use.

II. Equipment--

- a. Size and shape of room.
- b. Treatment of walls, ceilings, floors, etc.
- c. Furnishings--illustrated.
 - a. Cost.

III. Care--

- a. Care of floors, walls, ceiling.
- b. Care of fixtures.
- c. Plumbing.

IV. General Summary.

An Ideal Bathroom--Its Equipment And Care

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Pride in ones home lies at the very root of the domestic instinct, as with the human heart, cleanliness accompanies pure morals.

The influence of home on the family is determined to be good or bad as a result of the environment of details.

Articles of home environment are insidious, because amid them we throw off the restraint of social mingling and open ourselves intimately to suggestion. At home we are more likely to be ourselves than when abroad.

The cult of the bath is an institution recognized by many as closely allied with religion itself as an active mind in a clean body would be more receptive to higher morals and God's teachings.

A bath tub is something more than a vessel for convenient bathing. It is a symbol of pure white cleanliness; or, in other words, a symbol of health, for its very appearance of purity and immunity from contamination is a powerful suggestion of health to the human organism. It is a symbol of culture, for care of the person is culture in its highest form.

In our best hotels, as in the best homes, every bedroom and suite must have its private bath. The six or seven-room house must have at least one room devoted to soap and water.

The homes, a few years ago where only one bath was deemed necessary, now have two or more. The bathroom is now not a room of secondary importance, but one of first consideration.

In one of our small eastern cities a woman appropriated \$1,000 for a bathroom in a frame and stucco house costing less than \$15,000. Of course, we understand that the mere extravagant expenditure of money does not necessarily make a beautiful bathroom, for in these days the first consideration is sanitation, not beauty or expense.

First in importance is the selection of a room, so situated as to allow abundance of air and sunlight to enter, and large enough (at least 10'-12') to allow for placing of fixtures without crowding. As abundance of space and light are not only desirable, but absolutely necessary, in a bathroom, particular attention should be given to this room when plans for the house are being prepared.

Wall paper in a bathroom is not permissible, as the moisture soon loosens it from the plaster. There should be as little wood-work as possible, for if exposed to the water would soon be damaged. The varnish protects the doors and window casings from water.

The most popular and satisfactory material for the covering of the walls is glazed tile set in cement or over cement plastering or steel metal. Tiles of a white or cream color are used, probably because it gives to the room such an air of spotless cleanliness. If color is used, it should not be too deep in tone, otherwise the white porcelain or enameled fixtures will appear in too striking a contrast.

The walls and ceilings would be very effective in some light tint, such as pale green, buff, terra cotta, etc. The ceiling should be two or three shades lighter than the side walls, but in the same general tone of color scheme.

Another sanitary and beautiful material for walls is known as Carrara glass. This is a pure white vitreous product resembling the

finest statuary marble, and may be had in single pieces large enough for the entire wall of an ordinary sized bathroom. The average thickness of the slab is three-fourths inch. The material is expensive, costing two or three times the price of the best glazed tile.

Next to tiling is an oil-cloth wall covering known as Sanitas. It is the best, water-proof wall hanging; is made on a cloth foundation and finished in oil colors. It is pliable, durable and easily cleaned. It is not necessary to use a strong soap, as a damp cloth cleans it.

In the selection of hangings, the glazes are more suitable for bathroom walls than unglazed tints and patterns. Many dainty and serviceable patterns can be obtained as is shown on the accompanying plates.

In an ideal modern bathroom the floors should be of unglazed ceramic or interlocking rubber tile. If, however, it is desired to economize, have a hard wood floor of oak, maple or birch, filled, stained, oiled or waxed to suit the individual taste.

Rubber rugs are useful and also ornamental.

The ordinary fixtures of the bathroom are: bath stool and lavatory. Beside these, in an ideal bathroom, there are foot baths, sitzbath, shower bath, and receptor. The tub should be a large one, i.e. 32 inches-rim to rim; 20 inches--depth; $5\frac{1}{2}$ feet--length; and raised from the floor to make it easier of access for repairs and convenient to keep clean. It should be of the best material, as the cheaper glazed ware only crack and peel off. If means are limited, better get fewer fixtures and get the best, than a number of cheap ones.

The low cistern combinations are better than the high ones, due to the formers compact construction and different principles of operation. They also have this advantage: they can be installed under windows or stairways and similar places where there is not sufficient height for the high tank combinations. They have the additional advantage of being nearly noiseless. They cannot be used on the ground floor as the water force is not sufficient.

The pedestal lavatory made of the best material and of plain design is desirable because of its compactness, accessibility and durability.

Life itself takes on added pleasures from the tonic effect of the daily shower. It invigorates, renews vitality, and strengthens the heart action by increasing the surface circulation, all of which stimulate the appetite and improve the general health.

Beauty depends more upon health than anything else, and one of the best methods of gaining and retaining perfect health is to bathe, and bathe often--once a day always, but twice is much better.

We can have a shower bath, needle bath, and shampoo all in one fixture. (Refer to plates.) Beside these fixtures, there are the so-called bathroom "trimmings". There should be a towel bar over the tub, towel arms at the left of the lavatory for face towels, towel basket for soiled towels, tumbler holder, sponge holder, robe hooks, soap trays, toilet paper holder, tooth brush holders, and medicine case. The cost of such an equipped bathroom would be as follows:

Bath,	\$65.00
Shower bath and receptor, . . .	52.00
Sitzbath,	36.50

Foot bath,	\$25.00
Lavatory,	44.00
Closet,	36.00
Towel bar,	2.00
Towel arms,	4.00
Towel hooks,	1.25
Paper holders,	.75
Medicine cabinet,	15.00
Towels, soap, sponge, etc., . . .	3.00

With Sanitas wall treatment and filled floors would make it a total of \$298.50.

Defective plumbing permits the entrance into the house of sewer gas, bearing germs of contagious diseases, to which the human system readily succumbs. This gas is increased if there are any obstructions or uneven surfaces in the pipes where filth may collect.

Plumbing fixtures constantly in use need not be a menace to health, if properly arranged and well taken care of. The danger arises chiefly from apparatus not always used, from fixtures in spare rooms, from plumbing in houses left unoccupied for a great length of time, and from unflushed, over-flow pipes. The material for plumbing fixtures should be strong and durable, now absorbent, now corrosive, and highly smooth on the surface. There should be an abundant and never failing water supply to insure cleanliness and flushing of fixtures.

This proves the value of high-grade sanitary plumbing, as the most dangerous and deadly sewer gases are often inodorous, and are therefore not discovered until ill health renders necessary an examination of the existing sanitary conditions.

To clean the enameled ware never use gritty soaps or soap powders, or any preparations containing acids. The wall should occasionally be washed with a chloride solution, as a germ destroyer. Bon Ami and Porcela are the best cleaning substances for the enameled fixtures. The enameled ware in the bathroom must be cleaned daily and kept white, or the iron from the water will discolor them.

Give the same careful attention to the bathroom that you would bestow on the best room in the house, as no other part of the house will give the same amount of satisfaction and pleasure for the care devoted to it as the bathroom. Or, in the words of John Wesley

"Certainly this is a duty not a sin,

"Cleanliness is indeed next to Godliness."