

it must be thoroughly and carefully applied. Sometimes they seem to think that if they put a few drops into the pail of water they are using, they will have "disinfected" the whole place, and so they trust rather too much to the disinfectant, and don't think enough of the purifying power of fresh air and sunshine. It is a mistake to keep these out of the house in any way, either by keeping the windows shut or by having thick curtains and valances, which both keep out the air and collect dust. This is especially to be remembered in the bedrooms, for people often do not realise what a large part of their time is spent in their bedrooms, and how important it is for them to be breathing pure air while they are asleep. For children this is almost more necessary than for grown-up people, as they have (or ought to have) a much longer time in bed, and ought never to sleep in stuffy bedrooms. Bedroom windows really should *never* be quite shut, except perhaps in a thick fog, and it is wonderful how quickly people get used to having the window open if they begin to try it, and how then they cannot sleep comfortably if by any chance it is shut. If people have not been used to an open bedroom window, and think they could not do with it, the best way to begin is by having a "window board" made to fit under the bottom sash, as then air can always get in between the two sashes without causing any draught. It must always be remembered that two things are necessary for good ventilation—a way in for the fresh air and a way out for the bad air; and the way out should be higher up in the room than the way in, as the hot, bad air always rises to the top of the room. This is why it is well to have the window always open a little way at the top, as then the bad air can escape that way, while fresh air should be allowed to come in at the bottom of the window or through the door. A bedroom to be healthy should not have too much furniture in it, and there should never be valances at the top of the window or round the bed, while, above all, collections of boxes should not be stored under the bed. It should be remembered that the more furniture there is in a room, the less space is left for the air; and so a bedroom that has not a great deal of furniture will be fresher, and also will be more easily cleaned. Special attention should be given to the bed and bedding; an iron bedstead with a wire mattress is by far the best and most healthy, while the old-fashioned bedstead made entirely of wood is the worst. It is a bad plan to make the bed until it has been thoroughly aired, and for this airing

to be well done the clothes should all be stripped off the bed, while the window should be left wide open. When a bedroom is being cleaned, the bedding and blankets should sometimes be taken out of doors and hung on the clothes-line in the sun, as this will freshen and sweeten them wonderfully.

In all cleaning it should be remembered that we want to get rid of the dust and dirt altogether, and not merely move it about from one place to another. So damp tea-leaves should be scattered over the floor before sweeping, as then most of the dust will cling to them and will be more easily swept up. In the same way, a damp duster is much better than a dry one or a dusting brush, as with the latter the dust is only flicked about the room and will soon settle somewhere else. This should specially be remembered in case of illness, as the dust will very likely contain many disease germs, and it is then better to wipe the floor as well as the furniture with a damp cloth, which should then be put to soak in some strong disinfectant before being washed.

It may be thought that the way in which a house is furnished cannot have much to do with whether it is healthy or not. But in some ways it does make a difference, and it is a mistake to have furniture that will not stand fair wear and tear. If the windows have to be kept shut for fear that the curtains should get dirty, and the sunshine is shut out lest the carpet and chair covers should be faded, then the furniture is making the house unhealthy. It is much better to put up with a faded carpet than to have a room that feels close and stuffy for want of fresh air and sunshine; and better to run the risk of the rain coming down the front room chimney and rusting the fender than to block up the chimney and so stop some of the ventilation. Two bits of furniture are often forgotten, yet they make a great deal of difference to the cleanliness and so to the health of the house, and these are a door-mat and scraper. These should always be provided, and the children especially should be taught to use them, so as not to bring more dirt than necessary into the house.

Lastly, one most important, but very cheap, piece of furniture should never be forgotten in a house where there are children, namely, a fire-guard. For want of a few pence spent on one, and a little care in remembering to put it on the fire, not only the health of the little ones may be imperilled, but even lives may be lost. This simple precaution should therefore never be forgotten.

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