

CHAPTER VI.

SIMPLE HINTS FOR PRESERVING HEALTH.

1. **The Ventilation of your House.**—Plenty of fresh air is necessary for the proper action of the lungs and for the blood. Ventilation means the art of supplying fresh air without draughts. If you have only one room, always open the window and air the room well before going to bed, particularly if you have been smoking. During the greater part of the year the window may be a little open all night if you have the means to give yourself and wife and children plenty of clothes, but do not let the air blow upon you. If you feel the draught too much with the window open at the top, nail a piece of wood, placed slantingly, along the top of the window and reaching three or four inches above it; open the window about one or two inches, and the air will strike against the slanting piece of wood as it enters, and be directed towards the ceiling or will not be felt. If you have any fireplace which you do not use in the summer, never stop it up; the chimney is a good ventilator; also, never close the regulator if you have one in a grate.

2. **Cleanliness of your Rooms.**—The air of a room can never be pure if the room is dirty. Uncarpeted rooms should be carefully swept every day, but not washed too often, as wood or bricks both absorb and retain water for some time, and make the air damp and cold. Wash in warm, dry weather, when the windows can be fully opened. The greatest impurity is, however, often given by the bed or furniture. Take great care that these are wiped and kept clean; all the bedclothes and mattress should be fully exposed to the air for an hour every morning, and the blankets should be shaken.

3. **Cleanliness and Dryness about your House.**—Do not allow any heaps of refuse to remain near the house; the air cannot be pure if these are constantly adding effluvia