

## CLEANLINESS

The essential preventive of disease is cleanliness. Keep your houses, cellars, yards, vaults and sinks clean, whenever it can be done. Whitewash the walls of your houses, cellars, fences, outhouses, shops, factories, store-houses and every other place about your premises where dampness exists, and where mould or mildew forms. It keeps the walls dry, sweet and clean, and prevents the accumulation of moisture, which promotes putrefaction, giving rise to fungi, which are thought by many to be a specific cause of disease. Avoid all collection of coal ashes mixed with kitchen garbage, slops, stagnant water, and other semi-solid or liquid filth, anywhere about your premises. Sewers, house-drains, waste-pipes, and water-closets should be frequently flushed with water—let on the largest practical volume. Water closets and house drains should be flushed in this manner every day.

## VENTILATION.

Your premises, particularly sleeping apartments and cellars, should be thoroughly ventilated. Ventilation is no less a purifier than water. It cleanses by oxidizing and drying. Keep your houses open, and your windows hoisted during the day in good weather, that they may have the full benefit of sun-light and a free circulation of air. Avoid the possibility of exposure to sudden changes of weather at night. When the weather is cool or rainy, be sure to keep a fire in the house in order to prevent dampness.

## DISINFECTANTS.

These are equally important. They absorb impure exhalations, prevent decomposition, and destroy noxious gases; but in no instance should they be considered or employed as substitutes for a pure atmosphere, obtained by free ventilation. These are simply aids in restoring and preserving healthful purity, and not substitutes for cleanliness and pure air. They may be employed in rooms, yards, privies, vaults, sinks, water-closets, sick beds, bed-pans, stables, and in other places about your premises, or wherever practicable, when there are offensive odors emitted.