

HEALTH IN THE HOME

The Healthful Home

The essentials of a healthy home are: 1. A salubrious location as regards the surrounding country. 2. A healthful site as regards position, soil and environment. 3. A properly constructed house, with proper arrangements for heating, ventilation and admission of sunlight. 4. A copious and pure water supply.

If the location is known to be especially malarious in character, this alone should be sufficient to condemn it, as this poison is one of those which produce not only serious but often fatal disease.

If circumstances compel the selection of a home in a malarious locality, care should be taken to ascertain the probable source of the poison, and to the direction of the prevailing wind. These two points having been satisfactorily settled, let the spot selected for building be located in such a manner that it shall be between the source of malaria and the prevailing wind.

After the immediate locality has been determined, the selection of the house is still a matter of much import.

It is essential that there should be good surface drainage in the vicinity of a dwelling, not only to afford easy means of disposing of the waste water of the dwelling, but to carry away quickly the water which falls in heavy rains in excess of the ability of the soil to absorb, and the melted snow of spring, which the frozen ground can not take up. An opportunity for stagnant water should be allowed about a dwelling. It is evident, then, that the centre of a knoll or gentle rise of ground from which the surface slopes in every direction is a most desirable spot for a dwelling house.

A south hillside gives not only good drainage, but protection from north winds in winter, and a greater amount of sunlight. A dwelling house should always front the east or south so that each of the chief rooms of the house may receive a flood of sunlight at some time during the day.

A porous soil possesses great advantages over any other. The least salubrious are the clay and other soils which hold water in great quantities.

All soils, not excepting the most compact, are pervious to both air and water in some degree; a loose gravelly soil admits both in very large quantities. This air in the soil is termed "ground air." Both ground air and ground water are at best more or less impure and dangerous to health. Carbonic acid gas is present in very considerable quantities. These impurities result from the decomposition of the large amount of animal and vegetable matter which is constantly undergoing decay upon the surface of the ground during the warm months of the year, and which is washed down into the soils by the rains, where the same processes of decay continue, being favored by the constant moisture and comparatively uniform temperature existing just below the surface in most soils. Every rain washes down into the ground water some of the products of decay, and bring other decomposing and decomposable substances to deposit in the soil.

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SUNDAY AFTERNOON

A Prayer

O Heavenly Father, the author and foundation of all truth, the bottomless sea of all understanding, send us, we beseech Thee, Thy Holy Spirit into our hearts, and lighten our understandings with the beams of Thy heavenly grace. We ask this, O merciful Father, not in respect of our deserts, but for Thy dear Son, our Savior, Jesus Christ's sake. Amen

What Jesus Did

It may not always be easy to tell what Jesus would do, in the changed circumstances of our modern life, but we know pretty well what Jesus did. In what he did, "the high priest as an example that we should follow His steps." The fact that Jesus did certain things is the strongest possible argument for our doing them. The fact that Jesus submitted to baptism is the great motive for his disciple to "fulfill all righteousness." The fact that he prayed is worth all that has ever been said in behalf of the practice. The fact that he regularly and systematically attended the synagogue is the great reason why we should attend the public worship of God. If he in whom "dwelt all the fullness of the Godhead bodily" found it necessary or advisable to observe external religious rites and public ordinances, surely we have much more need of all the means of grace and aids to faith and life.

The Name that All may Say

At a church gathering not long ago a Chinese convert gave a short address, in which he spoke of the great delight he had found in the Christian life as compared with that he had formerly lived. His English was very broken, and it was only with difficulty that we could catch his meaning. But there were two words which he frequently used and which he pronounced with ease and clearness. They were the name that is above every name: Jesus Christ. He stumbled over many other words, but these he uttered without a tremor or hesitancy.

There was a fitness in this. The name that is dear to the heart of every Christian, Chinese or English, is not only the sweetest in any language, but it is a name that belongs to every race and sounds pleasantly upon the tongue of any believer. Yet this best and easiest of names, if flippantly used, falls harshly and with a discordant note. The example of the Chinese convert is for us too—faith in the Name will make one's use of it the sweetest and truest music of which one is capable.

You Will not be Sorry

For being courteous to all.
For doing good to all men.
For speaking evil of no one.
For hearing before judging.
For holding an angry tongue.
For thinking before speaking.
For being kind to the distressed.
For asking pardons for all wrongs.
For being patient towards every body.

For stopping the ears of a tale-bearer.

For disbelieving most of the ill reports.