

by only one or two grammes, the apartment is habitable.

Q. What precaution should be taken in the keeping and cleaning of the different rooms of a house, and especially of bed-rooms ?

A. Nothing is more unwholesome than dust; the atoms whereof sometimes contain dangerous germs, especially when epidemic diseases rage. Dusting right and left does not take away dust, but displaces it, and raises clouds of unwholesome substances which are inhaled, and which penetrate even to the lungs. Cleaning, then, should be done with a large sponge, or rag, slightly wetted. Thus dust is removed without spreading it in all directions.

Q. What should be done before occupying a room which has not been occupied for some time ?

A. A fire should be lighted, and the windows should be opened, weather permitting. If the weather be unfavorable, create a draught through the door.

Q. Is there not something to be remarked concerning feather-beds ?

A. From a hygienical point of view, it is a bad habit to be on a feather-bed ; it is soft and warm and absorbs the perspiration which it excites. If it must be used, it should be placed under a woollen or hair mattress.