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## *Original Contributions.*

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### THE HYGIENE OF THE HOME.\*

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IN erecting a dwelling-house, special efforts should be made by the builders to secure dryness of the site. If the ground is dry and firm, and, if possible, underlaid with gravel or coarse sand, the site will be a naturally dry and healthful one. It is generally directed that dwellings should be erected so as to face the south, but this rule is objectionable, for, if the front faces towards the south the back of the house must face towards the north. If it is possible to secure it, an ideal location would be one in which the corners of the house point north and south, for, in that case, every window must receive direct sunlight at some time during the day, whereas, with sides facing directly north and south, the windows of the former receive no direct sunlight and the rooms are dull and cheerless. In general it may be said that a house should be so situated as to receive plenty of light and air. Shadows of adjacent buildings and trees should be avoided, so as to ensure ample exposure to light, as the darkening of rooms, caused by obstructions to light, makes gloomy rooms, which are injurious to the eyesight and the health of the occupants. As far as possible, sunlight should penetrate into every room of the house at some period of the day. The general arrangement and design of the home should, therefore, be made to conform to these requirements.

Of the greatest importance is the character of the basement of

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\* Read at meeting of the British Medical Association, Toronto, August 21-25, 1906.