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THE KITCHEN.

ALTHOUGH, as Franklin said, "A fat kitchen makes a lean will." very much more attention should be given by a large proportion of people to this important apartment of the dwelling house; attention relating to both its general convenience and comfort, ventilation light, &c., and to its facilities for the preparation of suitable food. Mrs. Kellogg, of the Battle Creek, Mich., Sanitarium which is the largest institution of the kind it is said in the world, and who is we believe a graduated physician has been endeavoring to awaken a more general interest in this important apartment amongst her sex domestic.

It is a mistake to suppose that any room, however small and unpleasantly situated, is "good enough" for a kitchen. This is the room where the housekeepers pass a great portion of their time, and it should be one of the brightest and most convenient rooms in the house; for upon the results of no other apartment of woman's domain depend so greatly the health and comfort of the family as upon those involved in this "household workshop." The character of a person's work is more or less dependent upon his or her surroundings; hence it is to be greatly wondered at that a woman immured in a small, close, dimly-lighted room, whose only outlook may be the back alley yard or woodshed, supplies her household with products far below the standard of health and housewifely skill?

Undoubtedly much of the distaste for, and neglect of, "house work," so often deplored in these days, as Mrs. Kellogg says, arises from unpleasant surroundings.

If the kitchen be light, airy, and tidy, and the utensils bright and clean, the work of compounding those articles of food which grace the table and satisfy the appetite, will be a pleasing task, and one entirely worthy of the most intelligent and cultivated women.

Elements of beauty should not be lacking in the kitchen. Pictures and fancy articles are perhaps not appropriate; but a few pots of easily-cultivated flowers on the window ledge or arranged upon brackets about the window in winter, and a window box arranged as a *jardiniere* , with vines and blooming plants in summer, will greatly brighten the task of those especially whose daily labor confines them to the precincts of the kitchen.

Cleanliness, abundance of room and sunlight, are the first essentials. The furniture and walls should be as far as possible of a non-absorbing character, and hence coatings of varnish are useful. Small tables of suitable height on easy-rolling casters, and with zinc tops, are most convenient and easily kept clean. To lessen the discomforts from heat, a ventilator may be placed above the range, that shall carry out of the room all superfluous heat, and aid in removing the steam and odors from cooking food. The simplest form of such a ventilator is an inverted hopper of sheet iron fitted above the range, the upper and smaller end opening into a large flue adjacent to the smoke flue for the range. Care must be taken, however, to provide an ample ventilating shaft for this purpose, since a strong draft is required to secure the desired results.