

THE BED-ROOM

But how beautiful an appearance it has too; when shoes, for instance, of whatever kind they are, are arranged in order; how beautiful it is to see garments, of whatever kind, deposited in their several places.

—Xenophon.

In the bed-room, if anywhere in the house, simplicity should reign. Have only what is necessary—nothing more. A bed, dresser, two or three chairs (one of them an easy chair), a small table, perhaps a washstand, constitute almost all that is necessary.

The general atmosphere should be one of airiness and cleanliness.

The bed of brass or iron is to be preferred to the wooden bed as being more easily kept clean and affording fewer lodging places for dust. It pays to buy good mattresses: they can be cleaned and overhauled occasionally and so made to last a long time. They should be protected from dust by a cover made of unbleached cotton. A good spring of woven wire is necessary for comfort. Blankets or comforters for covering are warm and light. Heavy-weight coverings, like heavily padded quilts of heavy and stiff material are very undesirable. They are not warm, prevent the entrance of air and interfere with circulation. For counterpane, a white one that can be easily washed is most sensible.

A lounge or couch-bed is usually a very acceptable piece of furniture in the bed-room. For rest during the day, it is more convenient than the bed and it can be utilized for the nurse in case of sickness.

Closets—and every bed-room should have one—may be provided with shelves for boxes, shoes, etc. and a bar on which to hang clothing to prevent its being crushed is a great convenience.