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HOUSE-BUILDING—THE HOME.

The season of house-building is just at hand, and the construction of a house and home in which a family are to spend the most part of their time, is a process of such importance as to require really very serious consideration, and more especially in so far as the construction concerns the health of the family or the prevention of sickness. The following are important points, which should receive first consideration.

First—The particular locality or site for the house; 2nd. The preparation and construction of the foundation and cellar; 3rd. The material of which the house is to be built; 4th. The lighting; 5th. The provisions for warming and ventilating; and 6th, and perhaps most important of all, and which, in rural districts, especially, is apt to be most neglected, provision for the removal to a safe distance of all waste and excremental matters.

THE LOCALITY OR SITE.

The locality of the house should be as far as possible from any swampy or very wet soil, and the site should be so elevated as to permit of thorough drainage. In the words of Dr. Sheehan, Rochester, N.Y.:—"A house over a damp site is never healthy. The ground moisture is continuously striking up the walls, and through cellar bottoms improperly constructed, and the inmates suffer from frequent attacks of catarrh, neuralgia and rheumatism. Consumption is now

regarded, in a large measure, as due to the same unsanitary condition. Investigations by Dr Bowditch proved this in Massachusetts, and Dr. Buchanan sums up the English experience as follows: 'That wetness of the soil is the cause of phthisis to the population living upon it, and this proposition may be affirmed generally, and not only of particular districts. If a house is to be healthy, the ground water and moisture must be excluded from the inmates. Sub-soil drainage will effect the former, and damp courses laid in the foundation walls, or dry areas around them, the latter. The necessity and utility of both are abundantly proven. Two royal stables near Munich, with the same arrangements as to stalls, feeding, attendance, etc., suffered very unequally from fever. In the one, the level of the ground water was five to six feet below the surface; in the other only 2½ feet. The latter was the unhealthy stable, and when it was drained so that the ground water was as low as the other, it became equally as healthy."

Thorough under-drainage of the soil under and for a long distance around the house is absolutely indispensable to the perfect health of the inhabitants thereof. This, for reasons well given below, in the words of Dr. Eza M. Hunt, Secretary of the State Board of Health, New Jersey, U.S., in a paper on Health and Home, in the last report of the State Board of Health: "There is no such purifier of ground as