



This Department is edited by Miss Laura Rose. All communications referring to "The Home" should be addressed to her at Box 25, Guelph, Ontario.

"Water, air and sunshine, the three greatest hygienic means, are free, and within the reach of all."

"Cleanness of body was ever esteemed to proceed from a due reverence to God, to society and to ourselves."—Bacon.

EDITORIAL

In travelling through the rural districts it is a most pleasing thing to notice the progressive spirit and rapid artistic development of our country people. The inconvenient, old-fashioned house no longer satisfies and one sees the old home remodelled, or a new, up-to-date one replacing it.

kitchen and there in the sink was a constant supply of hot and cold water. There was a washroom for the men and a laundry off from the kitchen. How proud those three lovely daughters were of their country home, and they had every reason to be, yet there was no unnecessary outlay of money or extravagant furnishings. Their parents had built well

ly needful that they should have some room in which they can bathe. A bath is healthful and refreshing, keeps our clothing and bed linen cleaner and makes our presence more agreeable to those we come in contact with.

In planning a bath, sanitary plumbing is of great importance. Far better to do away with some of the things that only go for show than to deprive the bath of the best class of work. Cases of illness are certain to follow careless plumbing and doctor's bills soon show the false economy of inferior work.

The disposal of waste is a matter which should receive attention in the home and one that is very much neglected both in town and country. Very often the pipe from the wash sink is carried only a few feet from the house and the dislwater, etc., that runs from it makes a most offensive spot to the sight and nostrils,



THESE VIEWS SHOW WHAT IMPROVEMENT CAN BE MADE BY TREES AND FLOWERS IN A BACKYARD

The interior of a home reflects to a large extent the character of the people who occupy it. When one sees an effort to unite utility with beauty (and, fortunately, artistic surroundings do not depend on large expenditures of money), it reveals good judgment coupled with refinement.

In the county of Elgin I was in a farm home which had been recently built. One of the daughters said to me: "Our house looks very plain from the outside for we have not built the verandas yet. We thought we'd rather do without them for a time and have the modern conveniences inside, and we couldn't afford both just now." She showed me their large airy bathroom with its open plumbing. She took me to the

and wisely were enjoying the savings of their hard labor. How much better than keeping the money in a bank and depriving themselves of the necessities requisite to every-day comfort.

Last week I was in a very old farm home. The every-day dining-room was long and narrow. A partition had been put across the end of it. The door was ajar and there stood a large bath, evidently of home manufacture, made of wood and painted white, inside and out. The walls of the room were whitewashed. It was a nice little corner in which to retire at the end of a hard, hot day's work and free the body of its sweat and soil. It seems to me that the work of farmers make it especial-

besides attracting many flies, which find their way from there into the house and perhaps the next minute light on our food. The thought is not a pleasant one. The cleaner the home surroundings, inside and out, the fewer the flies.

Flies are now recognized as great carriers of disease germs and every effort should be made to keep them out of the house and especially away from our food.

The backyard, with a little attention, can be made almost as attractive as the front lawn. We have to look out on the former quite as much as we do on the latter. I like to catch a glimpse from the kitchen window, or back door, of a hedge of sweet peas or a bright nasturtium bed, or, perhaps, a little farther away, the stately nodding sunflower. These sights refresh and cheer us as we work.