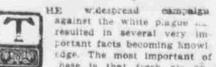


Sun Rooms and Sleeping Porches



nese is that fresh air an. absolutely essential to good that no one is immune from reasonation who does not give proper heeu to the fundamental laws of health A prominent physician once said that heredity was responsible for the very smallest number of discases, that most of the diseases either had their origin our head or our homes. The architect ha, therefore, become comething of a decor-to the extent that the extre pro-fermen is striving constantly to provide mess sanitary conditions in the home. lers work for the housewife throug. . d conveniences, and in every way to make them better and happier abodes The fact that outdoor sleeping in an, climate will in most cased cure a case o. consumption that has not advanced too far, together, of gourse, with the observance of other inwa of wealth, has led

widespread

cam, algu

many people to try as an experiment a arrangement by enclosing the few nights of sleep out of doors. This de- bed, except a small damper placed at the lightful seguration having once been ex- foot for circulation, and had a little perienced, invariably becomes a habit, radiator under it, which was kept paris impossible to fully appreciate how tially turned on, and in this way he was delightful and invigorating one soon feels in a perfectly comfortable bed with a after practicing the habit, even though temperature even far below zero, his the health was considered perfect to start home being in a northern climate. with. The most practical side of the house

It can be observed on any one sleeping for a sleeping porch is the south side. that deeper, breaths are taken when one In this location it receives the southern is asleep than when awake, this being breezes in the summer time and does not nature's this for roat and recuperation, receive the north winds in the winter it responds to the opportunity quickly time.

and strives by deep breaths to cleanse The sun room which is fast growing and rebuild the body as much as possi- into popularity is simply a porch added When there is no fresh air supply onto the house, but provided with glass ble. during sleeping hours, nature's efforts in sash on all sides. When these are open, this direction avails nothing. the sun room serves all the practical pur-

The most practical sleeping porch is poses of an outdoor porch. When the bull; within the main walls of the house, temperature makes it more comfortable at one corner, providing glass windows to have them closed, one still has the year around, wet days, dry days, warm the full length of the wall on each side use of this porch as a pleasant room, days and coid days. When not located will give one all the fresh air needed and It is usually furnished with furniture of on the front of the house, it is often make it possible to rotadjust the windows a porch character, and being a splendid used at night as a sleeping porch, by that the air can come in from either place for growing plants, takes the place providing it with one or more sanitary below or above and when a sudden storn, of a home conservatory, and is often cots which, when folded up during the comes up, the room can be quickly on very beautifully decorated with growing day, become lounges or seats. closed.

turned off when the windows are opens In this way the bed is kept war: the sleeper. One man provided

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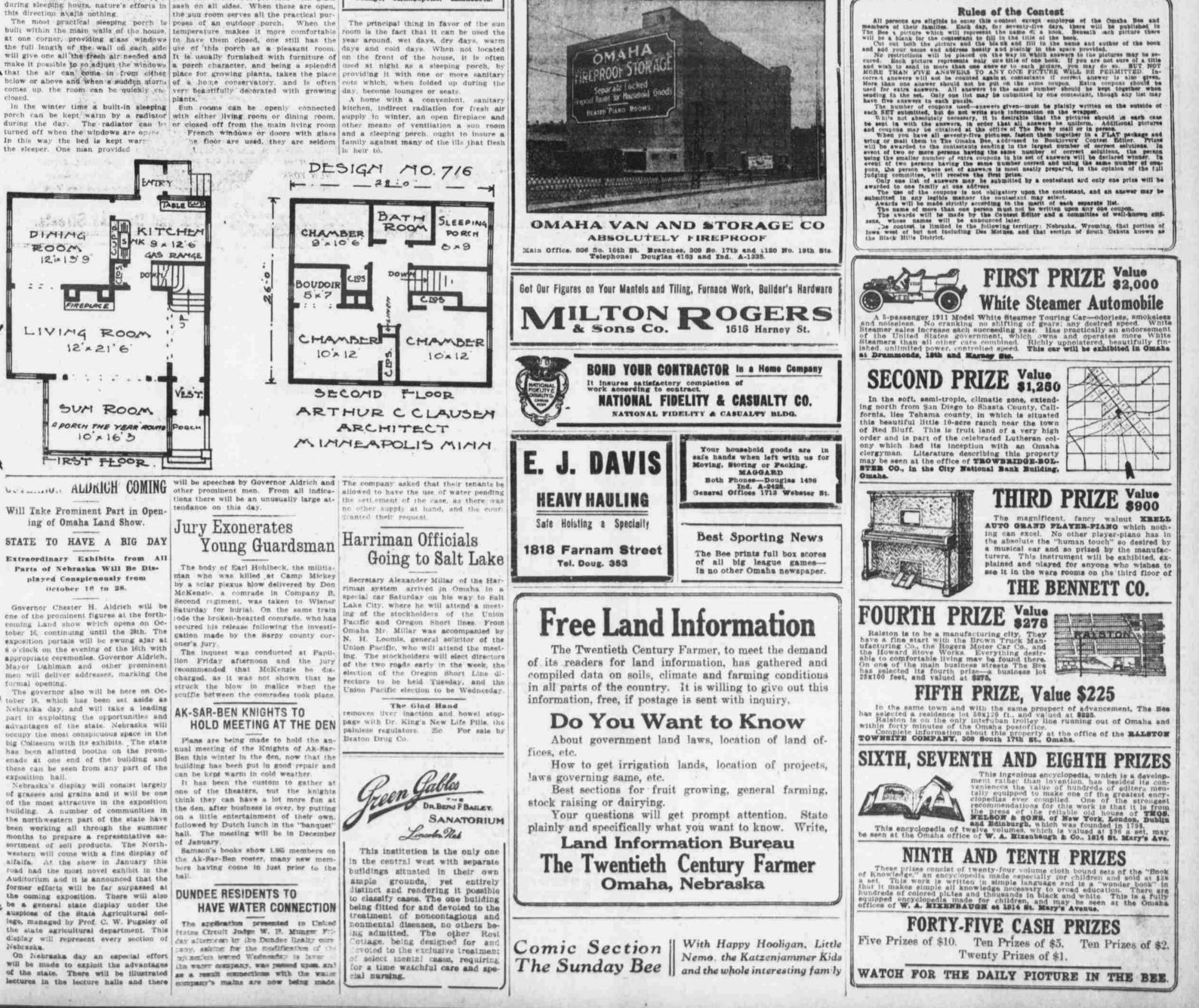
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The principal thing in favor of the sur room is the fact that it can be used the

plants. A home with a convenient, sanitary In the winter time a built-in sleeping Sun rooms can be openly connected kitchen, indirect radiation for fresh air porch can be kept warm by a radiator with either living room or dining room, supply in winter, an open fireplace and during the day. The radiator can be or closed off from the main living room other means of ventilation a sun room French windows or doors with glass and a sleeping porch, ought to insure a he floor are used, they are seldom family against many of the ills that flesh In heir to,





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