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**CONSERVATION OF RURAL
 HEALTH**

(Continued from Page 7.)

members of the family. It is that
 all wet clothing should be replaced
 with dry garments as soon as pos-
 sible after the person comes indoors
 or is permitted to rest. It is gener-
 ally agreed that wet clothing rarely
 hurts any one so long as he is
 actually moving about.

Exposure results mainly from
 quick changes in weather. If the
 government weather reports had a
 more general distribution in the
 homes and schools these changes
 would be known in time for use, and
 would be of value in so far as they
 are correct. Such information might
 be used more generally to enable the
 children to suitably prepare for
 school and for the use of persons
 preparing for trips away from home.

It is believed that most cases of
 harmful exposure are due to freaks
 of weather and to thoughtlessness,
 rather than to deliberate imposition.
 An example easy to classify was
 brought to our notice last winter. It
 was in the northern part of the
 state, where a father and his son
 were in attendance at a farmers' in-
 stitute and corn show. They bought
 a valuable pigeon to the show. It
 was the proud possession of the
 father. Of course, this pigeon, with
 its beautiful and symmetrically de-
 veloped leg feathers, won the prize
 here as it had at other places. The
 day was stormy; the pigeon was kept
 indoors and not allowed to grow
 cold. The boy, whose shoe soles were
 worn through, exposing his feet to
 the cold and ground, was caused to
 drive seven or eight miles through
 the blizzard to his home. Happily
 he did not freeze.

The rugged person can and should
 stand more or less hardship and ex-
 posure if necessary. There is a ten-
 dency, however, to overdo the mat-
 ter perhaps in both directions—one
 in overanxiety and the other by ne-
 glect.

SANITARY HOMES

Country homes vary greatly in
 their healthfulness between those
 that are sanitary and those that are
 extremely unhealthful. The older
 houses were, with few exceptions,
 built according to custom and for
 size, without much concern for the
 health of the occupants. The newer
 houses evidence a marked change for
 the betterment of rural life. The
 latest advance in this line is an at-
 tempt to plan for each agricultural
 district in the state such types of
 houses as will most nearly suit the
 various needs. The houses are to be
 sanitary or as nearly so as seems
 practicable. Due regard is given
 to size and cost, to the number, size,
 and arrangement of rooms, and to
 ventilation, heating, illumination,
 water supply for drinking and bath-
 ing, sewage and garbage disposal.
 The house is properly located in re-
 lation to drainage, groves, outbuild-
 ings and lots, the object being to pro-
 vide sunshine, protection against
 winds and dampness, and to avoid
 the odors from stable and family
 sewage. Furthermore, the barns,
 sheds, and lots are grouped in a way
 that saves time and labor in feeding
 and in doing other work. It is plain,
 therefore, that health and labor con-
 ditions are coming to receive more
 thought in planning new homes than
 to do mere art and so-called beauty.

The first thing to do in making
 a new home is to plan it in all its
 parts. The second is to keep it clean.
 A clean home, well planned, is an in-
 viting place. A dirty home with its
 darkness, dust, odors, and grease-
 covered cupboards, is not home at
 all. It needs fumigation, air, sun-
 shine, hot water (boiling), soap, and
 scrubbing. Every house, whether
 poorly or well planned as to archi-
 tecture, should be kept clean by daily
 attention and systematic cleaning.

The clean home is necessary for
 public health, and rural communities
 should demand it of the few delin-
 quents, even by law and inspection
 if necessary. Some houses, so called,
 are dark, damp, and gloomy. They
 cause sickness, crime and death. A
 real rural house is clean, light, and
 cheery. It causes health and pur-
 poseful life.

Garbage is principally waste food,
 usually in the form of scraps. In-
 cluded therewith may be trash and
 ashes, which should be disposed of in
 separate places. In no case should
 the garbage be thrown indiscrimi-
 nately from the kitchen door onto
 the back yard, there to decay. The
 better way is to place it in covered
 cans, the accumulation to be carried
 to the pigs at regular times. The
 garbage disposal may include some
 kitchen waters and most of the
 slops. The pig pen should not be
 too close to the house for reasons
 known to all.

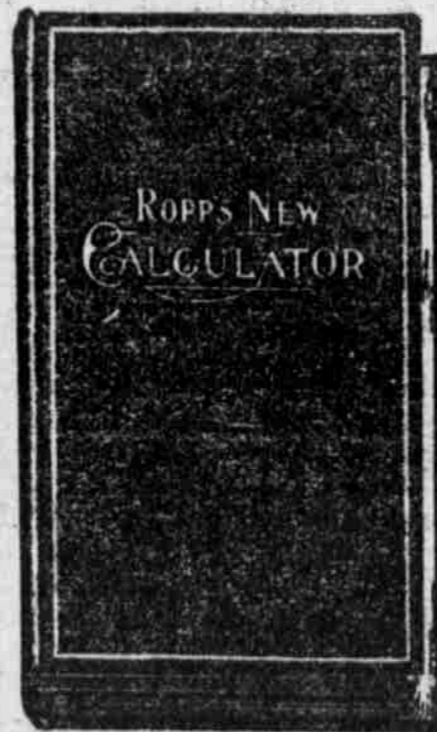
Sewage includes wash water, ani-
 mal manure, sputum, and the bowel
 and urinary discharges of people.
 Animal manure is a nuisance be-
 cause of its odors, and in making
 breeding places for flies. Appar-
 ently there is no good reason for
 storing the manure in piles at stables
 and barns. Sputum is not usually
 given much thought in the average
 house unless it is from an infected
 person; it is then burned or should
 be. The habit of chewing and spit-
 ting on the part of men and boys
 does not add to the cleanness of the
 home. Bowel and urine eliminations
 are made at chance places about the
 farmstead, at the barn, in privies,
 enclosed closets, or in vessels in the
 house. Such elimination should be
 at as nearly regular periods from
 every person as possible. Lack of
 regard for this simple rule of
 hygiene, which is better than cathar-
 tics, leads to bad disorders. Human
 excreta should not be allowed to

stand uncovered in the house. The
 safest way to dispose of the fecal
 matter from an infected person is to
 either disinfect it with chemicals or
 burn it. Otherwise its germs may be
 scattered by flies.

About ninety per cent of our rural
 homes have privies or cesspools, and
 these are nearly all unsanitary. A
 very good way is to so place cans
 in the privy that they may be re-
 moved and the matter taken there-
 from and either disinfected and
 spread upon the ground, or, if not
 disinfected, buried in a safe place.
 Flies must be kept out of the privy
 for reasons yet to be given.

The excreta of most country pri-
 vies is freely exposed to flies. The
 flies move between privies, the din-
 ing-room, kitchen, and the bed-room
 without much hindrance, at places.
 Such a situation is very dangerous
 because of the fact that flies deal
 principally in decaying matter, their
 feet being adapted for the carrying
 of such filth, including germs. In
 this way eliminations from the
 human body are carried to foods and
 consequently are eaten therewith.
 The fly is exceedingly dangerous in
 infected districts, where the excreta
 from tubercular patients, in the form
 of sputum, and of bowel discharge
 from typhoid patients, are not
 burned, treated by chemical disin-
 fectants, or covered. From such
 places germs by the millions may be
 carried to the pantry or kitchen un-
 less the food is shielded by cover or
 screen. The principal thing that
 assists in checking the spread of
 disease by flies in Nebraska is a lack
 of infection. It is evident that flies
 should be shut out of rural homes.
 Their presence in large numbers in-
 dicates filth. The necessary safe-
 guards in the disposal of kitchen
 waters, slops, garbage, barn-yard
 manure, privy accumulations, and
 other decaying matter on the farm-
 stead will check their breeding and

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