

Home Course In Health Culture

First of a Series of Eighteen Articles
By EUGENE L. FISK, M. D.

I.—Fresh Air in the Home. Its Low Cost and High Value



Dr. EUGENE L. FISK, Author of "Home Course in Health Culture"

THE old Greek philosophers regarded air as a simple and unchangeable element like gold, silver, etc., and the problem of how air sustains life was certainly "Greek" to them.

This ignorance of the composition of air persisted until the latter part of the eighteenth century, when Priestley discovered that air is a mixture of gases, one of which, oxygen, is necessary to life. By experiment on animals he demonstrated that in passing through the lungs air parts with some of its oxygen to the blood and takes from the blood a poisonous gas—carbon dioxide. Priestley, of course, was not aware that air may also bring from the lungs and throat other organic impurities and the microbes of disease. As ignorance of these facts existed for thousands of years it is not strange that our ancestors builded their homes and ordered their lives entirely without regard to the value of fresh air.

Even where a liberal air space is allotted to each individual it is necessary that the air of a room be completely changed at least once every hour. In schools and factories where there is limited air space per capita arrangements are often made for changing the air from five to seven times per hour.

One gas burner consumes as much oxygen as four and one-half men. I have considered thus far the air poisons and deleterious matters derived from the human body. Other sources of contamination also exist and are a menace to health. I have mentioned vapor of water as an ingredient of pure air. This vapor is quite necessary to health, and its absence occasions a peculiar dryness of the skin and a stuffiness in the head which is often the first stage of a common cold. The cold is directly caused by microbes, but the system is laid open by their attacks by the conditions above described.

The absence of vapor of water is usually the result of faulty heating methods. A hot air furnace or stove will supply unduly dry air unless some device is used for supplying moisture. Such devices are ordinarily attached to furnaces in the form of a small reservoir opening into the air supply. Neglect to keep this reservoir filled with water is a serious mistake and may be responsible for much discomfort and illness. Where no such device is a part of the heating apparatus a vessel of water should be placed upon the stove or at some point where the hot air will pass over it and take up the moisture; otherwise it will take the moisture from the body.

The temperature in the house should not be allowed to rise above 68 degrees. Neglect of this precaution is frequently responsible for undue susceptibility to colds.

Some Ventilation Points. In considering the practical problem of ventilation the following items are of most importance:

The most efficient means of ventilating, especially in the winter time, is the heating system. The hot air furnace, which insures a constant supply of fresh outside air, is the best system if the air is supplied direct to each room and the precautions taken to keep the air moist which I have already outlined. While this system does not provide for releasing bad air, this usually escapes through the cracks of doors and windows. It is desirable, however, to have open fireplaces wherever possible to insure the rapid escape of vitiated air. Where stoves are employed the air is not changed very rapidly, and the dangers of contamination from coal gas necessitate some special means of ventilation. An excellent measure is to raise the lower sash of a window about four inches and close the opening with an accurately fitting board. This will allow the air to come in between the two sashes without causing a draft. Two holes may be cut in this board and small boxes opening toward the ceiling placed over them.

As frequently as possible living rooms should be thoroughly ventilated by opening all windows and doors and rapidly and completely changing the air.

Where the hot water or steam system is used for heating the above precautions are also advisable, as such systems do not provide any means of ventilation.

Ventilating at Night. The problem of ventilating at night is much simpler. In all these matters common sense and caution must be used. In the winter time precautions should be taken against drafts, but a thorough ventilation of the sleeping rooms should be rigidly maintained regardless of the condition of the weather. It is usually possible to have free ventilation without draft by properly placing the bed. The ideal method, however, is to have a sleeping porch or balcony, where one may sleep practically in the open. Such a porch can easily be adjusted for protection from inclement weather.

Another method is the window seat. This is very much like an ordinary window awning, but is placed on the inside of the window, or, completely shutting him off from the air of the room. This method has the advantage of insuring the constant breathing of outside air without drafts and at the same time keeping the temperature of the room fairly warm.

Not more than one person should sleep in a small bedroom. If possible children should sleep alone and each child have a room to itself.

AT ALTAR AS GIRL ELOPES. Atlanta Business Man Jilted at Hour for Wedding.

Dublin, Ga., Dec. 31.—While Collier Walker, a leading business man of Atlanta, was standing in church here today with his attendants awaiting the arrival of Miss Olive Leonard, to whom he was to be married, the

young woman was eloping with Thomas Beall, a former suitor. After the wedding party had waited before the altar half an hour, a telegram was handed to Walker. It was from Miss Leonard and announced that she had just been married at Wrightsville, Ga., to Beall.

Mexican Battle Not Confirmed. El Paso, Dec. 31.—No confirmation of any kind had been received today of the report of last night from Chihuahua, Mex., that the federal troops lost 600 men in recent engagements with the insurgents near Colorado. News from Chihuahua are coming through promptly.

Bliss Quite Ill. New York, Dec. 31.—Cornelius N. Bliss, former secretary of the interior and long treasurer of the republican national committee, who at the age of nearly 78 years has been confined to his home here by illness for more than a week, was said today by his attendants to be resting comfortably. His illness is not regarded as alarming.

Can't Use the Chopper. Oakdale Sentinel: An enterprising manufacturer offers to give us a meat chopper for about \$25 worth of advertising space. Thank you; we have three meat choppers at our house and the problem is to get the meat to chop.

A FLAT AT \$24,000 A YEAR.

Senator Root's Apartment Not Cramped. Senator Root, who it was recently announced, has sold his old home and leased a flat, is not going to be cramped in his new quarters.

Of course, it's not quite like the average Harlem flat. It's a little bit larger—it had twenty-two rooms—and it's a bit more expensive, for he's going to pay \$24,000 a year for it. But that's only \$2,000 a month, \$500 a week, \$71 a day, \$3 an hour, and 5 cents a second. Suppose you had to hold out your hand and drop a nickel every second?

Senator Root's flat is not ready yet. It's being built. But there are a half dozen other flats just about like it in town. So let us have a look into one of them and see what you get when you decide to pay \$2,000 a month for yours.

To begin, you have to pay part of your \$24,000 a year for "Buttons" in the lobby. In Senator Root's flat there will be a good many Buttons—two to open the door when he sends away the motor at the curbstone, one to escort him to the elevator, and a few very fancy Buttons to take him up to the door of his flat. Buttons in English and has penicillio cheeks and a soft, childlike voice. His ornamentation is magnificent, gold braid epaulettes, creased trousers, sides and shoes with nickel buckles. Just what proportion of the \$24,000 a year goes to pay for his services it is difficult to estimate on short notice.

The hall of the flat is also worthy of notice. Along its mosaic floor are set at intervals tall brass standards with Tiffany glass globes at the top. The standards are covered with velvet. In niches on the wall stand bronzes costing \$200 to \$500 each. The ceiling of the hall is covered with real gold leaf, and the walls are of Caen stone from France.

But the hall is nothing to the interior. Imagine a flat of twenty-two rooms, with a duplex arrangement containing three rooms more above. Lee's peep into the downstairs part of the flat. This little hall behind the iron and gilt door of the flat is called the mirror gallery. No \$24,000 flat is complete without it. Now in the reception room. All carved Italian Renaissance parquet floors, plush walls in red, bronze and chandelabra. Very costly.

Well, if that isn't a secret door. Opens right into the plush wall, and is not visible from the outside at all. Just touch the springs under the electric light button and it slides open without a sound. And the electric light pops up inside automatically. It's a coat closet, of course.

Here's the dining room. Right through that mirrored door. All done in French oak, paneled and an open fireplace. Not the kind we have in a Harlem flat, but a real one that burns logs.

"This," says the superintendent, "is the billiard room. Done in Louis XIV style, all white and carved. Very attractive for people of taste."

"And beyond the billiard room is the living room. That's what the architect call it now—it used to be the drawing room," explains the superintendent. And the living room is Louis XIV, too, and so is the music room, behind those silent mirrored folding doors over there.

But, look. Right there in the center of all, with all the other gorgeous rooms opening on it, is the conservatory. Caen stone again, with aquaria on the floors, and mirrors on the walls, and misty glass chandeliers falling like cloudy waterfalls at each end. With the mirrored doors all open there is 5,000 square feet of floor space for entertaining.

And here are the bedrooms. This first is the "master's" room, called so because the master of the house sleeps in it, or is supposed to. It is all white like the rest, and there is the big dressing room, and the marble bath opening off. And this next is another bedroom, the same as the first, but not so large. And the big bath, too. And at the far end is another big room.

for the mistress' clothes. Over there is the shoe closet, room for a hundred pairs and more. And next behind that solid white panel is the closet for princess gowns. Twelve feet high it is at least, so that the gowns with the long trains hang from the silver plated bar at the top without touching the floor.

And here is the dressing room and another marble bath. But what is that little funny room and the tiny bath next it? The superintendent says it's Fido's room, or Yonnie's, or whatever mistress happens to call her pet spaniel or Pomeranian.

And now we are out in the mahogany finished butler's pantry, and beyond it is the kitchen, all in marble and tile from ceiling to floor. Much like an operating room in a hospital it looks. Beyond it is the chef's room, also in mahogany finish. And at the back is the servants' elevator. Stairs lead to the other servants' rooms above. There are three of them, all large. And every one is done in mahogany. Each is fitted with its private bath. There is a bath for every bedroom in the place.

Norfolk Did Well. The year 1910 will go down in history as one of substantial development in Norfolk. Paramount among the improvements of the year stands the paving of Norfolk avenue for eight blocks in the business portion of the city. This is believed to be the beginning of a widespread movement for paving in Norfolk and the benefits of this improvement are already being felt. The federal census, giving Norfolk 6,027 people—a gain of 55 per cent in ten years—is another of the year's important events.

There has been considerable building of a substantial kind including the completion of a \$10,000 Carnegie public library and the starting of a \$25,000 Y. M. C. A. building.

There has been substantial improvements in business buildings. The Taylor block has been practically rebuilt so that it is a large 2-story modern public block today, an extensive addition has been built by The House Publishing Company, the Sugar City Cereal Mills Co. have invested several thousand dollars in a new concrete dam, the Engelman building, a two-story business block, has been an important addition to Norfolk avenue and both the Norfolk Electric Light & Power Company and the Norfolk Light & Fuel Company have spent many thousands of dollars to improve and expand their public utility plants.

Draft Didn't Come. One of the buildings promised for the new year which did not materialize but which it is hoped will be built within the coming year was a new \$35,000 depot to replace the old Union Pacific station. A new Northwestern depot at the station is also sorely needed.

Dan Craven's new steam laundry building is a credit to the city, as is the new Ommerman building on South Fourth street, a new industry has been added in the Norfolk Oil and Chemical Works, which will probably build a factory during the coming year. The development of Gibson's horse stables and the launching of his magazine have been features of the year. The movement of the Commercial club and county commissioners to build an oil road south on Thirteenth street, the contract for which has already been let, is another of the year's important developments.

Many Improvements. Public improvements have been many. New sidewalks have been built, new sewer districts created, and First street graded from Norfolk avenue to the Junction. The Commercial club has been an active factor in many of the improvements. Through their efforts many farmers have improved roads leading to the city. With the aid of the county commissioners, the club has secured a contract to oil South Thirteenth street and that street will be a credit to this territory when completed next spring.

All Merchants Pleased. A canvass of the city shows that every merchant reports his business better than that of last year. There were no bad roads to contend with this year; there were no sudden changes of weather conditions, while last year it was uncertain when spring and summer had appeared. Last year the bad road conditions all over the state were so bad that farmers did not venture to drive any distance with empty wagons and very little grain was hauled. The year 1910 brought good roads, but brought down the price of grain, which is now being held by many farmers who are awaiting a higher price.

Many Arrests Made. Although there were twice as many arrests in Norfolk in the year 1909 as in the previous year, the year 1910 has doubled the number in 1909. Last year there were 200 arrests made, 147 of which were called "accidental arrests" by Chief of Police Marquardt. The remainder were men arrested for loafing on the street and after having spent the night in jail were released.

Not So Many Drunks. The majority of the arrests were tramps and a number of drunks. The drunk list, however, is decreased from that of last year. The average fines paid were \$7.10 by each prisoner. Judge Elmsly, however, reports that half the prisoners able to pay their fines and they were either released or after having worked a few days on the street commissioner's force, either escaped or were turned loose. The large number of arrests is also due to the fact that an additional night patrolman has been employed. Two of the prisoners arrested here have been sent to the penitentiary; twelve were bound over to the district court and five were sent to the county jail.

Bank Business Good. When the banks are doing a good business, it is remarked by business men, the remainder of the business is also thriving. On the whole the banking business of Norfolk during the year 1910 has been active. The deposits and loans have been increased over \$100,000 as compared with the year 1909, and over \$1,000,000 has been sent from Norfolk banks to country banks in the surrounding country during the year.

Thirty-Nine Fires. There were thirty-nine actual fires in the city in the year of 1910 compared with twenty in 1909. The most important of these fires was the Crystal theater fire here a moving picture film exploded. Hose companies No. 1 and 3 are competing for the most lines of hose laid and the winner is to receive a prize from the city council.

Although the contest does not end until January 13, the two companies are tied.

105 Deaths in 1910. The death record for the year shows a decrease in the fatalities of seventeen as compared with the year 1909 when 122 deaths occurred in Norfolk. In 1910 there were but 105 deaths. In 1909 the largest number of deaths occurred in the month of January, when there were eighteen fatalities. In 1910 February was the heaviest month but decreased by five as compared with January, 1909. Pneumonia, heart failure, tuberculosis, measles and apoplexy were the agents of most of the fatalities, while deaths occurred from perilsous malaria, cancer, and cholera infantum. There was only one suicide of a Norfolk man—that of Bennie Gooch at Columbus.

The death record follows:

Month	Male	Female
January	5	6
February	4	4
March	5	2
April	5	3
May	8	3
June	6	4
July	3	1
August	6	1
September	6	6
October	2	2
November	4	4
December	5	3
Total	65	40

181 Births During Year. As in the case of the death record for the year 1910, the births have also fallen off in number. There were 181 births compared with 186 in 1909. To even up the death record there were five more boys born in 1910 than girls.

While August, 1909, was the lightest month of the year for Mr. Stork, August, 1910, was the heaviest of the year, ten sons and eleven daughters being born. January followed closely with nine sons and eleven daughters while windy March brought the third largest number of births to Norfolk.

Following are the totals of births for the year:

Month	Male	Female
January	9	11
February	7	7
March	5	13
April	11	5
May	11	7
June	4	6
July	5	3
August	10	11
September	5	8
October	9	7
November	8	7
December	9	5
Total	92	88

Business During Year. General business in Norfolk during the year 1909 has been a record breaker. Although merchants declared at the end of the year 1909 that they had enjoyed a banner year they now declare 1910 has far overreached the previous year. Notwithstanding the adverse weather conditions in 1909, the spring being late and corn planting delayed, bad roads and disagreeable December weather—the merchants did not complain and there was prosperity in 1910, however, the weather worked hand-in-hand with the general business and the year is far ahead of the previous one.

More Coal and Ice. More coal and ice has been used in Norfolk in 1909 than in the year 1909. The price of some of the coal is higher than in 1909, but every coal dealer in the city has increased his sales over those of 1909. Ice has also received a heavy patronage and more consumers have been added to the lists of ice dealers.

More Shoes Sold. Dealers in the regular line of shoes report their sales much greater than those of the previous year, but they all reported the dull sales of rubber goods owing to the dry weather.

Clothing and General Merchandise. Sales of men's clothing was heavy. A greater demand for up-to-date wearing apparel was enjoyed by the merchants who report their business much better than that of last year. Other dealers in wearing apparel report also being pleased with their sales, showing an increase over the previous year. The holiday trade was also heavier, the buyers giving a steady week's trade, while last year the buying was done in the last few days before Christmas.

Good Grocery Year. Grocery trade has been heavy with other business and although last year was a banner year in this business the steady trade has made the entire year's receipts much greater than the previous year.

Hardware. While there are five stores handling hardware in the city, the trade in this line has been about the same as last year, with a slight increase, in some cases. While the whole year's business shows an increase over that of last year, the actual trade which was expected was held back by weather conditions. Farmers were busy in the fields picking corn, and the warm weather held back the usually heavy stove trade. As a whole, however, the hardware men have enjoyed a good healthy business. Collections have been hard in some cases and the Christmas trade not up to that of last year.

More Jewelry Bought. More jewelry was sold in Norfolk in 1910 than in many previous years. One dealer says his sales have doubled compared with the year 1909. A large stock and more advertising, he says, has done this, while the steady growth of the city has aided. In this line of business more sales would have been made if the farmers had sold all of their corn.

Furniture Sales Increase. Furniture sales in Norfolk for the year 1910 are far ahead of those of the previous year. The fact that people have been considering the holidays in advance and have done their shopping early has made the year

price of corn which is being fed the cattle. Consequently this has a tendency to push up loans and decrease deposits.

Great Demand For Money. In the last few months, the shortage of money has been noticed and some banks report the demand is so great that the banks are taking care of their regular customers only. There are various theories for this shortage. The price of hogs, cattle, corn, wheat, and oats, which is low, is blamed as the entire trouble. The farmer will not sell the products he is holding because he does not need to; merchants are paying their bills in the east, which withdraws the money from the west, and there is nothing to replace it with for the reason that no grain or other products have been shipped. This situation, however, was slightly relieved in the last two weeks when farmers sold enough grain to do their holiday trading. This happens at the same time every year and a week after Christmas the Norfolk banks feel their balances are being slightly increased.

Although the amount of currency sent to country banks from the Norfolk banks in the year 1910 is decreased as compared with the year 1907, during the panic, the banks pride themselves on an extraordinary large shipment during 1910. The three banks of the city sent by registered mail and express \$1,128,255 to the country banks, while the loans and deposits of all three banks for the year 1910 compared with 1909 follow:

Loans—1910, \$1,346,758.86; 1909, \$1,245,447.32.
Deposits—1910, \$1,565,299.67; 1909, \$1,432,054.26.

Town On Cash Basis. Up to date the city treasurer has paid to the county treasurer \$16,000 personal taxes for Norfolk, 1910. This includes \$6,000 school taxes and \$10,000 city taxes. There are no warrants against the city treasurer and Norfolk is now running on a cash basis and is practically out of debt, not taking in consideration the outstanding bonds.

Postoffice Receipts Grow. The receipts at the postoffice during the year 1910 are greatly increased over the previous years. The postoffice receipts have also shown an increase over every previous year for the past six years. The receipts at the local telegraph office have increased.

A School Increase. The public school reports show an increase of 160 students in the schools in grades below the high school. With this large addition to the attendance there have been but two extra teachers employed. A number of the schools are crowded for room.

Both the St. Paul and Christ Lutheran schools report an increase in their school attendance over the previous year.

Heavier Rail Traffic. The three railroad companies entering the city report last year's number of cars of stock, grain, coal, sand, etc., shipped out and received has been increased. The paving work, they say, has brought in an unusually large amount of brick, but not including this the traffic of cars loaded and unloaded in Norfolk has been heavier in 1910 than the previous year.

More Coal and Ice. More coal and ice has been used in Norfolk in 1909 than in the year 1909. The price of some of the coal is higher than in 1909, but every coal dealer in the city has increased his sales over those of 1909. Ice has also received a heavy patronage and more consumers have been added to the lists of ice dealers.

More Shoes Sold. Dealers in the regular line of shoes report their sales much greater than those of the previous year, but they all reported the dull sales of rubber goods owing to the dry weather.

Clothing and General Merchandise. Sales of men's clothing was heavy. A greater demand for up-to-date wearing apparel was enjoyed by the merchants who report their business much better than that of last year. Other dealers in wearing apparel report also being pleased with their sales, showing an increase over the previous year. The holiday trade was also heavier, the buyers giving a steady week's trade, while last year the buying was done in the last few days before Christmas.

Good Grocery Year. Grocery trade has been heavy with other business and although last year was a banner year in this business the steady trade has made the entire year's receipts much greater than the previous year.

Hardware. While there are five stores handling hardware in the city, the trade in this line has been about the same as last year, with a slight increase, in some cases. While the whole year's business shows an increase over that of last year, the actual trade which was expected was held back by weather conditions. Farmers were busy in the fields picking corn, and the warm weather held back the usually heavy stove trade. As a whole, however, the hardware men have enjoyed a good healthy business. Collections have been hard in some cases and the Christmas trade not up to that of last year.

More Jewelry Bought. More jewelry was sold in Norfolk in 1910 than in many previous years. One dealer says his sales have doubled compared with the year 1909. A large stock and more advertising, he says, has done this, while the steady growth of the city has aided. In this line of business more sales would have been made if the farmers had sold all of their corn.

Furniture Sales Increase. Furniture sales in Norfolk for the year 1910 are far ahead of those of the previous year. The fact that people have been considering the holidays in advance and have done their shopping early has made the year

The ONE Cleanser For The Farm.



Cleans, Scrubs, Scours, Polishes



Old Dutch Cleanser

Is the only thing you need to do all your cleaning—in the kitchen, dairy, bath-room, parlor, pantry and throughout the house and in the barn.

Old Dutch Cleanser polishes brass, copper, tin, nickel and all metal surfaces. Excellent for cleaning harness; no acid or caustic; (not a soap powder).

For Cleaning Harrows— Sprinkle Old Dutch Cleanser on wet sponge, rub harness well, rinse with clean water and wipe dry—removes all dirt and will not harden or crack.

For Polishing Metals— Sprinkle Old Dutch Cleanser on wet cloth, rub briskly, rinse with clean water, wipe dry and polish with a little dry powder—easiest and quickest.

10¢ Large Sifter Can

1910 better than the average for the furniture dealer.

A Good Music Trade. About the same number of pianos were sold in Norfolk in 1910 as that of 1909, but phonographs and small goods were sold much heavier than in 1909. The music dealers feel that from the fact that last year's record was reached, their trade has been as good as an increase.

Hotels Are Full. In 1908, Norfolk hotels reaped a big harvest in the Dallas rush and although that year goes down as a large one for them, the year 1909 evened up the score of that year. The year 1910, say hotel men, was as good a profit maker as the year 1909, and they believe the travel through this city will be continued, with a steady increase each year.

110 Autos Sold Here. There were 110 automobiles sold by Norfolk dealers in 1910 and compared with the sales of 1909 they are slightly increased. Good weather conditions and lower prices of the machines brought the large sales. Implement sales well in 1910 and the sales increased over those of 1909. The last few months of 1910 showed a slight decline, but the whole year's business was better than that of the previous year.

Elkhorn Bridges All Steel. When County Commissioner Burr Taft makes his report for the year 1910 it will be found that ten new steel bridges which makes every bridge in the county spanning the Elkhorn river constructed of steel. The number of steel bridges compared with those constructed in 1909 shows an increase of about three. Many other bridges of small consequence were built. The feature of the county work has been the new concrete culverts the largest measuring four feet.

These culverts were not constructed by contract, but were the invention of the commissioners, who with a barrel-shaped form constructed the culverts in many parts of the county. The road conditions in the year 1910, says Mr. Taft, were much better than in 1909.

Shoots at a Striker. Irwin, Pa., Dec. 31.—John Capro, a striking miner, early today stopped a stranger, who is working in one of the mines where a strike had been on for almost a year, and asked him to quit work. The man wanted to pass on his way, but Capro insisted until Burgess Wade Gibbs appeared. He ran and the burgess ordered him to stop, but he continued to run. A shot from the officer's pistol brought him to a standstill and he was later punished in court. In this connection the burgess announced there will be no more intimidation of men who come to Irwin to work, if he was compelled to put a trooper on every corner. He said the business interests of the town lost many thousands of dollars since the strike began and strangers avoided the place as unsafe.

FREIGHT CUT IS ENJOINED.

Des Moines, Dec. 31.—Judge Smith McPherson in federal court today issued a restraining order preventing the Iowa railroad commission from enforcing its order for a material reduction of freight rates on coal and set next Friday at Council Bluffs for a hearing as to a permanent injunction. The plaintiffs in the case are the Rock Island, Northwestern, Milwaukee, Great Western and Burlington railroads.