

HOUSE SANITATION: A MANUAL FOR HOUSEKEEPERS

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House Sanitation: A Manual for Housekeepers by Marion Talbot

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A Manual for Housekeepers

By
MARION TALBOT

REVISED EDITION
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PREFATORY NOTE

UNDER the wise and inspiring guidance of Mrs. Ellen H. Richards, a group of young college women—Annie E. Allen, Alice Stone Blackwell, Sarah Louise Day, Alla W. Foster, Edith Talbot Jackson, Alice Peloubet Norton, and the undersigned—formed, in 1883, a Sanitary Science Club, one of the first organized activities of the Association of Collegiate Alumnae. After careful study of sanitary problems, they published a little book, entitled "Home Sanitation," which, in the twenty-five years that have passed, has been widely used and has proved even more helpful than the authors anticipated.

During these years, however, very important and far-reaching changes have taken place in sanitary theory and a considerable number of the practical suggestions in "Home Sanitation" have become out-of-date. Mrs. Richards had been urging a revision of the book for some time prior to her death in 1911. The surviving editor believed, however, that it would be more truly in accord with Mrs. Richards's scientific and progressive spirit to rewrite the book. This she has done, drawing freely from the older text, using the results of studies made by advanced students in the Department of Household Administration of the University of Chicago, and endeavoring to replace out-worn theories and useless practices with such modern views and practical suggestions as will best help the progressive housekeeper in her

efforts to maintain her household in health and physical efficiency with the least expenditure of money, time, and strength.

MARION TALBOT.

*Department of Household
Administration
The University of Chicago
July, 1912*

NOTE TO SECOND EDITION

SINCE the first edition of this book was published, the view that sanitation is concerned with the individual rather than with his surroundings has gained ground rapidly. The distinction between hygienic and æsthetic cleanliness is steadily growing in clearness.

The changes and additions in this edition have been made with a view to emphasizing these points. Even when the text does not show a verbal change, the interpretation made by the student should follow the principles indicated. There seems to be danger, however, lest the scope of house sanitation be limited to infectious diseases. Some conditions which cannot be condemned on that ground, such as basement rooms, accumulations of inorganic dust, inadequate lighting, offensive odors, and overcrowding, must not be tolerated. Their effect on the physical and moral health may be indirect, but none the less certain.

MARION TALBOT.

*The University of Chicago
September, 1917*

CHAPTER I

THE NEW SANITATION

THE conservation of national resources is a term which is gradually coming to include human life as well as timber and coal. Needless waste of national vitality is taking its place among the wrongs which are of national concern. Conservation of human life is to be accomplished in large part through the practice of sanitary measures. To be effective in the best sense, this practice must be carried on with the least possible expenditure of time, effort, and money. If, with intelligence and skill, one housekeeper can do the work of ten health officers or one dollar accomplish as much as ten dollars in the hands of a sanitary inspector, the larger expenditure is sheer waste and the net result in conservation is so much the smaller.

It is, therefore, well worth while for those interested in the promotion of public and private health occasionally to survey the field of sanitary practice and to learn whether the methods in use are in accord with the advance of science, or whether modern theory calls for changes in practice in the interests of effective and economical results. This is particularly true of housekeepers, for, on the whole, the sanitation of the home is in their keeping, and as the famous sanitarian, Dr. B. W. Richardson, said, "If in the centers called home the foundations of