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Sweeping And Dusting

Valuable Hints for Both Young and Old.

The following good advice was published in the Boys' Industrial School Journal:

When you sweep a room, raise as little dust as possible, because this dust when breathed irritates the nose and throat and may set up catarrh. Some of the dust breathed in dusty air reaches the lungs, making parts of them black and hard and useless.

If the dust in the air you breathe contains the germs of consumption—tubercle bacilli—which have come from consumptives spitting on the floors, you run the risk of getting consumption yourself. If consumptives use proper spit cups and are careful in coughing or sneezing to hold a handkerchief or the hand over the nose and mouth so as not to scatter spittle about in the air, the risk of getting the disease by living in the same rooms is mostly removed.

To prevent making a great dust in

sweeping, use moist sawdust on bare floors. When the room is carpeted, moisten a newspaper and tear it into small scraps and scatter them upon the floor when you begin sweeping. As you sweep, brush the papers along by the broom and they will catch most of the dust and hold it fast, just as the sawdust does on the bare floors. Do not have paper or sawdust dripping, only moist. In dusting a room do not use a feather duster, because this does not remove the dust from the room, but only brushes it into the air so that you breathe it in, or settles down; then you have to do the work over again.

Use soft, dry cloths to dust with, and shake them frequently out of the window, or use slightly moistened cloths and rinse them out in water when you have finished. In this way you get the dust out of the room.

In cleaning rooms you should remember that the dust settles upon the floor as well as on the furniture, and is stirred into the air we breathe by walking across the floor. You can easily remove all this in rooms which have bare floors, in houses, stores, shops, schoolroom, etc., after the dust has settled by passing over the floor a mop which has been wrung out so as to be only moist, not wet.