

# START RETAKES

DEPARTMENT		DIVISION	
ROLL NO.	JOB		
12	John Harvey Kellogg		

CORRECTION	<input checked="" type="checkbox"/>	RETAKE	<input type="checkbox"/>
OMISSION	<input type="checkbox"/>	ADDITION	<input type="checkbox"/>

kin. It takes more than a quart of water, because the process of washing is simply a process of diluting the dirt. We dilute the dirt in a table napkin with a barrellful of water, and there is some dirt there yet; we dilute that with another barrellful of water which dilutes it still more; and then another barrellful of water which dilutes it still more. It is exactly so with the air. The air that goes out of our lungs is saturated with poisonous matters, and it takes three cubic feet, or three quarters of a barrellful of air to dilute it enough so it is no longer dangerous; the dirt must be diluted that much so it will not be dangerous any longer. That is why we need ventilation. Our houses ought to be ventilated automatically. We ought to have ducts on the inside of the house that will go out to the open air from every room, or from every story at least. If the house is small, from each story will be sufficient. Then letting the fresh air in there, the warmer air of the house will pass ~~by~~ up the duct, so the house will continually breathe. The fire place is a ventilator. On the outside wall, however, it won't ventilate unless there is fire in it. On the inside wall it will always work, because it will be always warmer than the air outdoors; so there will always be an ascending current.

There are many other things in which we have departed from normal ways. We are content to wear clothes, for instance, day after day, day after day. I know people who never think of changing their stockings more than once a week, and some people wear them all winter, actually; and underclothes. It is impossible to wear a garment two hours without soiling it; so certainly a garment that has been worn one day is absolutely unfit to wear another day unless it has been cleansed, at least exposed to the air and the light so that it may be disinfected. If one wants to keep the skin thoroughly healthy, he has got to have clean clothes every day. Wearing clothes is the dirtiest habit we cultivate, any way, because it keeps the skin covered, and the excretions that are coming out from the skin all the while are retained in contact with the skin; they are

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