

URGE MORE WATER FOR HOME HEATING PLANTS

Health Director Gives Timely Advice on Most Healthful Heating Temperatures

Referring to the average American home in winter as the "human hot-house" and pointing out that people of the United States now demand indoor cold weather temperatures ranging from 15 to 20 degrees higher than was considered comfortable a century ago in this country, Dr. Isaac D. Rawlings, Illinois state health director, declares that we have our modern heating systems to thank not only for the fading natural color and the corresponding increase in cosmetic complexion but for many of our catarrhal and other respiratory ills as well. Instead of 55 to 60 degrees temperature with a relative humidity of 35 or 40 percent, the healthful, comfortable standard secured by our forebears from the open fire in 1820, we now require from 70 to 75 degrees with a 15 to 20 percent humidity at the expense of extravagant fuel consumption and a lowered resistance to infections.

Temperature of 65 Best

"While the human body can adjust itself fairly well to temperature ranging over a scale of 150 degrees," said Dr. Rawlings, "adjustment to a change of 75 or 80 degrees, the difference between indoor and outdoor heat on a cold day, cannot be made instantly nor will the body tolerate kindly the dry hot air that fills most of our homes, hotels, offices, school rooms and hospitals during the winter months. The hygienic standard for indoor living quarters in cold weather should be 65 degrees temperature with 35 to 40 percent relative humidity, but this is difficult to secure with the average heating system, a 75 degree 15 percent humidity ratio being much more common.

"Dry air is a poor conductor of comfort heat; moist air is good. It requires about as much fuel to raise the temperature from 60 to 70 degrees as from 20 to 60. Dry air at 70 degrees may be chilly and it certainly causes the body to lose moisture rapidly from the lungs and skin, reducing the heat capacity, sapping the vigor, destroying complexion and lowering resistance to disease. A high temperature standard for living quarters is therefore severely extravagant on the one hand, and productive of a people hypersensitive to

changes in weather, and intolerant of climatic hardships on the other.

Heating System Indicted

"The mad popularity of the sunny south in winter, the remarkable growth of fresh air treatment in hospitals and sanitariums, the vagaries of fashion and the waves of respiratory infections, especially of the common cold variety, that grip the American people with the first show of frost, and remain until the blue bird comes in springtime are straws in the wind that point toward an indictment of our present-day heating systems.

"We need more water and less coal

in our household air supplies, and the sooner we get it the better we shall be, economically and healthily."

A number of the Winnetka members of the supreme council of the Alpha Sigma sorority are planning to attend its annual dance Friday evening, November 13, at the Opera club. Miss Evelyn Pass is president of the sorority and Miss Harriet Conner is general chairman.

Miss Emelie Hoyt, daughter of Mrs. Phelps Hoyt of 484 Sheridan road, has returned from a brief visit with friends in Detroit.

College Women Assist in Hallowe'en Program

Miss Gladys Huntley, 1730 Forest avenue, Wilmette, and Miss Mary Saxe of Riverside, students at the National Kindergarten and Elementary college, will have charge of the story hour from WGN, the Chicago Tribune radio station, from 5:30 to 6 o'clock Saturday afternoon, October 31. Miss Huntley and Miss Saxe will give a program of Hallowe'en songs and stories for the children.

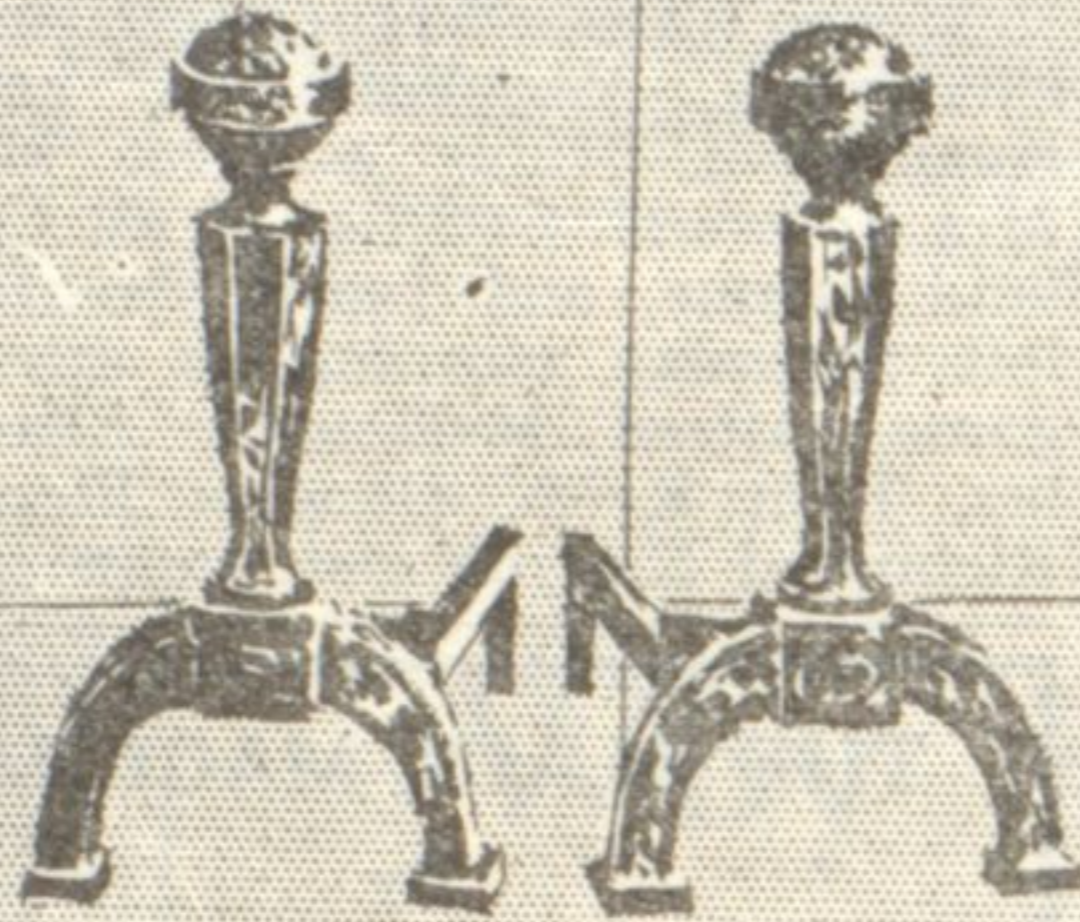
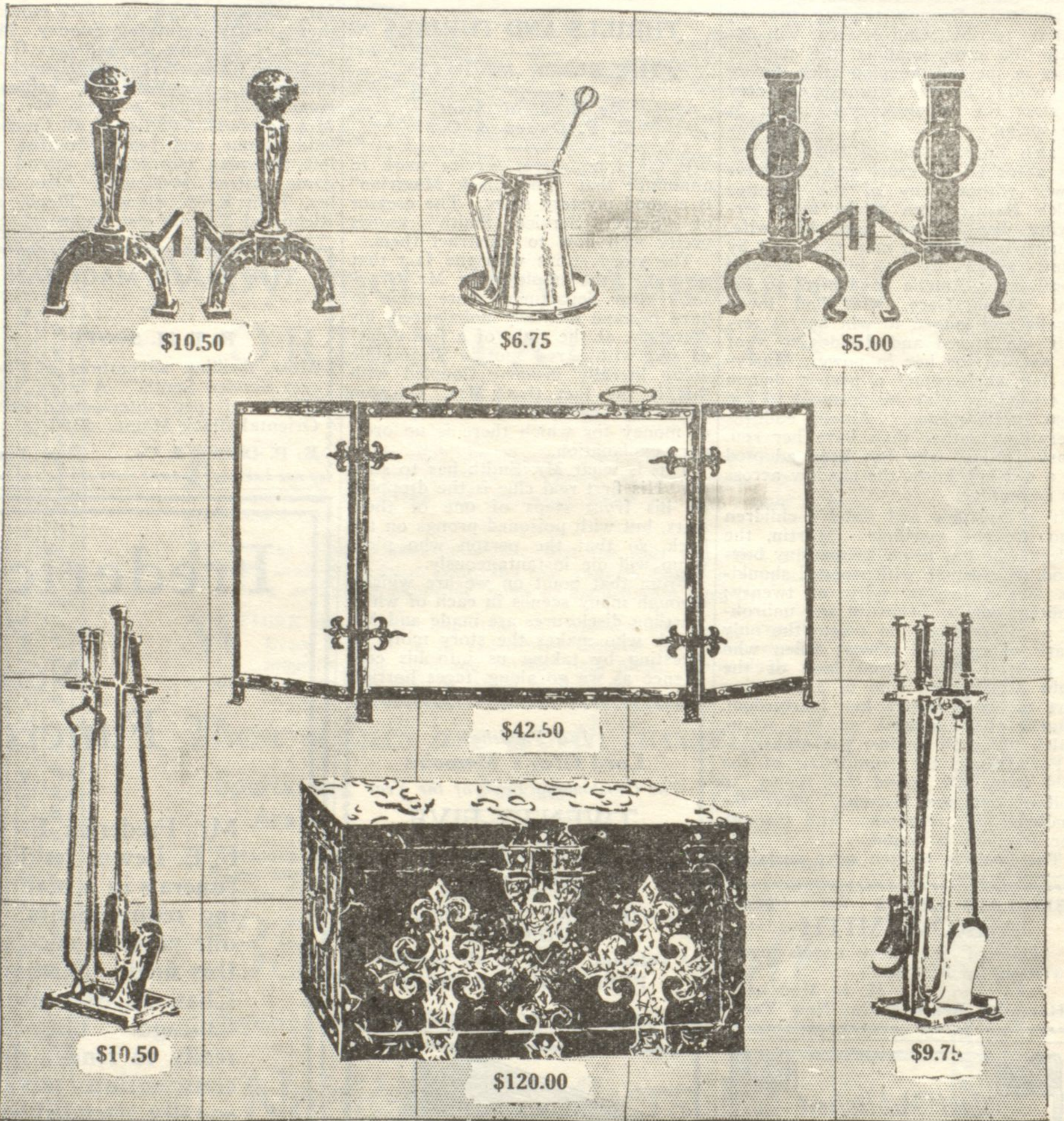
Turn to the Want Ads

John M. Smyth Company

Established 1867 *Madison East of Halsted*
MANUFACTURERS - RETAILERS - IMPORTERS

John M. Smyth, Jr., President

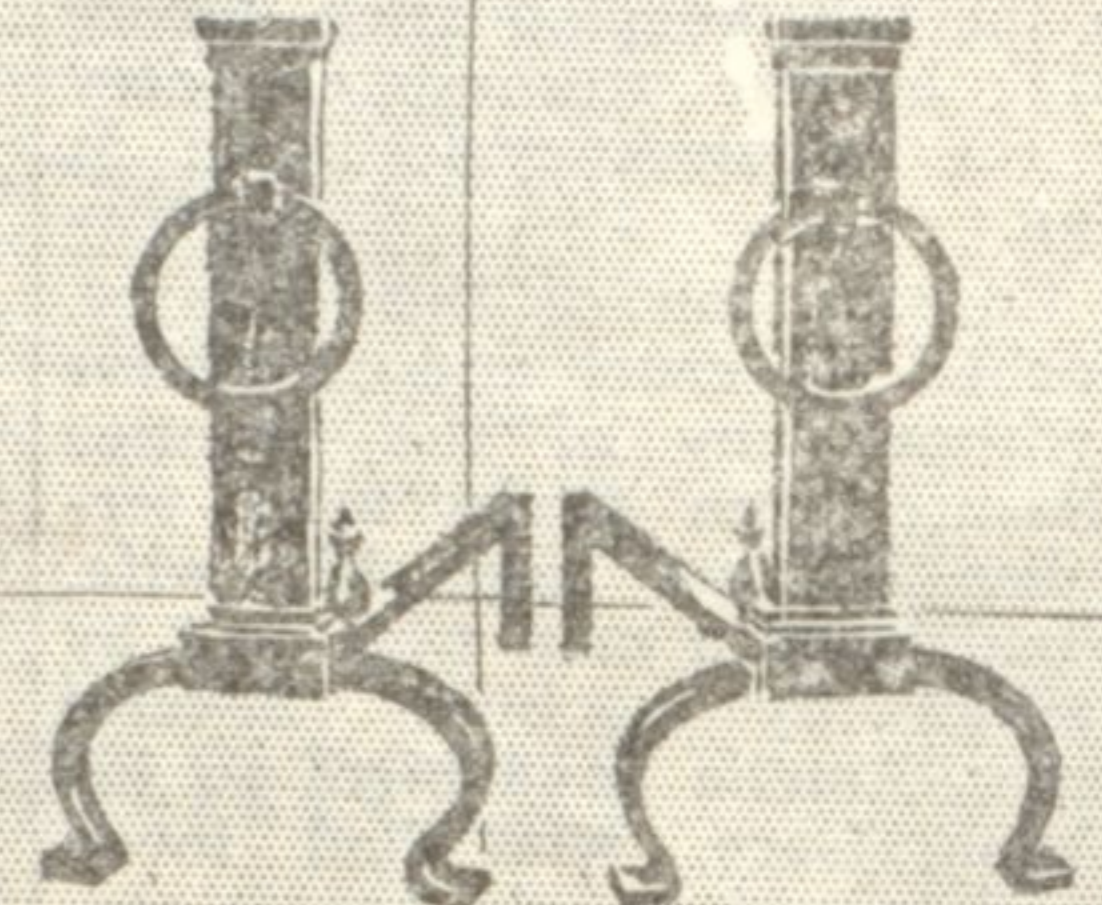
Thomas A. Smyth, Vice President



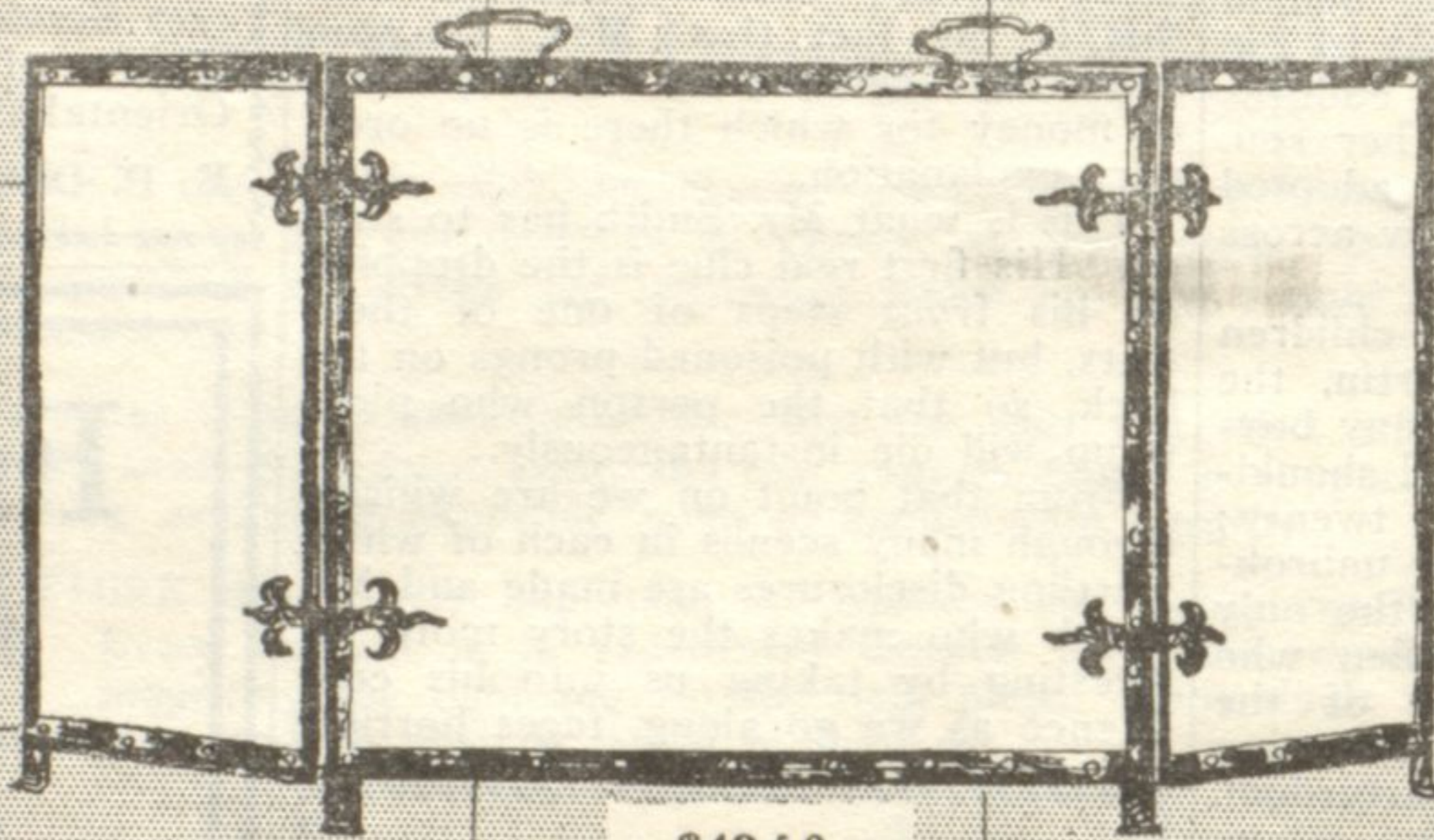
\$10.50



\$6.75



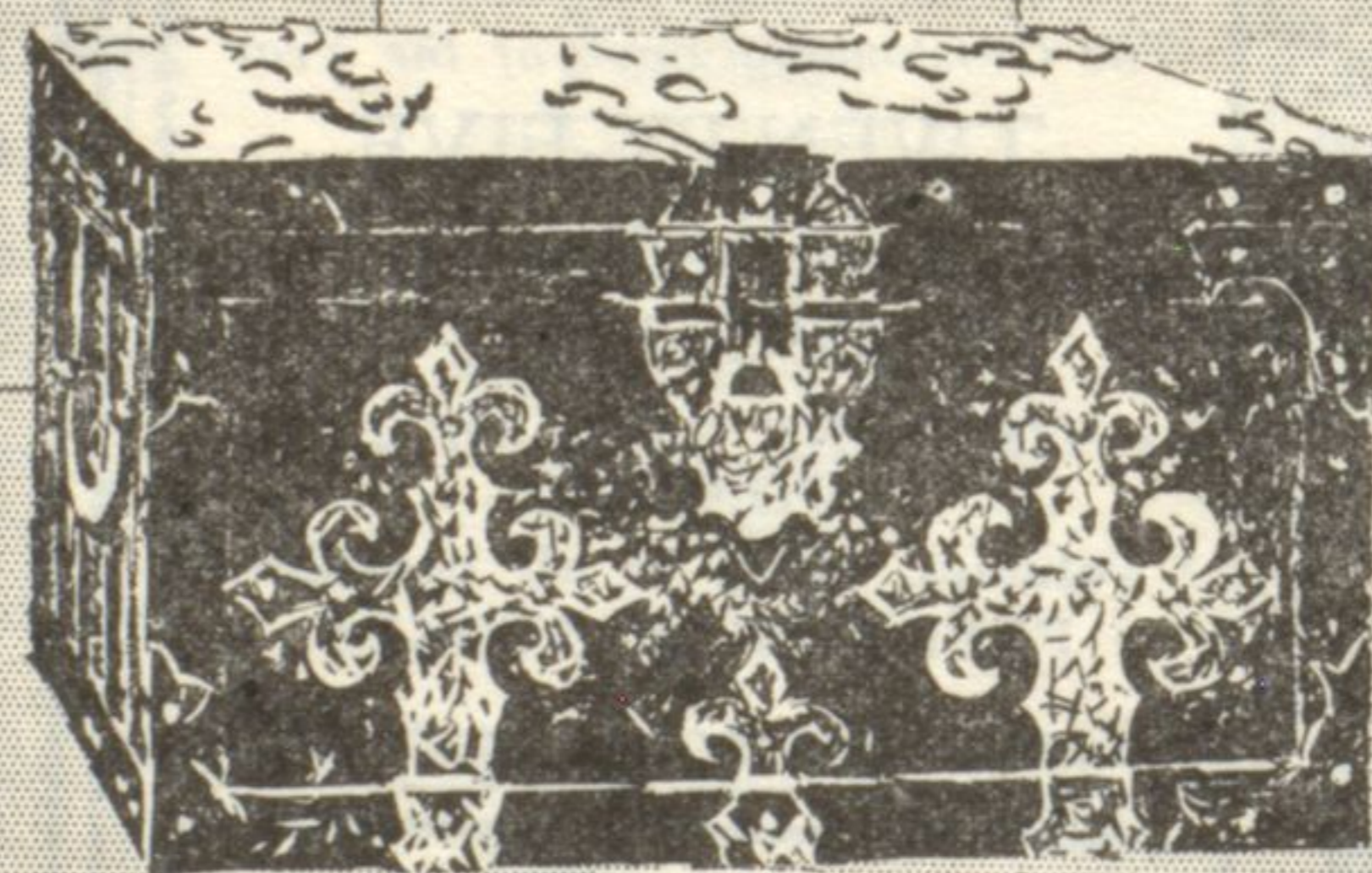
\$5.00



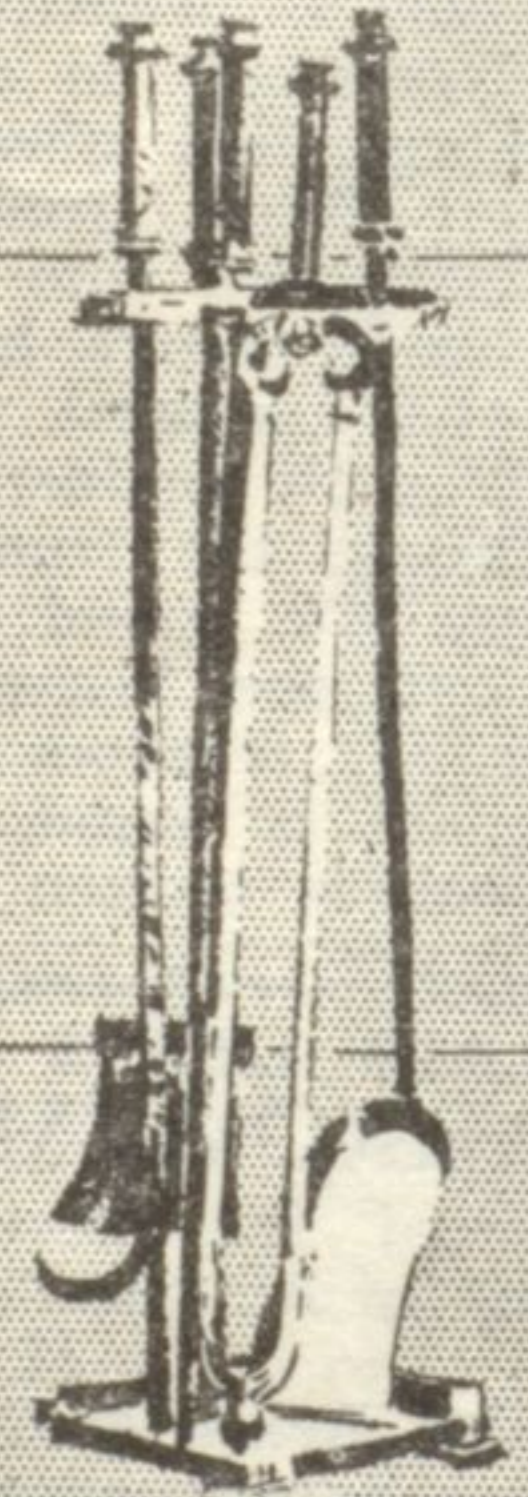
\$42.50



\$10.50



\$120.00



\$9.75

NORTH SHORE BOOTERY

529 Davis Street
at Chicago Avenue
In the North
Shore Hotel Bldg.

The Store
of
Good Shoes

Fireplace Furnishings

To obtain just the proper accessories for your fireplace is easily accomplished in the John M. Smyth Store.

We have a wide variety of designs—this display is on our Third Floor.

Truth in Advertising

OPEN EVERY MONDAY, WEDNESDAY AND SATURDAY EVENING UNTIL 10 O'CLOCK