

PRACTICAL POINTS.

The National League for Physical Education and Improvement has just published the following useful

card. It was drawn up with the help of the British Dental Association, the School Dentists' Society, and the medical members of the League's council:—

HANG THIS CARD OVER YOUR WASH-STAND.

THE CARE OF THE TEETH.

1. Clean teeth seldom decay.
2. Decayed teeth cause much suffering and bad health.
3. Food left on the teeth causes decay.
4. Unclean teeth decay chiefly at night.
5. Clean all teeth thoroughly, inside and out, before going to bed and again in the morning.
6. Use a small toothbrush, with soap or chalk powder.
7. Keep the toothbrush perfectly clean. Do not use a brush belonging to anyone else.
8. Chew your food slowly and thoroughly.
9. Bad teeth should be stopped by a dentist or promptly removed.

Infected Flies.

Sir Charles Cameron, Medical Superintendent, Officer of Health, Dublin, states that the high rate of mortality in Dublin is largely due to a quite unusual excess of infective diseases. Some of these diseases are due to infective flies, and he recommends the destruction of these disease distributors by the following means:—

(1) The use of fly-papers; (2) The use of solution of formalin in six parts of water placed in saucers. By these means he reports that he has practically got rid of flies in his own house.

Slaughte, the journal of the Women's National Health Association of Ireland, says:—

"When the present emergency with regard to epidemic diarrhoea arose amongst the little children of Dublin, the Medical Inspector of the Local Government Board expressed the wish that by some means special district nurses could be provided for the eight dispensary districts in Dublin to work under the dispensary doctors during the autumn weeks which are so prolific of flies, and, therefore, of danger. The Central Branch of the Women's National Health Association decided it was the duty of the Association to help to minimise the danger, and have, therefore, provided the eight nurses required.

"These nurses have been supplied with fly-papers, formalin, covers for food, and literature with regard to the management of infants, the

dangers of flies, and the importance of preventing accumulation of rubbish for distribution."

Sir Charles Cameron and Mr. Vaughan, Chairman of the Public Health Committee, have announced their willingness to give twopence for every quart of dead flies brought to the Public Health Office in Cork Hill.

"The trouble seems to Johnny Jones and have been that, in the zeal the Public School, for stuffing Johnny with useful knowledge, people forgot

that he was an animal before he was a man. They passed laws compelling him to stop in school until he was fourteen; but they paid mighty little attention to the fundamental fact that the welfare of his marvellous mind—to say nothing of his immortal soul—depended very largely on that of his equally marvellous body. They drove him into the school-house, where he acquired, with almost equal certainty, mathematics and mumps, spelling and sore throat, grammar and grippe. Latin—the period of fads in the public schools—drawing and diphtheria were added to the curriculum. The school drinking-cup was the first criminal. It was discovered that in almost every case, where a common cup or glass has been in use for a week, its edges are covered with thousands of disease germs, even in cases where it appears to be clean. In many schools this was abolished, and the sanitary drinking fountains or individual cups were substituted; and, where this was done, the number of cases of contagious diseases began to decrease. The fact that little Johnny Jones is an animal is really the most important—not to say revolutionary—educational discovery of the last twenty years. Johnny Jones is beginning to get a fair chance and a square deal. His only wonder is that grown-up people should have remained so stupid and so cruel for so many years."

So wrote Mr. Henry M. Hyde; and, in a very instructive paper on "School Nursing in Regina," which appears in this month's *Canadian Nurse*, Miss Jean E. Browne reports practical progress.

Minor dressings are done in Regina Schools. The need of this is particularly apparent in the schools attended by the foreign element, among whom certain forms of skin diseases are very prevalent.

In Regina, a medicine cabinet has been made for each of the schools, with the following initial equipment for each: Three Winchestersters for holding solutions of boracic 1-20, carbolic 1-20, bichlor. 1-1000; pure carbolic, boracic crystals, bichlor. tablets, 1 lb. absorbent, 1 package sterile gauze, 1 yard oiled silk, 10 yards F. cotton, 1 doz. gauze bandages 2½ in., 1 doz. gauze bandages 1 in., 1 tube borated vaseline, 1 tube celacut, 1 glass syringe, 1 pair scissors, 2 artery forceps, 1 dressing forceps, 1 thermometer, 1 reel adhesive 3 in., 1 reel adhesive ¼ in., 1 glass tongue depressor, 1 box wooden tongue depressors, 1 Snellen's eye

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