

## PROFESSIONAL REVIEW.

## HYGIENE FOR HEALTH VISITORS, SCHOOL NURSES, AND SOCIAL WORKERS.

The above book by Mr. C. W. Hutt, M.A., B.C. (Cantab.), D.P.H. (Oxf.), Senior School Doctor to the Brighton Education Committee, is most opportune at the present time, when health visiting and school nursing are comparatively new branches of social service, and the literature dealing with these subjects is very limited. The book is published by Messrs. P. S. King & Son, Orchard House, Westminster, price 7s. 6d., and is a very complete manual of instruction in the things which it is important for health visitors and school nurses to know. Not the least of its charms are the clear printing and excellent illustrations. The first chapter deals with the elements of physiology, considerable attention being given to the care of the teeth, which is now recognised as of much importance in dealing with school children, and the necessity for children brushing the teeth daily should be impressed on parents by health visitors and school nurses.

## TOOTHBRUSH DRILL.

Toothbrush drill is performed in a certain school in Kent as follows—

"Each child is provided with a mug, toothbrush and tooth-powder. The toothbrushes are numbered and kept in perforated cardboard boxes with each slot numbered. The mugs are filled before school and the brushes got out. The children lead out according to their number and take their toothbrush and mug.

"Standing in a semi-circle their orders are given: (1) Brush the teeth up and down; (2) Then from side to side; and (3) Brush inside the teeth. The children then march round and empty their mugs into a pail. The mugs are replenished with clean water for rinsing the mouth. This done, again the children march round, empty their mugs, and rinse their brushes. Two girls then wash the mugs and put the brushes away." (Dr. Howarth.)

## FOOD.

A very valuable chapter is that on food, which gives the classification of food principles, the general principles of diet, and explains the relative value of certain foods, besides giving a model cheap dietary. It is interesting to learn that "a tall thin man requires more food than a short stout one. This is due to (1) The greater surface of the former allowing of the loss of a greater amount of heat; (2) The fat of the fat man being less capable of forming heat than the muscle of the thin man. Women require about four-fifths of the food of men, owing to their smaller body weight consisting of a larger proportion of fat, and to their performing less muscular work."

Again, "persons who are underfed are less resistant to cold and infectious diseases. An example of the lessened resistance to infection is seen in the large number of cases of tuberculos

occurring among ill-nourished persons. Epidemic ophthalmia occurs especially among the underfed. The young are less able to withstand the effects of underfeeding than others." The remarks on alcohol will repay careful study.

## CLOTHING.

The remarks on clothing are the outcome of much knowledge. A necessary "word of warning is given as to the danger of wearing celluloid collars, combs, &c. If exposed to a high temperature, such as may occur on sitting near the fire, they may burst into flames causing serious burns."

The most suitable outfit for a boy of school age is given in some detail, and would be most useful to mothers and to health visitors or school nurses advising them.

## PERSONAL HYGIENE.

Under this heading the importance of cleanliness is insisted on. It is pointed out that the most common cause of lead poisoning occurring among painters, &c., has been proved to be the habit of eating without having previously washed the hands. The importance of attention to the action of the skin and bowels is also insisted on.

"The daily consumption of food results in the formation of a certain amount of solid excreta daily, consisting of the undigested portion of the food and digestive juices. If this be not passed regularly constipation occurs. In some cases poisons are formed in the bowel causing a feeling of weakness and tiredness, lowering of the spirits, headache, loss of appetite, and a furred tongue.

"The advantage of a regular action of the bowels is shown by the rarity of appendicitis in India. This is thought to be due to the habit of the natives in ensuring a daily evacuation of the bowels, if necessary by means of purgatives." It is urged that children should be got into the way of relieving the bowels at a certain time of the day. On the other hand, "any straining is to be condemned."

Water forms the subject of another chapter. It concludes with a warning against the use of drinking cups in common by school children, as liable to spread such diseases as diphtheria. The school nurse or health visitor who assimilates the chapter on ventilation, warming and lighting will be well equipped for her work in these important subjects. She may also obtain sound knowledge on the disposal of refuse, drainage, the selection of a house, and the conditions of soil affecting health.

## ARRANGEMENT OF SCHOOL BUILDINGS.

In regard to the arrangement of school buildings, we are glad to read that a demand has been made of late for schools of a *semi-permanent type*, one reason suggested being that owing to probable advances both in sanitation and education schools may become out of date.

The chapter on the care of infants and young children is full of valuable instruction, as also are those on the common ailments of school children and the prevention of communicable disease. We are reminded that the mere presence of the

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