

PUBLIC HEALTH NURSING.

WHAT IS THE MODERN HEALTH CRUSADE?
AN EPITOME.

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In the Pacific Coast Journal of Nursing.

We have below a brief explanation of the Modern Health Crusade which is bringing such good results to the children of parts of our country. Perhaps some of our nurses, especially the school nurses, will find some help in these successful methods of putting the work before the children in the most attractive way.

The Modern Health Crusade is a system of health education being introduced into thousands of elementary schools, a movement in which nearly three million American school children, qualified as Crusaders by the daily practice of health chores, are participating.

Its purpose is the formation of good health habits, the enlistment of children in community service, and the control of preventable disease.

Its success is due to the interest in health aroused in children by introducing the elements of play and romance into the practice of hygiene, and by a definite programme with tangible rewards. It dramatises personal health.

The child who does seventy-five per cent. of the Crusader's health chores for two, five, ten and fifteen weeks becomes successively a page, squire, knight and knight banneret in health chivalry. Classes and schools as well as individual children may compete in health tournaments. (For explanation, write to the anti-tuberculosis association for your State for record of health chores, Crusader's manual and "Field of the Cloth of Gold." If you do not know that address, write to the National Tuberculosis Association.)

Every elementary school teacher in the country can adopt the Crusade for her pupils. It is largely a home-work proposition for children and parents. The teacher may use all or part of the prescribed programme.

The Crusade is a system of education and not an organisation. Every school in the country is invited to apply the system. Organisation is provided to maintain standards, to foster competition and to hold out to the child membership in a modern health crusade at once local, State and national in scope.

The National Tuberculosis Association and its forty-eight affiliated State associations are the national and State leaders in the Crusade and general distributors of M. H. C. supplies.

The local anti-tuberculosis societies and the junior divisions of Red Cross chapters assist the schools in Crusade work. They provide supplies when possible, but in view of the limited means of these organisations, an increasing number of schools are purchasing the supplies for the same reason that they purchase text-books in physiology, but at less expense than the latter.

An Illinois county superintendent of schools writes of a few weeks of Crusade work: "I regard the results superior to a year of physiology as ordinarily taught."

CRUSADERS' HEALTH CHORES.

Reproduced from the official record of health chores.

Statement of Chores.

1. I washed my hands before each meal to-day.
2. I washed not only my face but my ears and neck and I cleaned my finger-nails to-day.
3. I tried to-day to keep fingers, pencils and everything that might be unclean out of my mouth and nose.
4. I drank a glass of water before each meal and before going to bed, and drank no tea, coffee nor other injurious drinks to-day.
5. I brushed my teeth thoroughly in the morning and in the evening to-day.
6. I took ten or more slow deep breaths of fresh air to-day.
7. I played outdoors or with windows open more than thirty minutes to-day.
8. I was in bed ten* hours or more last night and kept my window open.
9. I tried to-day to sit up and stand up straight, to eat slowly, and to attend to toilet and each need of my body at its regular time.
10. I tried to-day to keep neat and cheerful constantly and to be helpful to others.
11. I took a full bath on each day of the week that is checked (X).

Total number of chores each day

It has been decided to hold the first post-war National Health Week in May, 1920. Previous to the war, the celebrations in connection with this week served to focus public opinion and sentiment on the more popular aspects of personal and public hygiene, and to help in establishing the need for the newly-formed Ministry of Health.

* Boys and girls thirteen years of age may change this to "nine hours." Those under nine years should sleep eleven hours at least.

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