

**CONSUMPTIVES SHOULD NOT KISS OTHER PEOPLE:
A HANDY GUIDE TO THE CARE AND MAINTENANCE OF
YOUR FAMILY'S GOOD HEALTH**

by Diane Schoemperlen

Just as there is no royal road to learning, so there is no magic key which will open the Temple of Health. The best we can do is to rely upon good habits, in order that we may acquire and maintain good health. If you keep your eyes open to many facts that are about you, you will not find it difficult to understand.

--The Ontario Public School Hygiene



FROM:

THE ONTARIO PUBLIC SCHOOL HYGIENE
by A. P. Knight, M.A., M.D., F.R.S.C.
(Professor of Physiology, Queen's University, Kingston)
Authorized by The Minister of Education for Ontario
(Toronto: The Copp Clark Company, Revised Edition, 1920)

and

ONTARIO PUBLIC SCHOOL HEALTH BOOK
by Donald T. Fraser, M.C., B.A., M.B., D.P.H.
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Authorized by The Minister of Education
(Toronto: The Copp Clark Company, 1925)



You have all felt your hearts beat.* The amount of work done in twenty-four hours by the heart of a person living under usual conditions is enough to lift that person to about twice the height of the highest skyscraper in the world. To assist the heart and to keep it healthy and strong, there is need of good food, regular exercise, sufficient rest, and fresh air.

Generally speaking, the air of the country is rarely spoiled. It is different, however, in cities and towns, especially those in which there is much street traffic and where many shops and factories burn coal.

Air is also impaired by tobacco smoke, by the odour of burnt food, by decaying garbage, by filthy outbuildings and yards, by bad cellars and drains, by disagreeable odours, especially from the feet of people who do not bathe frequently, and by odours from the clothing, bedding, or floors and walls of houses that are not kept clean.*

In some American states, school trustees are required to provide each child with at least 1,800 cubic feet of fresh air an hour, and this is very desirable in the interests of the health of the children.

Dr. Leonard Erskine Hill once placed eight students in a box about 120 inches long

* What is meant by a heart beat?

* Ammonia is another substance which is always present in air. Boys and girls who have happened to go near a fresh manure heap must sometimes have recognized the peculiar odour of this gas.

by 40 inches wide and 40 inches deep, and sealed it up tight so that no air could enter or leave it. “At the end of half-an-hour,” he tells us, “they had ceased laughing and joking and their faces were congested.”

Perhaps one of the most terrible instances of bad air was seen in the prison known as the Black Hole of Calcutta. One hundred and forty-six persons were shut up overnight in a cell twenty feet square provided with no means of ventilation except two small windows. So poisonous did the air become that one hundred and twenty-three died during the night.

The fact that some occupations are less healthful than others, just because of bad air, seems to be borne out by the high death-rate among barbers, hairdressers, dressmakers, seamstresses, school teachers, printers, and pressmen.*

It is generally believed that the high death-rate which prevails in small houses is due to lack of fresh air, but the truth is that other causes, such as lack of clothing, lack of proper food, bodily weakness, and especially the ease with which disease germs spread from person to person in crowded rooms, help to produce the high death-rate.



What sort of house should we live in? Should it be large or small? Should it be built of stone, brick, wood, or concrete? Should it be located upon a hill or in a hollow? Should a low rental be the chief consideration, or should the house be chosen

* Unfortunately for us, we are not able to grow new lungs whenever we may happen to need them.

because it is sanitary?

Note again the much lower death-rate — only 3.3 per cent — among the inmates of those homes which have five rooms and upwards. Having fixed upon the minimum size — and no family however poor should live in a smaller one — let us consider some of the other requisites of a sanitary house.

The windows should be large in proportion to the size of the house, so that sunshine may flood every room, killing microbes and aiding in the production of good red blood in those inmates who are compelled to live all day in the house.

The bedrooms should open upon sleeping porches by means of either French windows or Dutch doors. Every consumptive, and in fact all other members of the family, would be benefited by sleeping on the porches throughout the year. On the approach of winter the beds should be withdrawn from the sleeping porches during the day into a warm bedroom. At bed-time, patient and bed should be rolled out on to the sleeping porch and should remain there all night.*

Fresh air makes one sleep more soundly and prevents the headaches which so frequently attack those who sleep in close, stuffy bedrooms. Some people seem to be afraid of night air; they should remember that night air is as good as the air in the daytime.*

* Of course, the bed-clothes must be adequate. The head also must be protected by a cap warm enough to prevent the sleeper from catching cold. In the morning the occupant returns to the warm bedroom, where the dressing is done.

* The value of sufficient sleep cannot be overrated. Children who do not have enough sleep become irritable, pale, and delicate. Sleep is a mysterious and wonderful thing.

The greatest care should be taken to furnish a house simply. Hardwood chairs and tables are all that are necessary for the kitchen and living room. Single iron bedsteads should be the rule. Folding beds or sofa-beds are objectionable on hygienic grounds. The furnishings of a house should be such as to throw as little labour as possible upon the housekeeper. When floors are buried under carpets, when windows are hidden with lace curtains, and walls are covered with paper, it is very difficult to keep a house clean, and a dirty house is an insanitary house.

A house which will not promote the health of every one of its inmates should be pulled down.



Dissipation, loss of sleep, worry, poor or scanty food, lack of exercise, excesses of all kinds, and badly ventilated houses all tend to increase the number of cases of pneumonia, colds, and influenza, whenever exposure to the germs of these diseases occur.*

Some people are more liable to catch cold than others. Either they are naturally weak and delicate, or they have made themselves soft by wearing too much clothing. People who remain much in over-heated houses in winter or who always wash the face and throat in warm or lukewarm water, are also very liable to catch cold.*

* Hundreds of lives can be saved if the doctor is called in at once in every case of a bad sore throat. This cannot be over emphasized.

* It is perhaps necessary to explain in this connection that no one ever catches a cold from a draught.

The practice of having a number of pens and lead-pencils kept in a box and passed round to pupils from day to day is wrong; because some pupils have the habit of holding these articles in the mouth, and they may be the carriers of such diseases as diphtheria, measles, scarlet fever, mumps, whooping-cough, pneumonia, influenza, common cold, tuberculosis, or cerebro-spinal fever.

Ugly as the fact is, it is nevertheless true, that every case of typhoid fever means the transfer of germs, either directly or indirectly, from the excreta of one individual to the mouth of another. A typhoid epidemic, therefore, is a reproach to the intelligence and moral sense of a community.

There is a very dangerous and ever-threatening enemy against which we must defend ourselves. This enemy is so strong and does so much harm that every one should know of his wiles and how they may be combated. This enemy is called tuberculosis.

The most important step to be taken in controlling an outbreak of diphtheria is to isolate not only the sick, but also the carriers. This is easily done in institutions like jails, asylums, hospitals, or residential schools, but it is a more difficult procedure when the outbreak occurs among the community at large.

A law has been made requiring a notice to be posted beside the door of every house in which there is a communicable disease. In compliance with this law, you will sometimes see on a house a card with the words: "Scarlet Fever", "Small-pox", or "Diphtheria". This card warns people not to enter the house. It directs that the children in the house must not go to day school or Sunday school, and that the grown-up folk belonging to the house must not mingle with others at bees or

threshings, or in shops, factories, street-cars, or in churches.*

Now, isolation is not a cruel thing. It is the kindest thing that can be done when you look at the matter from all sides.



Nothing is so contagious as cheerfulness. If we have it, others will catch it from us. There is no better physician than Dr. Merryman. The medicine he gives us to take is the pleasantest in the world. We have it entirely in our own hands to cultivate a bright and cheerful disposition that will make the world a pleasanter place both for ourselves and others, or to cultivate a gloomy and morose disposition that will make things disagreeable for everybody.



A good posture makes us look and feel at our best and stiffens our courage as well. Idleness often goes hand in hand with a slouchy carriage. We should not be content just to slouch through life, but we should aim high and let our posture reflect our ambitions. A good posture will help us all to face our daily tasks. An erect carriage is not merely healthful, but it also helps us to maintain our self-respect and to command the respect of others. On the other hand, a lounging gait often excites ridicule or mild contempt.



* Consumptives should not kiss other people.

One can preserve fruit by sealing it in jars, for fruit keeps best without air, but one cannot preserve children by keeping them in tightly sealed rooms.

Try to grow a potato in the dark, and you will notice that its leaves are small and whitish, and that its stem is tender and frail. Compare it with a sturdy potato plant from the garden, and you will see how sickly a plant is without the sun. Boys and girls, like plants, must have sunlight, or like plants grown in darkness they will become puny and weak.

One's brain may also be abused by constant work with no recreation and rest. A condition called "brain fag" is the result. A pupil in this state finds himself unable to understand what he is reading. It is very difficult for him to learn even the lessons which he usually finds easy, and he becomes listless and irritable.

After a long winter and the dreary winds and rains of March, spring is always welcome. With his magic wand the sun bids the song birds to return from the South, the buds to open, and the wild flowers to bloom. Sunshine makes the world happy and gay.*

The best exercise for growing boys and girls is to be found in play. Canadians have a wonderful variety of sports and games from which to choose. We have only to compare the pale faces and frail forms of the children who are continually coddled behind closed windows and doors in overwarm houses with the ruddy faces and sturdy forms of those who play outside, to see the advantage of an outdoor life.

* But, very often a thoughtless mother may be seen pushing her baby along in its carriage and allowing the strong light of the sun to shine full into its eyes. This is very wrong.

The muscles of idiots are seldom, if ever, symmetrically developed, because the brain is not perfectly developed and does not, therefore, send out the nerve-impulses which alone will make the muscles grow. Such persons will walk, if they are able to walk at all, with an unsteady or shuffling gait.*



Swimming is healthful as an exercise, and so is bathing of any kind; but frequent baths in a tub are not what an ordinary boy calls fun. A tub is, naturally, not as exciting as a river or a lake.

Many people take a cold bath every morning, and if this agrees with them and causes a healthy reaction, that is, a general feeling of well-being, and brings the skin to a ruddy glow, it is good for them. If, on the other hand, a cold bath produces a chilly, depressed feeling and a blue-looking skin, it is wiser to avoid it.*

The greatest nations have been the greatest bathers. The Greeks and the Romans had the finest baths in the history of the world – beautiful marble palaces costing fabulous sums of money. The British are a nation of bathers. The Japanese soldiers, during the war between Japan and Russia, resorted to frequent bathing, and by their cleanliness helped to prevent certain diseases from breaking out among them.

* On the other hand, amputation of the leg of an infant is followed by the arrested development of certain parts of the brain.

* A cold bath should never be taken in a cold bathroom.

Strong people should bathe in cool water (about 80°F) every morning. So should delicate children and aged people if they can stand the cold, but if they cannot they should use tepid water (about 90°F). The best soap should always be used in taking a bath. Bad soap injures the skin.* Once a week before going to bed a warm bath (about 100°F) should be taken. Moreover, for evident reasons, all underclothing should be changed at least once a week and invariably taken off at night and hung up to air.*

Boys should wash their heads every week. Girls may wash theirs less frequently, for as a rule they seldom get it into the condition requiring such frequent washing as do the more active boys.

In most people, the rate of skin growth is about the same as the rate of peeling, and, therefore, the thickness remains the same. This is also true of the bark of some trees, such as the arbutus. But with people who never take a bath, the skin thickens and becomes covered with a crust of dirt as well. This does serious harm to the health, although the harm does not come upon such people all at once. If a person is very strong, it may take years before he suffers very much from allowing his skin to grow thick and dirty. Slowly and surely, however, he will have to pay for his folly.

While cleanliness is a good thing, there is no credit in being always clean. The boy

* While the skin is a great means of protection, it is not like a suit of armour which protects one against cuts and wounds from swords and knives, nor is the skin able to stop bullets.

* The best material for underclothing is wool for both winter and summer. Whether for winter or for summer use, clothing should always be as light as possible. Heavy clothing that is carried by bands round the waist tends to displace the internal organs and bring on disease. Clothing should also be loose. Tight clothing of any kind we should always avoid. Tight boots, tight garters, tight belts, tight collars, and tight hats are all harmful.

who never has unclean hands is the boy who never plays any strenuous games or does any real work. No one likes the fellow who is afraid to dig in the garden, or go fishing, or play football for fear of spoiling his appearance. Good honest dirt acquired in work or play is not something to be ashamed of; and no one who is worth anything will draw back from a task merely because it will soil his hands.



Of all the influences to which a growing child is naturally subjected, probably the dominating one is food. Next in importance to selecting plain, wholesome, fresh foods, is the duty of seeing that they are well cooked. As regards this, girls must rely upon instructions which they can get from their mothers, and from useful books upon these subjects.

It is fortunate that most boys and girls are blessed with a good appetite. There are some, however, who pick and fuss over their food, who do not like this and will not eat that; thus causing worry to their parents who have done their best to provide good wholesome food.*

Naturally a big boy will need more to eat than a little one. A girl who has been skating or walking will eat more than her sister who has been resting quietly at home all afternoon.

Some boys and girls would never become very large men or women no matter how

* I do not pretend to say that everyone will enjoy eating beans or peas as keenly as they would meat. The easy-going Southern negro lad prefers a piece of watermelon to the piece of blubber which satisfies the Eskimo lad of the far north.

much they ate, any more than a canary would become as large as a crow simply by trying to eat as much as the crow.

A word or two may be said here in regard to the act of eating. Some children eat too fast and eat too much, and often as a consequence make themselves sick. Very little liquid should be drunk with meals, unless care is taken to chew the food as long and thoroughly as if no liquid were taken. Our teeth are intended to be used. To keep them healthy we must give them exercise, and the best exercise for them is the chewing of solid foods such as meats and fruits and crusts.

From the time the baby cuts his first teeth to the time when, as a grandfather, he begins to lose them, his pleasure and happiness depend very much upon the condition of his teeth. Beautiful arches of clean sound teeth are among the greatest gifts that nature can bestow upon us; but we must remember that nature gives us this gift to keep only the condition that we take care of it.* Digestion begins in the mouth.

There are many causes of indigestion which it would be useless to discuss in detail with you. Let care, worry, anxiety, sorrow, or any other strong emotion press upon a person, especially upon a delicate person, and at once there start other nerve messages from the brain, which hinder digestion or stop it altogether. Hence the rule that no cares or worries should ever be brought to the table during meal-time.*



* The great matter in caring for the teeth is to keep them perfectly clean. The tougher portions of food which become fixed between the teeth should be removed with a quill.

* Constipation is the source of a great deal of misery and suffering in the form of headaches, tiredness, and giddiness.

A boy who has come into the world with a weak stomach and intestines is badly handicapped in the race of life. Fortunately, there are not many such children. Those who are thus afflicted must always have the special care of mothers, nurses, and doctors.

Some people are blessed with having been born strong. On the other hand, there are babies who are born with weak bodies, and especially with weak bones. As a rule, strong parents have strong children and sickly parents have delicate children. Sometimes, however, it happens that a puny child is born to sturdy parents and a fairly strong child to weakling parents.

Remember that the following statements are based upon the average of a large number of measurements of boys and girls. There must, therefore, be children who are exceptions to the general rules here laid down; for example, some big-headed boys learn slowly, while some small-headed boys are very bright and quick in their studies.* But apart from such exceptions, the general statements hold good. These are as follows:

1. As the circumference of the head increases, ability increases.
2. The children of intelligent people have a larger circumference of head than the children of the ignorant.
3. Bright boys are taller and heavier than dull boys.
4. Children of intelligent people have greater height, weight, and length of body than children of the ignorant.

* Many pupils have been thought to be very stupid, whereas the real trouble was that they had poor eyesight and could not see clearly what was written on the blackboard.

5. Children of intelligent people show greater ability in their studies than children of the ignorant.

These facts seem to mean that the children who are best fed, best clothes, and best housed, will, as a rule, have the best chance to get on in the world; whereas, poorly fed, ill clad, and poorly housed children can hardly ever hope to be more than hewers of wood and drawers of water for others.



Of course you have all heard of whisky, brandy, beer, ale, and wine, and have probably seen these liquors.* They differ from one another in colour and taste, but resemble one another in having a disagreeable taste; at least they are all at first disagreeable.

Most people have noticed that a drunken man usually says foolish things and does foolish things. He thinks he can run faster, jump higher, work harder, write better, or count faster, with the aid of alcohol than without it. But this is all pure fancy. As to the use of his muscles, in either work or play, every one knows, who has ever seen a drunken man, that, instead of being able to use his muscles properly, he can scarcely use them at all.

A person under the influence of alcohol becomes dangerous, just as a speeding motor car is dangerous when its brakes are out of repair and fail to hold the car.

* Fortunately, Canadian children seldom drink wine or beer; but in some of the European countries it is different. One of the evil results is that even in small quantities it dulls their minds.

As everyone knows, some people drink whisky or brandy in cold weather because they think it makes them warm. Those who travel in arctic regions nowadays never drink alcohol in order to keep warm. Dr. Carpenter tells about a crew of sixty-six men who left Denmark and wintered in Hudson Bay. They took an abundant supply of alcohol with them, thinking that it would help them to keep warm. By the end of the winter they were all dead but two men, because the alcohol had destroyed the power of their bodies to regulate their temperature. The effects of alcohol, therefore, are bad, whether we drink it in winter or in summer.

Bad as the effects of alcohol are upon the drunkard himself, the effects upon his children are very much worse. They are often left without food, clothing, and education; but these are small ills compared with the supreme one which a drunkard sometimes brings upon his innocent offspring, namely, insanity. The almost unvarying testimony of medical superintendents of lunatic asylums is that the drunkenness of fathers or mothers often entails upon children enfeebled brains and nerves, with the result that, when the strain and stress of adult life come upon them, brain and mind break down and they become inmates of lunatic asylums.*



In case of an accident, every boy and girl should know what to do before the doctor comes. A boy who is quick to think and quick to act may often be of great service to one who is bleeding profusely, or who has taken poison, or who is unconscious and

* It is well to remember that alcohol is not a stimulant. It is a depressant. It has been used extensively for preserving many small animals in jars.

almost dead from being under water.

When taken from the water, a person should first be turned face downward and held up by the middle with his head low, in order to allow the water to run out of his mouth and lungs. Loosen the collar quickly, but do not take time to remove the clothing.

When common household poisons, such as paris green, fly poisons, corrosive sublimate, paregoric, soothing syrup, ends of matches, are taken by accident, the first thing to do is to send for a physician. While waiting his arrival, however, it is generally advisable to induce vomiting. This may be done by giving a teaspoonful of mustard in a glass of warm water.*

Carelessness accounts for the greatest number of accidents. For example, before crossing a street made dangerous by motor traffic, some boy fails to look both ways to see if the road is clear before stepping off the curb. Just as he does so he is struck by a passing car. A little care on his part would have prevented this. Bravado is responsible for many accidents among schoolboys. Playing tricks on others is the cause of many injuries. Ignorance also accounts for many accidents.

If a vein is cut, the blood will be darker in colour than the lighter coloured blood from an artery. If the wound has been made with a dirty knife, tin can, rusty nail, or glass, it should be thoroughly washed with clean, boiled water before being

* For opium poisoning, keep the patient walking about and give frequent drinks of strong coffee.

bandaged. In such wounds, especially if any soil has been carried deeply into the wound, or if the wound is of such a character that it cannot be thoroughly washed out, there is danger of the development of lock-jaw. Tetanus antitoxin should be given in all such cases by your doctor.*

A foreign body in the nose, such as a shoe button, may be removed by blowing the nose rather vigorously. If that does not remove it, wait until you get home and have your parents or the doctor attend to it.*

No small objects, such as beans or peas, should be put into the ear. A foreign body in the ear should be left for the doctor to remove. It is dangerous to tamper with anything in the ear. If an insect should get into it, a little water or olive oil poured in will generally suffice.

When a person suddenly falls over unconscious and his face looks very white, he has probably fainted. This may be due to the stuffy air in the room, to an injury, a shock, or even to the sight of blood.* Strong ammonia or smelling salts should not be held to the nose of a person who is in a faint. It is very irritating and, as a rule, does no good.

Some people are subject to fits, and when they have them they fall unconscious, roll

* This antitoxin is supplied by the Provincial Government free of charge.

* The nose is of great use to us in other ways than in enabling us to smell. It warms, moistens, and filters the inspired air. For example, when we are travelling in dusty cars, the nose stops much dust from passing down the throat and into the lungs. The dust gathers in a ring at the entrance to the nostrils. The same thing may be noticed in men who have been working close to a threshing machine or who have been shovelling coal.

* No one needs to be told what blood looks like.

their eyes, and they may also foam at the mouth. Their faces are not white as in fainting, but become red or almost purple in colour. Fortunately, these distressing fits are rarely dangerous.

One more important fact must be noted here. When a girl's clothes are on fire she should never run about.*



Note from the Author: Except for the subtitle, I did not actually write a word of this. Everything in this story is taken verbatim from the two textbooks credited at the beginning. I have happily lifted the bits and pieces that interested me and arranged them to suit my own purposes.

* This only fans the flame.