

**THE LAWS OF HEALTH
AND SCHOOL
HYGIENE: A HAND-BOOK
ON SCHOOL HYGIENE**

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The Laws of Health and School Hygiene: A Hand-Book on School Hygiene by Carstairs C. Douglas

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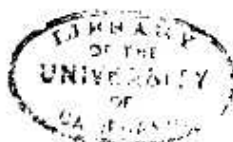
BY

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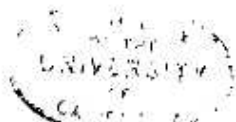
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PREFACE

One of the most striking features of primary education at the present time is the keen and practical interest taken in the physical and hygienic aspects of school life. Educational authorities in every civilized country are awake to-day to the supreme importance of caring for the bodily health of the child, and of bringing his environment into line with modern hygienic knowledge, while the mind is being trained to think and the brain stored with facts. Everyone who has the education of young children seriously at heart rejoices that this is so, and it has come to be recognized that one of the most powerful and practical means of ensuring success in this matter, is to train the teachers before they enter upon the serious duties of their profession.

Systematic courses of instruction for teachers in elementary anatomy, physiology, and hygiene have accordingly been mapped out by various educational authorities, and in Scotland lectureships on the laws of health have been established in connection with the university training of teachers. In my own case the instruction given consists in part of systematic lectures, and in part of practical work at various schools, where the members of the class, in suitable small sections, study the structure of schools, methods of heating, lighting, and ventilation, floor area and cubic space, arrangement of desks and seats, and so forth. They learn how to weigh and measure children, how to detect errors in vision by simple means,

and how to discriminate between the weakly and underfed, and those who are fit for ordinary school-work, exercises, and games. It has been felt that a small text-book would be a great help as a supplement to the lectures, and I therefore issue this manual in the hope that it may prove of service not only to teachers in training, but to those also who are now regularly engaged in the teaching of the young.

Some may object that the sections dealing with anatomy and physiology are too short. This abbreviation is intentional. There are already excellent small manuals dealing with physiology suitable for the teacher's needs, and what is wanted is a book treating of the application of physiological knowledge to the hygiene of school life. The tendency in lectures on the laws of health is to overburden them with purely anatomical and physiological details, and so obscure their real purpose and lessen their value.

In the original preparation of my lectures, I gained many useful hints from the excellent articles on the teaching of hygiene to teachers, which appeared in the *British Medical Journal* during 1904-1905. Use has been made of them once more in preparing this manual. Most of the illustrations have been furnished by my publishers. For No. 16 I am indebted to Messrs. E. & S. Livingstone, and for Nos. 44 and 45 to Messrs. Cassell & Co. The drawings for Nos. 59, 64, and 68 were done by Mr. W. Douglas Lockhart. The source of any others is acknowledged in the text.

C. C. D.

CONTENTS

CHAPTER I

	Page
Introductory—The Necessity of having a Correct Knowledge of the Laws of Health—The Elementary Anatomy and Physiology of the Circulation and Respiration	9

CHAPTER II

Respiration (<i>concluded</i>)—Changes produced in the Air of Respiration—Effects of Artificial Lights in Vitiating Air—Ventilation: its Principles and Practice—Natural Ventilation—Mechanical Systems	27
---	----

CHAPTER III

The Heating of Schools—Fireplaces—Stoves—Gas-fires—Oil-stoves—Hot Air—Hot-water Pipes—Electric Radiators—Lighting of Schools—Sun-light—Gas—Lamps—Electricity—The General Structure and Arrangement of Schools—Site—Aspect—Buildings—Corridors—Cloak-rooms—Class-rooms	45
---	----

CHAPTER IV

General Structure of Schools (<i>concluded</i>)—Windows, Warming, and Ventilating—Desks, Seats, and other Fittings—Cookery—Laundry—Handicraft—Science—Drawing—Teachers' Room—Gymnasium—Baths—Water-supply—Sanitary Arrangements—Playgrounds	57
---	----

CHAPTER V

The Health of the Child—General Nutrition—Classes of Food-stuffs—Their Uses—The Physiology of Digestion—The Normal and Underfed Child—Bad Feeding—Rickets—Determination of Height and Weight as Indices of Physical Development—Provision of Meals for School-children	74
--	----

CHAPTER VI

	Page
The Nervous and Muscular Systems of Children—Their Physiology—Waste and Repair with special reference to Childhood—Bodily Exercise in Relation to Health—Change of Occupation—Fatigue and Rest—Signs of Exhaustion of Nervous System—Sleep	90

CHAPTER VII

The Function of the Skin—Importance of Cleanliness—Clothing—Care of the Hair and Teeth—Juvenile Smoking—The Teaching of the Laws of Health to Children—Teaching of Temperance in Schools	104
--	-----

CHAPTER VIII

The Simpler Ailments of Children—Common Colds of the Throat and Nose—Cough—Indigestion—Diarrhoea—Worms—Headache—Backache—Toothache—Chorea—Nail-biting—Nose-bleeding—Chilblains—Skin Affections—Nettle-rash—Lichen—Warts—Burns and Scalds—Remediable Bodily Deformities	119
--	-----

CHAPTER IX

The Vision and Hearing of School-children—The Structure of the Eye—Normal Vision—Eye-strain and Impaired Sight—Long-sightedness—Short-sightedness—Astigmatism—Squint—The Ear—Deafness—The Throat—Enlarged Tonsils—Adenoid Growths	136
---	-----

CHAPTER X

Infectious Diseases in Relation to School Life—Their Causation and Mode of Spread—Incubation—Invasion—Advance and Decline—Principal Diseases of Importance—Scarlet Fever—Diphtheria—Measles—German Measles—Whooping-cough—Small-pox—Chicken-pox—Early Symptoms	155
--	-----

CHAPTER XI

Infectious Diseases (<i>continued</i>)—Mumps—Typhus Fever—Typhoid Fever—Erysipelas—Ophthalmia—The Duty of the Teacher when Infectious Disease is suspected—Quarantine—Period of Safe Return after an Attack—The Animal Parasites of the Skin—The Louse—The Flea—The Itch-insect—Vegetable Parasites—Favus—Ringworm—Medical Inspection of School-children	173
--	-----

CONTENTS

vii

CHAPTER XII

	Page
Tubercular Disease in School Life—Causes—Infection of Lungs, Glands, Bones, and Joints—The Mortality and Morbidity—Methods of Treatment—Means of Prevention—Rheumatism among Children	190

CHAPTER XIII

The Physically Defective and Feeble-Minded Children—Necessity of Special Departments and Appropriate Means of Teaching	200
--	-----

CHAPTER XIV

The Code of Physical Exercises—The Aims of the latter—The Anatomical Principles underlying them—The Actions of the Principal Individual Muscles—The Groups of Muscles employed in performing any Specified Movement	208
---	-----

CHAPTER XV

Corporal Punishment in Schools	231
--	-----

APPENDIX—Anthropometric Committee's Standard Averages	237
---	-----

INDEX	239
-----------------	-----