

**THE GULICK
HYGIENE SERIES.
HEALTH AND SAFETY**

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The Gulick Hygiene Series. Health and Safety by Frances Gulick Jewett

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FRANCES GULICK JEWETT

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EDITED BY

LUTHER HALSEY GULICK, M.D.

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HEALTH AND SAFETY

BY

FRANCES GULICK JEWETT

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PREFACE

The pages of this small volume are rather strictly devoted to matters of personal health. They discuss the care of the eyes, the ears, the hair, the finger nails, the teeth, etc. At the same time they also give reasons why cleanliness and care are important and why uncleanness and neglect are dangerous. They not only show in a general way that health and cleanliness go hand in hand but they make it plain that we clean our teeth to save them from the microbe, that we keep dust and flies out of our homes because disease microbes may come in with them, that we breathe pure air and ventilate our homes because clean air is best for health. In all this, however, care is taken not to alarm the reader more than enough to forearm him against his worst foe—the microbe.

Attention is called to the nature of air and to things that may spoil it—the breath of human beings, decaying substances, burning oil and gas, flying dust, etc. Methods of ventilation are discussed and experimental investigation is encouraged.

Facts about sleep are given, with clear reasons why sleep is imperative. Other facts show what may be

done for health by means of the skin — through the cold bath, through friction, exercise, and the like. Then too there are rules for the protection of the eyesight and still others for the guidance of everyday eating.

In presenting the subject of alcohol — as required by state law — the picturesque history of Bum and Topsy is brought direct from the records of scientific investigation. Rarely has a man made a stronger appeal against alcohol than Dr. Hodge has done in these experiments carried on in Worcester, Massachusetts.

In preparing *Health and Safety*, there has seemed to be every reason for retaining the material of *Good Health*. There are also very real reasons why — in addition — accidents and emergencies should be discussed in condensed form. This, therefore, has been done in the two closing chapters of the book. The new material covers the treatment of such everyday accidents as bruises, cuts, broken bones, sprains, etc., and such emergencies as fainting, clothes afire, and nosebleed, with directions as to what to do to secure artificial respiration. The rules for action in case of accident are easily understood, and once they are mastered the children will apply them with the enthusiasm of the expert. It is indeed the intent of this book to trust young people with such facts of experience as will increase their efficiency for the entire span of the years of life.

F. G. J.

CONTENTS

CHAPTER	PAGE
I. BREATHING AND PURE AIR	1
II. PURE AIR AND THINGS THAT SPOIL IT	6
III. TOBACCO AND PURE AIR	11
IV. HOW THE AIR MOVES AND HOW MUCH WE NEED	16
V. HOW TO GET FRESH AIR. DRAFTS	21
VI. VENTILATION OF THE BUILDING YOU ARE IN	27
VII. A LITTLE LESSON ABOUT LITTLE THINGS. MICROBES	29
VIII. MICROBES AND KEEPING CLEAN	34
IX. DUST AND CLEANLINESS	38
X. TOBACCO CHEWING AND CLEANLINESS	43
XI. WHY AND HOW WE NEED TO SLEEP	47
XII. SOME RULES ABOUT SLEEPING	52
XIII. HABITS OF SLEEPING	57
XIV. DANGERS TO THE EYESIGHT	62
XV. READING, BOOK PRINT, AND GLASSES	70
XVI. ANIMALS AND ALCOHOL	77
XVII. ANIMALS AND ALCOHOL (<i>continued</i>)	83
XVIII. THE EAR THAT WE CAN SEE	90
XIX. THE EAR WE CANNOT SEE	95
XX. THE WAY TO TREAT THE FINGER NAILS	101
XXI. CARING FOR THE HAIR	108

CHAPTER	PAGE
XXII. THE HEALTH OF THE SKIN	114
XXIII. ALCOHOL AND COLD WEATHER	121
XXIV. ALCOHOL AND WARM WEATHER	127
XXV. SOME FACTS ABOUT THE NOSE	131
XXVI. OUR LUNGS	137
XXVII. LUNGS, DUST, AND TOBACCO SMOKE	142
XXVIII. TEETH	147
XXIX. EATING	153
XXX. ALEXIS ST. MARTIN AND ALCOHOL	159
XXXI. THE EXERCISE WE NEED	165
XXXII. ACCIDENTS AND EMERGENCIES	171
XXXIII. RULES FOR ACTION IN CASE OF ACCIDENT	179
BIBLIOGRAPHICAL LIST	191
GLOSSARY	193
INDEX	195

HEALTH AND SAFETY

CHAPTER I

BREATHING AND PURE AIR

Go and watch the baby when he is asleep. See how his chest rises and falls, then rises and falls again.

He does not know what he is doing, but he breathes as perfectly as the oldest and the wisest man in the world. He began to breathe when he was born, and he will not stop until he dies; still he does it without thinking about it.

There is a special kind of machinery in each of us that takes care of our breathing even when we are asleep. Nobody has to be clever or old or good to know how to breathe, though each of us can stop our breathing if we care to try.

See how long you can hold your breath and be comfortable.

In some places men dive in the ocean for pearls. They pick up the shells that hold the pearls, and the longer they stay under water the more pearls they can find. For this reason they hold their breath as long as they