

**HEALTH IN THE
SCHOOL; OR, HYGIENE
FOR TEACHERS**

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Health in the school; or, Hygiene for teachers by J. S. C. Elkington

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J. S. C. ELKINGTON

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Health in the School. By J. S. C. ELKINGTON, M.D., D.P.H., Head of the Department of Public Health in Tasmania. 2s. net.

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LONDON

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GLASGOW DUBLIN BOMBAY

HEALTH IN THE SCHOOL

OR

HYGIENE FOR TEACHERS

BY

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PREFACE

The official responsibilities of teachers increase with every new advance of that latter-day education movement which is effecting so notable a change in school methods and in school results. A certain degree of responsibility for the physical safety of the children in their charge has for long been incumbent on them. This little book is not put forward with the idea of adding new terrors to the pursuit of pedagogic success; but rather as an attempt to indicate phases of the subject, attention to which will materially assist the school work, whilst enabling the teacher to manfully meet this last-recognized responsibility. There is already a liberal supply of excellent special works on school health, containing a wealth of technical detail. Nevertheless, many teachers seem to find a difficulty in realizing that School Hygiene is not wholly a question of architecture, engineering, or medicine; or that it is possible to obtain excellent results by simple and inexpensive means. A rural teacher who suspects the water-supply, but contents himself with predictions of the evils that will result because a proper filter is not immediately forthcoming, has not learned this lesson. He who forthwith proceeds to sterilize the daily supply by boiling, and utilizes the opportunity for a timely demonstration to the children, will not only clear himself of responsibility for a typhoid outbreak,

but will inculcate a lesson which may one day save many lives.

Looked at from the point of view of self-interest, teachers have every motive for preventing whatever may interfere with the children's work. There is nothing more brain-dulling than impure air, and the purblindness which arises from defective light management and improper working position. "School-stress" translated into plain language means, in the vast majority of cases, ignorant school management. It is of little use to study new educational methods unless the material on which they are to be tried is brought into a reasonable condition of physiological receptivity.

Slow as the public has been to recognize that primary education extends far beyond the historic "three R's", it is beginning to awake to the fact that even these modest requirements cannot be effectively met in semi-darkness, or in foul rooms.

To several writers in the technical journals—notably to Professor Kenwood, to Professor Findlay, to Miss Alice Ravenhill, and to the accomplished author of the special articles in the *British Medical Journal* of 1904 and 1905—I am indebted for valuable information which has proved of much service in Tasmanian school practice, and in the writing of this book.

J. S. C. ELKINGTON.

HOBART, TASMANIA,
February 14, 1907.



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