

SCHOOL HYGIENE

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School hygiene by Leo Burgerstein & Beatrice L. Stevenson & Anna L. Von der Osten

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**LEO BURGERSTEIN & BEATRICE L.
STEVENSON & ANNA L. VON DER OSTEN**

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BY
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(VIENNA)

TRANSLATED BY
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ANNA L. VON DER OSTEN
7356

WITH 43 ILLUSTRATIONS AND DIAGRAMS



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INTRODUCTION TO THE AMERICAN EDITION

The present century is discovering that the care of children is the most important thing in the world. Except in so far as children possess vitality, integrity and intelligence, nothing is worth while. In the past our cities have been built as if manufacturing and commerce were the great aims of the world. The discovery of childhood is the supreme achievement of our day. The time is coming when cities will be built so that children may be well and happy, so that the treasures of past civilization, the precious inheritance of the achievements of the human spirit, shall be passed on to them most effectively.

One of the leaders in this world-reconstructing view is Professor Leo Burgerstein, who has taken as his special theme the health of the school child, realizing that children in school are kept in school and under school influence, most of the hours of most of the days of most of the years of childhood. He says that the school must itself become a health-promoting agency, and the school curriculum a means which shall so influence the children that those who take part in it shall be better off in health and vigor than those who do not. The world is indebted to Professor Burgerstein for his scientific achievement, for his

breadth of scholarship, as well as for the practical nature of his teachings.

This little book will bring to those American readers who are not already familiar with Professor Burgerstein's larger work in German, his general point of view with reference to this whole subject of the health of the school child.

LUTHER H. GULICK, M. D.

NEW YORK, OCTOBER, 1913.

PREFACE TO THE THIRD EDITION

The preface to the first edition closes with the words: "It is difficult to set forth the results of an investigation in a way so as to be readily understood by all. I shall be happy if I find that I have succeeded in this endeavor." The rapid sale of the second, extensive edition has shown that the chosen way was the right one.

In addition to a change of text and enlargement of the index, the new edition of this little book, which has won many friends and received much recognition, has been altered only to include our present knowledge of school hygiene. A few parts have been omitted, some chapters have been made more comprehensive, and new and more instructive illustrations have been added. The great increase in material with no corresponding increase in the size or price of the book is due to the good management of my publishers, and I take this opportunity of expressing to them my thanks for their services.

I desire also to thank my honored friend, Mr. Arthur Lieberman of Vienna, for his kind assistance in correcting proofs.

LEO BURGEIESTEIN, PH. D., LL. D.

VIENNA, APRIL, 1912.

MEASUREMENT EQUIVALENTS

1 meter	=	3.3	feet
1 meter	=	100	centimeters
1 centimeter	=	.39	inch
1 centimeter	=	10	millimeters
1 millimeter	=	.039	inch
1 square meter	=	1.2	square yard
1 square centimeter	=	.15	square inch
x degrees Centigrade	=	$(X \times 1.8) + 32$	= x degrees Fahrenheit

CONTENTS

(The figures in parenthesis refer to the number of the page.)

INTRODUCTION TO THE AMERICAN EDITION	v
PREFACE	vii
INTRODUCTION	xv

I. THE SCHOOLHOUSE

1. General Planning and Erection

Planning (1)—Site (2)—Cottage Plan of Schools (4)—Location of Schoolhouse (7)—Water Supply (8)—Wells (8)—Drinking Fountains (9)—Construction (11)—Schoolhouse Entrance (12)—Waiting Rooms (12)—Cloak Rooms (12)—Lavatories (13)—Indoor Playgrounds (14)—Arrangement of Rooms (15)—Ground Plans (16)—The Classroom (18).

2. Lighting

Light Measurement (19)—Angle of Light (20)—Direction of Light (23)—Windows (24)—Curtains and Shades (25)—Light Reflectors (25)—Artificial Lighting (26)—Diffused Lighting (27)—Direct Lighting (28)—Gas Lighting (29)

3. Ventilation and Heating

Condition of the Air (29)—Dust (32)—Airing (33)—Ventilation (34)—Heating (36)—Stoves (37)—Gas Heaters (38)—Steam Heating (40)—Hot-water Heating (40).

4. The Classroom and its Equipment

Size of Classroom (42)—Walls and Ceiling (44)—Floor (44)—The School Desk (46)—Adjustable School Furniture