

SCHOOL HYGIENE

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649300372

School Hygiene by G. G. Groff

Except for use in any review, the reproduction or utilisation of this work in whole or in part in any form by any electronic, mechanical or other means, now known or hereafter invented, including xerography, photocopying and recording, or in any information storage or retrieval system, is forbidden without the permission of the publisher, Trieste Publishing Pty Ltd, PO Box 1576 Collingwood, Victoria 3066 Australia.

All rights reserved.

Edited by Trieste Publishing Pty Ltd.
Cover @ 2017

This book is sold subject to the condition that it shall not, by way of trade or otherwise, be lent, re-sold, hired out, or otherwise circulated without the publisher's prior consent in any form or binding or cover other than that in which it is published and without a similar condition including this condition being imposed on the subsequent purchaser.

www.triestepublishing.com

G. G. GROFF

**SCHOOL
HYGIENE**

0 /

SCHOOL HYGIENE.

✓ BY
PRES. G. G. GROFF, M.D., LL.D.,
OF BUCKNELL UNIVERSITY, LEWISBURG, PA.,
MEMBER OF THE PENNSYLVANIA STATE BOARD OF HEALTH.



NEW YORK AND CHICAGO:
E. L. KELLOGG & CO.

1889.

2000000000

SCHOOL HYGIENE.

An Important Subject.—There is a wide-spread opinion among medical men, that children during school years are subject to grave dangers to health; that these dangers, many of them at least, are closely related to school attendance; that they are avoidable, and ought to receive more attention at the hands of teachers and boards of control.

Diseases to which Pupils are Subject.—From unhygienic conditions in the school-room and its immediate surroundings we have headaches, nervous ailments and nervous exhaustion, impaired eyes, consumption, and other diseases, arising from improper and deficient ventilation, diseases arising from insufficient and excessive heating, from conditions of uncleanness, from improper, excessive, and insufficient physical exercise, and from exposure to contagion.

The School-room as it too Often is.—That defects do actually exist, will become evident to all who enter many of our school-houses during study

hours. Greeted by odors which are sometimes so aggravated that they become well-nigh unbearable, in a temperature altogether too high, the visitor will be struck with the pallor and evident lassitude of certain scholars, who are vainly endeavoring to accomplish their allotted tasks; he will notice that some are sitting directly facing the light, and, bending their bodies in a constrained position, are studying or writing, with their books held but a few inches from their eyes; he will see some pupils not recovered, but simply in a state of convalescence, from diseases from which they have been suffering; and he will see others with flushed faces and further symptoms indicative of affections from which they are about to suffer. He will recognize all this, and oftentimes much more if he makes a thorough inspection of the building and the premises.—FRANK WELLS, M.D.

From an Official.—A prominent county superintendent of schools in Pennsylvania, to whom this article was presented, wrote the author: "In my rounds I have seen children with scarlet fever in school, and too sick to sit up. I have seen them covered with the eruptions of measles, and have heard the school-room filled with the noise of those suffering from whooping-cough. Almost every winter we have epidemics of itch in our county propagated in our public schools." Similar testimony has been received from a

number of other superintendents of schools. All to whom the matter has been submitted agree that it is one of great importance.

The Pennsylvania State Board of Health saw the necessity of warning the teachers concerning the dangers prevalent in school life, and directed the author to prepare a circular that should accomplish this and point out means for remedying the same.

CARE OF THE EYES.

Injury to the Eyes in School.—It is asserted that 68 per cent of educated Germans over 21 years of age have impaired eyes. The eye troubles of highly civilized countries are rare among savages and those who have never been in school. Careful examinations of the eyes of school children both in Europe and America show that just as we advance into the higher grades the per cent of those with eye troubles regularly increases. This is markedly true of myopia (near-sightedness). Thus, Dr. Conrad found, among German school children of nine years, 11 per cent of myopia; at 18 it had increased to 55 per cent; and at 21 years, to 62 per cent. Dr. Loring found, among American children of corresponding ages, 3.5 per cent, 20 per cent, and 27 per cent. The following table was made by Dr. Cohen:

	Average per-centage of near-sightedness.	Average amount of near-sightedness.
Country schools.....	1.4	1/2
Primary schools.....	6.7	1/2
Intermediate schools.....	10.3	1/2
Polytechnic schools.....	19.7	1/2
Latin schools.....	26.2	1/2
Universities.....	59.0	1/2

Direction of the Light.—It is very trying to the eyes to have the light fall directly into the eyes for any length of time. Hence, children should never sit facing the light, but, rather, a wall without windows. Where the desks are placed so as to face windows, these should be heavily curtained. Pupils need an abundance of light. So much should enter the room that, *at all times and in every part of the room*, each pupil may be able to read with the book held at about 15 inches from the eyes.

Insufficient Light.—Especial care must be taken on dark days that the pupils distant from the windows have sufficient light to enable them to perform their tasks without injury to the eyes.

The Windows.—If curtains are used, the roller should be at the bottom, rather than at the top; for the light of most value enters at the top of the window. Great care must be exercised that curtains do not continually darken the room to an injurious extent. The danger here is so great that a prominent educator has proposed to entirely abolish curtains from the windows of

school-rooms. Then, again, windows should not be darkened with plants. These ornaments to the room should, during school hours, find some place where they cannot interfere with the entrance of light. Too much light can hardly enter the room.

Best Light from Above.—The best light comes from above and over the left shoulder. If from the right, the hand casts a shadow upon the work. A dazzling light is very trying to the eyes and nearly as bad as an insufficient light. Sunlight should not fall directly upon the books or slate of the children, and thence be reflected directly into their eyes.

The Black-boards.—Black-boards should not be placed between two windows, nor near a large window, for thus the children are brought directly to face light to an injurious extent. When children are required to copy work from the black-board, *the teacher should be very careful to write in a large and legible hand.* The board must be kept clean, for pupils cannot see what is written upon a greasy surface.

Inks and Slates.—For the same reasons, pale inks and greasy slates are injurious. Inks which become black the next day should be abolished from the school-room, and, so far as practicable, the paper pad may be substituted for the slate.

Position of Pupils.—Pupils should sit erect, and not bend over their work, for in the latter posi-

tion the blood more readily enters the eyes and produces a congestion of the same. They should at no time "strain" the eyes; nor on dark days, read from poorly printed books, nor from greasy slates, nor from the black-board badly written matter, nor under any other conditions. If the child cannot see *easily*, some wrong condition should be corrected, if this is possible, and, if not, the child should be excused from the task.

Aching of Eyes.—Whenever a child complains that its eyes "ache," it should be excused from its duties, and a note sent to the parents stating the need of rest and possibly an examination of the child's eyes by an oculist. The teacher should remember that pains and aches are the warnings which are given us that some part of the body needs attention. Whoever neglects an aching eye, does so at his peril.

Position of Pupil for Study.—Children should not read when lying down, when riding, nor when sleepy. They should at night be encouraged to sit as near the light as possible, and not as far away as they can possibly see. They should be so seated that they can perform their work properly. So far as possible, they should be placed on seats of a proper height, their feet resting on the floor, and the desk not too high above them.

The Seats.—The back of the seat should curve