

# **PERSONAL HYGIENE IN TROPICAL AND SEMI- TROPICAL COUNTRIES**

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649479436

Personal Hygiene in Tropical and Semi-Tropical Countries by Isaac Williams Brewer

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](http://www.triestepublishing.com)

**ISAAC WILLIAMS BREWER**

**PERSONAL HYGIENE IN  
TROPICAL AND SEMI-  
TROPICAL COUNTRIES**



# PERSONAL HYGIENE

IN TROPICAL AND SEMI-TROPICAL  
COUNTRIES

A POPULAR MANUAL, WRITTEN FOR THE USE OF FOREIGNERS  
RESIDING IN THE PHILIPPINES, CUBA, AND OTHER  
PORTIONS OF THE TROPICS

BY

ISAAC WILLIAMS BREWER, M.D.

Member of the American Society of  
Tropical Medicine



PHILADELPHIA  
F. A. DAVIS COMPANY  
PUBLISHERS

TO  
ROBERT M. O'REILLY, M.D.

SURGEON-GENERAL OF THE UNITED STATES ARMY. A SKILLFUL  
PHYSICIAN, AN ABLE ADMINISTRATOR, AND A TRUE FRIEND

THIS BOOK IS DEDICATED

AS A SLIGHT TOKEN OF THE AUTHOR'S APPRECIATION

## CONTENTS.

	PAGE
INTRODUCTION .....	1
ACKNOWLEDGEMENTS .....	4
PREPARATIONS BEFORE SAILING.....	5
WHAT TO TAKE WITH YOU.....	6
PHYSIOLOGICAL EFFECTS OF THE CHANGE FROM A TEMPERATE TO A TROPICAL CLIMATE.....	8
WORK AND EXERCISE.....	8
VACATIONS .....	10
CLOTHING .....	11
LAUNDRY .....	14
WATER .....	15
BATHS .....	21
FOODS .....	22
ANIMAL FOODS .....	23
VEGETABLE FOODS .....	24
ICES .....	25
ICED DRINKS .....	25
MILK .....	25
ALCOHOL .....	26
DWELLINGS .....	28
SERVANTS .....	33
DISPOSAL OF EXCRETA.....	34
WATER CARRIAGE .....	35
PRIVIES .....	37
PAIL SYSTEM .....	38
DRY EARTH SYSTEM.....	40
LATRINES .....	41
BRUSH SYSTEM .....	42
CESSPOOLS .....	43

	PAGE
DISPOSAL OF REFUSE AND SLOPS.....	44
DISEASES TRANSMITTED BY MOSQUITOES.....	46
MALARIA .....	46
PREVENTION OF MALARIA.....	51
PERSONAL PRECAUTIONS .....	51
DOMESTIC PRECAUTIONS .....	55
MUNICIPAL PRECAUTIONS .....	57
YELLOW FEVER .....	59
FILLARIA .....	63
DENGUE .....	64
MALTA FEVER .....	65
TETANUS .....	66
DYSENTERY .....	66
DIARRHOEA .....	68
CHOLERA .....	68
TYPHOID FEVER .....	72
BERIBERI .....	73
PLAGUE .....	74
TUBERCULOSIS .....	77
ANIMAL PARASITES .....	79
ANKYLOSTOMIASIS .....	79
TAPE WORMS .....	82
ROUND WORMS .....	82
TRICHINA .....	83
SMALL-POX .....	83
NEURASTHENIA .....	84
HEAT STROKE .....	86
HEAT EXHAUSTION .....	86
SKIN DISEASES .....	87
BOILS .....	88
DIHOBIE ITCH .....	88
PRICKLY HEAT .....	89
YAWS .....	90



CONTENTS.

vii

	PAGE
LEPROSY .....	90
VENEREAL DISEASES .....	91
VENOMOUS SNAKES .....	93
FLIES AND OTHER INSECTS.....	95
MYIASIS .....	96
BED BUGS .....	96
TICKS .....	97
ANTS .....	97
CARE OF CHILDREN.....	99
TREATMENT OF DISEASE.....	104
DIARRHOEA .....	104
DYSENTERY .....	105
WORMS .....	105
SICK HEADACHE .....	106
FEVERS .....	106
MALARIA .....	107
SNAKE BITES .....	107
HEAT STROKE .....	107
HEAT PROSTRATION .....	108
CUTS AND BRUISES.....	108
SORE EYES .....	109
POISONS AND THEIR ANTIDOTES.....	110
ACIDS .....	111
ACONITE .....	112
ALCOHOL .....	112
ALKALIES .....	113
ARSENIC .....	113
ATROPINE .....	114
BELLADONNA .....	114
CHLORAL .....	114
COPPER .....	114
CORROSIVE SUBLIMATE .....	114
IODINE .....	114

POISONS AND THEIR ANTIDOTES ( <i>continued</i> ).	PAGE
LAUDANUM .....	114
LEAD .....	115
MATCHES .....	115
OPIUM .....	115
PAREGORIC .....	115
PARIS GREEN .....	115
PHOSPHORUS .....	115
POISONOUS PLANTS .....	116
SILVER .....	116
STRYCHNINE .....	116
CLIMATE .....	117
HONOLULU .....	118
MANILA .....	119
APARRI, P. I. ....	120
LA CARLOTA, P. I. ....	120
ZAMBOANGA, P. I. ....	121
COLON, CANAL ZONE .....	121
PANAMA .....	121
SAN JUAN, P. R. ....	122

## INTRODUCTION.

---

THE colonization of the tropics has been the dream of the white race since the dawn of history. Nation after nation has endeavored to establish its people there, but one by one they have failed, and to-day the problem is still unsolved. What has been the cause of this failure? Some answer that it is the heat that kills. Others maintain that the intense light is the cause of the white man's decay in the tropics. These and many other theories have been advanced, and no doubt there is a basis of truth for most of them. To-day we know that failure to observe the laws of hygiene has in a measure caused the failure. That the native races thrive and multiply, living amid the worst hygienic surroundings, is not denied, but they appear to have, as a race, an immunity to their surroundings.

One has but to compare the health reports of any tropical city with those of European or American cities of the temperate zone, to be convinced that a large part of the sickness peculiar to the tropics is from preventable diseases.

The following table shows the average admission to sick report and the deaths, from the prin-