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Harper, C. A.

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# WISCONSIN BANKERS' FARM BULLETIN

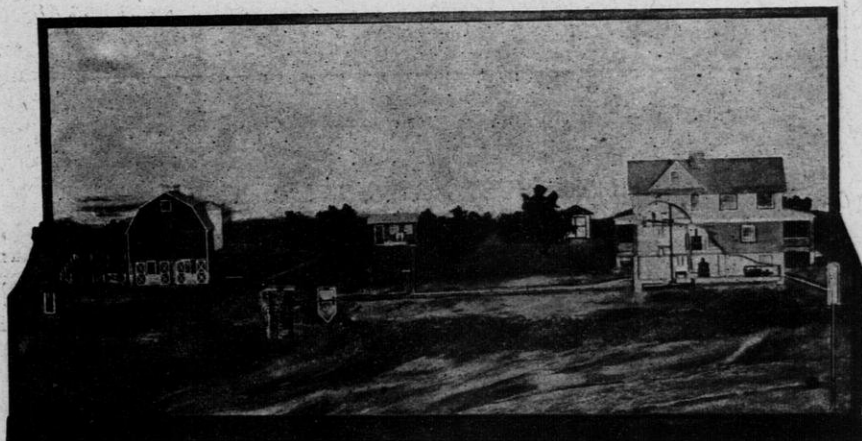
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## Hot Weather Health Hints

By

**DR. C. A. HARPER**

State Health Officers



### SAFE, CLEAN AND COMFORTABLE

A modern farm home, supplied with running water, sewage disposal system and other conveniences, lightens farm work, promotes health, and makes the warm weather more endurable.

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Distributed by •

### Wisconsin Bankers' Association

Burton M. Smith,  
Chairman Agricultural Committee,  
North Lake

George D. Bartlett,  
Association Secretary,  
Pabst Building, Milwaukee

# Hot Weather Health Hints

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"Be fit" is now our country's call to every man.

The farmer, upon whom the nation depends for the food to keep our fighting men "fit", must also keep in the best physical condition. His, too, is a MAN'S job!

Unfortunately, farmers, as a class, have neglected to look first to their physical well-being. Life in the open is in their favor, but too often farmers who are robust and healthy, and free from physical defects usually have become so in spite, and not because of any systematic effort to keep fit.

*Practically 28 per cent of all young men from rural districts examined for the draft were found below standard. This means that nearly one-third of the youths from country homes, between 21 and 31 years of age, were physically or mentally unfit for military service.*

We should begin now to correct some of these mistakes.

## SUMMER INCREASES HEALTH RISKS

Many conditions on the farm make health risks greater in summer than at other seasons. Farmers will help to keep themselves on the safe side during the warm months by following carefully certain rules of hygiene and sanitation.

The farmer needs a varied diet of wholesome food, limited in the main to three meals a day. He should drink liberally of water between meals. If possible he should take 15 to 20 minutes rest after dinner and supper. Regularity in bowel functions is absolutely necessary for health.

Small cuts, bruises and scratches should be given attention to prevent infection or blood poisoning. In case of a puncture occurring, for example by stepping on a nail, the wound should be opened, cleansed with boiling water and tincture of iodine applied immediately. If it becomes inflamed a physician should be called at once. Medical advice should be sought in all cases of punctured wounds. Cut or scratches should be treated with iodine or a wet dressing of a boric acid solution made by dissolving in hot water all the boric crystals or powder that the water will absorb. Care should be taken to keep dirt out of wounds. On the first indication of marked illness the farmer should seek proper medical advice.

## HEAT MAY BE FATAL; TAKE CARE!

During very hot weather the farm worker needs periods of rest and should drink reasonable quantities of cold water—not ice water. Upon the slightest sign of dizziness or unusual fatigue he should stop work for a little while and, if possible, bathe his head, hands and arms in cold water. Such precautions will tend to avoid sunstroke and injury to health from what may be regarded as heat exhaustion.

The diet in hot weather should be largely milk, vegetables, fruit and cereals. It should contain very little meat. Constipation is at all times serious and likely to impair one's health, especially during the hot summer months. The general tendency is to eat too fast and too much.

Remember that the teeth are a valuable part of the organs of digestion, and that a reasonable quantity of food is sufficient to keep up the strength and support activities, and at the same time to relieve the system of undue burden.

## KEEP THE HOME AIRY AND CLEAN

The farm house should be well lighted and ventilated in every part. Especially in the sleeping rooms should there be plenty of window space and fresh air admitted day and night. There is nothing in the old belief that night air is dangerous. In reality it is safer to breathe than day air, because with lessened traffic night air contains less dust.

Screen all windows and doors against flies and other insects.

Shrubby and trees about the home should be well trimmed to admit plenty of sunlight.

Cleanliness in the home is always important. Old carpets should be removed and rugs, if used, should be frequently cleaned and exposed to the sunlight. A bare floor, with a few well-cared-for rugs, is much better than a carpeted floor.

## PREVENTION IS BETTER THAN CURE

*Let in the sunlight.*

*Sleep with the windows open.*

*Guard the water supply from impurities.*

*Dispose of sewage by building a septic tank.*

*Protect food from decomposition and dangerous bacteria.*

*Keep the schoolhouse clean and its outbuildings sanitary.*

*Remove garbage and manure promptly from the home surroundings.*

*Abolish every breeding place for flies to prevent insect-borne ills.*

Every farmer should take great pains to keep his water supply pure. This means careful attention to the location of outhouses and disposal of sewage and manure. Investigations have shown that from 20 to 40 per cent of farm and rural wells are unsafe. It is of the utmost importance, therefore, that drainage from the barn or outhouse does not reach the water in the well.

Driven and drilled wells are much safer than dug wells and so, no matter what may be the difference in cost, are preferable. Of course every well should have a tight cover and no stagnant pools should be allowed to remain about it.

## SEWAGE BRINGS DISEASE DANGERS

Poorly constructed privies present a constant danger of disease. The masonry and shelter-house should be made flytight and be so constructed as to keep out rats, mice, squirrels, and domestic animals. At frequent intervals reasonable quantities of unslacked or water slacked lime should be thrown into the vault to disinfect and deodorize the contents.

A sewage disposal plant consisting of a septic tank\* and disposal unit, the latter of a kind best adapted to the lay of the land, character of soil and natural outlet, is considered the safest means of removing human wastes.

\*Send to the College of Agriculture, Madison, for Circular 60, "Sewage Disposal for Country Homes."



The farmer may also have running water in his home in connection with modern plumbing. These conveniences lighten farm work, promote health, and make the warm weather more endurable.

## FLIES SHUN A CLEAN BARNYARD

The family health also depends upon the sanitary condition of the barns and yards. Manure piles become breeding places for flies and other insects, besides producing annoying odors. Wherever practicable manure should be spread upon the fields direct from the barns and stables.

Do not allow garbage to accumulate about the house; it should be placed in a barrel (fitted with a tight cover to exclude flies) and fed to the hogs before it begins to decompose. Its surroundings should be kept clean so as not to attract flies. Garbage should never be thrown carelessly on the ground.

## FOOD PROTECTION SAVES ILLNESS

Danger to health from poorly protected food is especially present in summer. Without ice many foods spoil quickly and become unsafe to use. Heat rapidly increases bacteria in milk, hastens decomposition and spoils it as a food product. Every farmer should arrange if possible for an ice supply, especially if there are children in the home. If possible all perishable foods should be kept in an ice-box.\* If ice cannot be obtained the foodstuffs should be stored in a cool, well ventilated part of the basement. Every home should have a good basement preferably under the entire house, and it should be kept dry. A pit in the earth also serves well to keep foods cool.

*The location of the average farmer is such that if he will give proper attention to a few things he may far excel his city cousins in robustness and health, and the avoidance of various ailments and diseases, but even the sunlight and open space of the country cannot counteract the effect of poor ventilation, poor sewage disposal, flies, and impure water supply.*

Be careful in caring for farm animals. There are many diseases common to animals and man.

## COMMUNITY HEALTH SHOULD BE AIM

Every farmer should try to stimulate the interest of the community in the betterment of health conditions in his township. He should see that stagnant pools are drained; that rubbish on premises or highways is removed; and that creameries and cheese factories in the district are kept in a sanitary condition, free from decomposing milk or by-products.

The farmer owes it to his children to see that the schoolhouse is well lighted and ventilated, the heating facilities ample, the water supply safe, the playgrounds dry and clean, and the outbuildings sanitary and flytight. No dry sweeping should be tolerated in the schools any more than in the home. The schoolhouse should be thoroughly cleansed outside of school hours, daily or weekly, as the conditions may demand.

Finally, in every case of communicable disease, known or suspected, if a physician is not employed be sure to report it to your local health officer.

\*Send to the College of Agriculture, Madison, for Plan 441, home-made ice box 5' 4" x 3' 4" x 3' 8", price 5 cents. For information on plans for ice house, send for Circular 102, "Farm Building Plans."