



First aids to health in the home. Bulletin no.

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WISCONSIN BANKERS' FARM BULLETIN

First Aids to Health in the Home

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FIRST AIDS TO HEALTH

Simple Food

Fresh Air and Sunshine

Sleep and Rest

Healthful Clothing

Avoidance of Contagion

File this bulletin where you can find it.

Distributed by

Wisconsin Bankers' Association

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Chairman Agricultural Committee,
North Lake

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

First Aids to Health in the Home

Health has always been the greatest asset of a nation. We must keep well. The will to be well must be backed by the "know how" to keep well; First aids must be along the line of prevention in the old Biblical meaning of "going before."

"Health First" means avoiding what leads to illness. The first essential to good health is a simple diet suited to the individual. The second is fresh air and sunshine. The third is enough sleep to allow the body to remain well. The fourth is hygienic clothing of the entire body. The fifth is avoiding contagion.

SIMPLE FOOD BEST

Foods rightly used give us the power to grow, to rebuild our muscles, to keep well, to keep warm, and to furnish energy for work. These foods must therefore be selected with care, cooked simply so that they will be used completely, and served attractively so that the desire to eat will aid digestion.

The food taken in by the body should be free from harmful germ life. The normal waste material should be eliminated from the body daily. The bowels and kidneys are the principal sewers of the body; they must be in good working order. The wise selection of food will help to make this possible.*

FRESH AIR AND SUNSHINE NECESSARY

Fresh air is as much a food as any of the others which are taken into our body. It also acts as a stimulant to the nerves so that health regulation is easier. If to that there is added the disinfecting power of sunshine we are able to combat most of the foes that weaken our power to resist the dangerous infections. Not only should we spend part of every day out-of-doors in useful work but we should so clothe ourselves at night that there can be plenty of fresh air circulating through the bed-rooms. The oxygen of the air is necessary for us to burn our foods in the body to give us heat. With plenty of fresh air and simple food easily digested we can keep warm even though we burn less fuel in stoves and furnaces. Take time to breathe deeply many times a day.

Sunshine falling directly on blankets and mattresses for several hours each day will keep them safe even though germs which are infectious may be present. This was the first lesson taught the boys in the camps.

Flood the house with sunshine. Sunshine in every room is a "first aid" measure that should be enforced in every home. The properly built house today is planned so that sunlight will penetrate every room and every closet. Cross ventilation is as essential as sunshine in making the house safe as a place in which to keep health to the highest standard.

*Send to the College of Agriculture, Madison, Wisconsin, for bulletin, "Essentials in Selecting Food," and chart "Know Your Foods."

SLEEP AND REST NEEDED

Nature demands that about one-third of our life shall be passed in sleep. In infancy and in childhood the hours passed in sleep are many. The growing body needs additional time to repair muscles and rebuild nerves. The adult requires less time for these periods of repair.

A List of Do's

1. Keep your head in any accident.
2. Send for the doctor. He knows best.
3. Let a cut bleed freely before treating it.
4. Always cleanse and treat any cut.
5. Place disinfected gauze or baked cloth next to raw surface and then cover with the cotton.
6. Use an antiseptic on throats and nostrils as a preventive measure, thus seeking to avoid contagion.
7. In case of an epidemic, stay at home.
8. If a child is not well, put him to bed.
9. Keep your medicine chest in order.
10. Talk health at all times. It makes for courage to combat disease.

There is a limit below which the individual should not reduce the hours of sleep. The fatigue poisons of the body must be removed if health is to be maintained. During sleep the body can do this most easily. Each person must answer as to the hours necessary for sleep; but if simple food is used, and extreme exhaustion avoided, the need for sleep is not so great. The sleep in the early hours of the night is much more "sound" and therefore more effective than sleep in the early morning. Therefore, the old saying "Early to bed and early to rise" has a scientific basis and today will aid the nation in conserving health and fuel.

Rest without sleep gives the muscles time to repair. The over-tired housewife should have near at hand the easy chair or the couch where she can rest ten, fifteen, or twenty minutes at a time during the intervals of active work. The habit of relaxation of all the muscles periodically during the day is the best preventive of over-fatigue which may lead to low vitality or low resistance.

Health is the measure of our power to resist. Normal sleep and normal rest in addition to sleep make for health.

CLOTHES FOR HEALTH

"Indian all face" expressed the scorn of the first American toward the first immigrant. He knew that the body should be taught to resist cold. Today we state it differently when we say the body must be clothed so that no part of it will be over or under heated. The circulation of the blood, like the movement of steam or water in our furnaces, helps to keep the body warm. If the circulation is interfered with through the use of tight clothing, or slowed through one part being colder than another the

body will find it hard to keep in good condition. The rule should be a loose layer of wool or cotton loosely woven next to the body. There should be two or more layers outside of this for additional protection and decoration. This gives three layers of air space between the body and the outside garment. Air does not allow the heat to pass through easily, therefore, we retain our own heat in the layers next to the body, and thus resist the chill which the cold weather brings. This chill is often responsible for the lowering of our resistance to colds, grippe, or influenza.

The night clothing should be as carefully selected as the day clothing to avoid either the over heating or the chilling of the body. Air spaces between the layers of woolen blankets and sheets prevent loss of heat. Weight of clothing should be avoided as that adds to fatigue.

AVOID CONTAGION

Germ life is everywhere. Fortunately for us only a few of the germs produce disease when located in the body.

Germs enter the body through the nose, mouth, and all the other passages into the body. They also enter through any cut. The lining of the body in a state of health resists the growth of the germ. Nature rushes to the cut the white blood corpuscles which fight the germ and may win. The wise individual avoids the possibility of infection through the guarding of the entrances to the body. Nose breathing, plenty of sunshine and fresh air and cleanliness are the best safeguards.

The keeping away from places of public amusement or from private homes where illness is prevalent is the part of wisdom. In this case "absence of body is better than presence of mind." In cases of doubt "keep away" unless you can be of assistance to your neighbor. (In that case wear a mask* while in the sick-room. Disinfect the hands and clothing before you go out among people.)

The best disinfectants are: sunshine for several hours, boiling for thirty minutes, baking clothing for two or three hours, or soaking in a standard disinfectant approved by the Board of Health. Filtering air through sterile absorbent cotton or sterile gauze is the best preventive where the source of infection is from droplets discharged from nose or throat or lungs of the sick person.

"FIRST AIDS" MEDICINE CLOSET

No home complete without it. Purchase a "first aid" Red Cross book or send to the Life Extension Institute, New York, for free booklet. Then install a medicine cabinet which may be a wooden box shelved and nailed to the wall and the cover hinged as a door. Carefully label all medicines with the name of the medicine and the method of use.

*Instructions for making the regulation Red Cross Spanish Influenza mask: Cut a gauze strip 16"x9"; fold into four thicknesses making a mask 4"x8" when completed. Sew around all the edges and once through the middle. Sew four tape strings measuring 14" in length on the four corners to tie on the head. A small bit of black stitching is put on one side in order that the wearer may tell which is the side worn out, so that it will not be put on wrong, causing germs to be inhaled. The masks are worn over the nose and mouth.