

# PRACTICAL HYGIENE

## SALEM INDIAN TRAINING SCHOOL

### Course in Physiology and Hygiene to Accompany use of Questionary

#### September

##### I Bathing

- 1 Aim: To form and fix correct habits and methods of bathing.
- 2 Questionary: reviewed and explained.
- 3 Course:
  - 1 Reason for bathing.
  - 2 Kinds of baths: cold, tepid, hot and sanitary baths.
  - 3 Methods: plunge, shower, sponge, vapor and sweat bath.
  - 4 Motives: Invigorating, cleansing, sweating, and increasing or decreasing the circulation.
  - 5 Methods of eliminating waste: the lungs, the kidneys and skin impress the mutual dependance of the three.
  - 6 Methods of taking up or retaining waste or poison: demonstrate how these wastes if not removed may be taken up or kept in the body as poisons—that bathing is more than cleanliness.
  - 7 Materials for rubbing, cleaning and disinfecting the body.
  - 8 Making instruction effective: follow up "Questionary" to see that your directions are followed.

#### October

##### II Ventilation:

- 1 Aim: to accustom the student to open-room sleeping and lead him to abhor stuffy-air.
- 2 Questionary.
- 3 Course:
  - 1 Correct practice in the school room by always having the air fresh and pure—more important than all your teaching. Terman says "It is largely our prejudice against air currents and variable temperature which makes our indoor life so unhealthful."  
Never allow the temperature to rise higher than 68 degrees, if necessary use extra clothing and keep the air circulating by means of fans. Insist on drafts by using the fans or other wise. Far more danger from too high than from too low temperature.
  - 2 Explain in detail the meaning of "residual air."
  - 3 Insist on the students being properly clad and on their being dry. Keep their feet, legs and arms and necks properly clad.