

Educational (190 /) Department.

ORDINARY PRINTED.

G.O., No. 804

DATED 3rd Dec. 1907

order no
page 11

(11)

[Despatch Abstract.]

Catechism on Hygiene for use in Elementary
Schools.

Requesting the Translators to
Govt. to furnish the D.P. I with
translations of the _____

BACK PAPERS.

G.O.	No.	Department.	Date.	G.O.	No.	Department.	Date.

FURTHER PAPERS.

G.O.	No.	Department.	Date.	G.O.	No.	Department.	Date.

Government of Madras.

EDUCATIONAL DEPARTMENT.

Recd.

Regd.

} 1907.

Enclosures

Spare copies

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Government of Madras. 3

EDUCATIONAL DEPARTMENT.

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Requesting the Translators to Government to furnish the Director of Public Instruction with translations of the — .

GOVERNMENT OF MADRAS.

EDUCATIONAL DEPARTMENT.

READ—the following paper :—

Letter—from the Hon'ble Mr. A. G. BOURNE, D.Sc., F.R.S., Director of Public Instruction.

To—the Secretary to Government, Educational Department.

Dated—the 27th November 1907.

No.—Ref. on C. No. 7819.

In submitting herewith seven proof copies of a catechism on hygiene intended for use in all elementary schools, I have the honour to state that I consider it is desirable that the catechism should be translated for the benefit of managers and teachers of Elementary schools who do not know English, and to request that the Translators to Government may be instructed to undertake the work.

ENCLOSURE.

CATECHISM ON HYGIENE FOR USE IN ELEMENTARY SCHOOLS.

What is the chief cause of disease ?

The chief cause of disease is dirt.

Why is that ?

Because most diseases are caused by "germs" which breed in dirt.

What are germs ?

Germs may be described as small poochies, so small as to be quite invisible and yet capable of doing great harm to the body.

How do they do harm ?

Cholera germs breed rapidly in the bowels and intestines and so cause inflammation and colic, malarial germs enter the blood and eat up the red particles; thus poisoning the blood and causing fever; other germs act in other ways, but all cause harm and often death.

Why then does dirt cause disease ?

Because these germs hide themselves and breed in dirt and if there is dirt in the house or on the person, they easily find their way into the body and so cause disease.

What are the best ways of avoiding dirt ?

The clothes and the body should be frequently washed in clean water.

What should be done if clean water is not available ?

The water should be boiled and then used.

What is the use of boiling ?

Boiling the water kills all germs contained in it.

Is it sufficient to make the water hot ?

Certainly not, that is worse than useless.

Why ?

Because warming the water is like giving the poochies and germs in it a warm bath. This merely makes them more fresh and lively just as a warm bath refreshes a man.

What then is the use of boiling ?

Because boiling scalds them to death just as a bath of boiling water would kill a man.

What is the best way to get rid of dirt in the house and backyard ?

All dirt which will burn should be burnt but at a distance from houses so as to avoid giving annoyance to neighbours.

What should be done with the dirt which cannot be burnt ?

It should be taken to a piece of dry land at a distance from houses and buried in trenches about a foot deep and then covered with earth.

Will not this spoil the dry land ?

On the contrary it will make it rich and fertile and it will bear splendid crops.

But will not the earth and the crops it produces be dirty ?

Certainly not; on the contrary the dirt will mix with the soil and improve it and so become good soil.

But how can dirt do any good ?

Because dirt after all is only misplaced matter and when it ceases to be misplaced it ceases to be dirt.

Please explain this ?

Well, sand is dirt when it is found under a boy's nails or in his hair and so we call it dirt, but it is a good thing in mortar and so when it is put into mortar it is not dirt.

CHOLERA.

What is the cause of cholera ?

Cholera is caused by germs which get into the bowels through the food or water we consume and there cause inflammation and cholic and death.

How do these germs come ?

These germs generally come to us through water, especially during the times of the first freshes and rains.

Why is that ?

Because in the dry season the beds of our rivers and tanks have been used for all kinds of dirty purposes and when the rains and freshes come they bring down this dirt into the water; and in this dirt live the cholera germs.

Then how can we avoid cholera at these seasons ?

By boiling all water before we use it. It is also safer to boil milk and to eat only cooked food.

Why is this ?

Because in this way if any germs have got into our milk or our food they will be killed by the cooking before they enter our stomachs.

What precautions should be taken when cholera visits the village ?

Houses and backyards should be kept clean, all dirt being burnt or buried at a distance. All food should be cooked and all the water should be boiled; if any of us are suffering from looseness of the bowels some medicine may be taken to stop it.

What medicine ?

It is best to take only medicine given by the Hospital Assistant or sent by the Sirkar.

But if that is not available what can we do ?

A mouthful of vinegar flavoured with chillies is a good preventive, but it must not be given to young children or invalids.

Why not to them ?

Because it might kill them.

Is there anything else to be done at cholera times ?

Yes, it is most important to keep up your spirits and not be afraid. If a man keeps cheerful and goes about his work bravely the cholera germ rarely catches him.

MALARIA.

What is malaria, a malarial fever caused by ?

It is caused by germs which are introduced into our blood by mosquitoes.

How can this be prevented?

By killing mosquitoes and their larvæ.

What are larvæ?

After a young mosquito leaves the egg it does not become a full-blown mosquito at once, but turns into a sort of caterpillar which lives in water.

How can this be killed?

By draining all stagnant pools and puddles near dwelling houses and keeping all the surroundings of the houses dry and sweet and clean.

What good will that do?

The larvæ will have nowhere to live for they can only exist in stagnant pools and puddles, and the mosquitoes will have no dark dirty places in which to hide and so they will go away.

What is the best cure for malaria?

The best cure is quinine which is sold in 5-grain doses at all post offices.

How should it be taken?

A dose of 5 grains every day may be taken in water until the fever subsides. A smaller dose must be taken by boys.

What is the use of quinine?

It flavours the blood so that the malarial germ cannot live in it.

STOMACH-ACHE, DIARRHOEA, DYSENTERY, ETC.

What is the chief cause of affections of the bowels and stomach?

The chief cause of such disorders is unsuitable food.

What is the cure?

To eat only plain food, such a plain rice and kanji and milk for several days until we feel well again.

May we eat curry or ghee?

Most certainly not; at such times they are little better than poison.

Then what condiments may be taken?

None at all, except salt until the body is restored to health, only plain rice and milk and kanji should be taken.

But what if a man cannot eat food without condiments?

It will do him good to fast until he can.

Is any medicine required in such cases?

As a rule none, so long as a man observes these rules about diet.

CUTS, WOUNDS AND SORES.

What is the most important consideration in treating cuts, wounds and sores?

To keep them clean.

What is that?

Because such hurts heal of themselves very rapidly if kept clean.

Why then do some wounds foster?

Simply and solely because they have not been kept clean and so germs have got into the body through the open wound and caused trouble.

What then must be seen to in treating cuts and wounds?

They must be washed with clean water and bound up with clean cloths.

How can we get clean water?

By straining it through a clean cloth and then boiling it.

Is straining sufficient?

Certainly not, it must also be boiled.

Why?

To kill the germs.

How can we get clean cloths to bind up the wound?

By boiling them in water and hanging them up in the sun to dry.

Can we not lay them on the ground to dry?

Certainly not.

Why?

Because the earth contains many germs which may cling to the cloth and so enter the wound and cause trouble.

Is any other treatment necessary?

A little gingelly oil may be applied to the wound so that the cloth may not cause irritation; but the gingelly oil must be pure.

How can we be sure that it is pure?

We can never be sure; but if the oil is first strained and then boiled and allowed to grow cool in a bottle it will probably be harmless.

What then is needed for the treatment of wounds and sores?

Clean water, clean cloths and clean oil.

PREVENTION.

What is the best preventive of all diseases?

Cleanliness.

Is it sufficient to keep the person clean?

No, it is most important to see that the house and the backyard are equally clean.

If we keep our house and backyard clean, is that enough?

No, there is one thing still more important.

What is that?

Our drinking water-supply.

Why?

Because most diseases are caused by bad water.

What can we do?

We can see that our drinking water tank or well is kept clean; that no one uses it for bathing purposes or to wash clothes, that no one spits or commits nuisance in the neighbourhood.

Is that all?

We must be still more careful to do none of these things ourselves.

But what is the use of all these troublesome precautions?

Well, some 60 or 70 years ago cholera and malaria were as common in England as they are now in India.

Is that the case now?

No, cholera and malaria are now practically unknown in England.

And what is the reason?

The people of England have learned to obey sanitary laws to drain their villages and keep them clean and to purify their water-supply.

May we also hope for the same result?

Yes, certainly, but you must take trouble and not be content with mere talking and the repetition of a catechism.

What must we do?

We must observe the rules given above and especially we must keep our houses and villages dry and clean and sweet and must be careful to preserve a pure supply of drinking water.

Order—No. 804, Educational, dated 3rd December 1907.

The Translators to Government are requested to furnish the Director of Public Instruction with translations of the "Catechism on Hygiene for use in Elementary schools," a copy of which is now forwarded.

(True Extract.)

H. D. TAYLOR,
Ag. Secretary to Government.

To the Director of Public Instruction,	} with a copy of the catechism.
" Tamil Translator to Government,	
" Telugu "	
" Malayalam "	
" Canarese "	
" Hindustani "	
Editors' Table.	

EDUCATIONAL DEPARTMENT.

NOTES CONNECTED WITH G.O., No. 804, EDUCATIONAL,
DATED 3RD DECEMBER 1907.

[SUBJECT.—*Translation of a "Catechism on Hygiene for use in Elementary schools"*]

From the Director of Public Instruction, dated 27th November 1907, No. 7819.

A draft order is submitted.

C.S.—30-11-07.

K. RANGASWAMI AIYANGAR—30-11-07.

Issue.

C. A. SOUTER —2-12-07.

[G.O., No. 804, Educational, dated 3rd December 1907.]

CONTENTS.

PAPERS PUT UP WITH CURRENT No.

Papers of the department to which the current belongs.

Number.	Date.	Original (=O.) or spare copy (=S. C.).	Remarks. (In this column such of the papers as have been removed —for copying, printing, etc., should be marked with a cross.)	Initials of Referencer with date in token of return to Reference department.

Papers of other departments.

Department.	Number.	Date.	Original (=O.) or spare copy (=S. C.).	Despatcher to note the return of the papers to the departments concerned.

Stock Form No. 135.
4,000-27-4-06.

EDUCATIONAL DEPARTMENT.

Received.....190 , Registered *29/11*.....190 *7*

Subject.

Requesting that the Translators to Government may be instructed to undertake the work of translating a catechism on Hygiene intended for use in all Elementary Schools.

ENCLOSURES.
No.
Spare copies

Ref. ac. No. 7819/07

Station *Madras* , Dated the *27th* November.....1907.

From (Name) *The Hon'ble Mr. A.G. Bourne, D.Sc., F.R.S.,*

(Designation) *Director of Public Instruction,*

*To the Secretary to the Government of Madras,
Educational Department*

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In submitting herewith seven proof copies of a catechism on Hygiene intended for use in all Elementary Schools, I have the honour to state that I consider it ^{is} desirable that the catechism should be translated for the benefit of managers and teachers of Elementary Schools who do not know English, and to request that the Translators to Government may be instructed to undertake the work.

I have the honour to be,

Sir,

Your most obedient servant,

Arthur D. ... 26-11-07
For Director of Public Instruction.

K.P.D.



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[E.]
2,000-27-6-07.

*Note 8045058
3-12-07.*

10

Educational DEPARTMENT.

C. No. 2860 From the *S.P.D.* No. 7819, dated 27 Nov. 1907.

SUBJECT.

*Translation of a "Catechism on Hygiene
for use in Elementary schools."*

A draft order is submitted.

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30.11.07*

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READ ALSO:—

C. No. 2860, From the 2892, No. 709, dated 27-11- 1907

[illegible]

" " " " " "

190

ORDER

No. 804, dated 3rd Dec. 1907

The Translators to Government
are requested to furnish the
S.S.S. with translations of
the "Catechism on Hygiene
for use in Elementary Schools"
a copy of which is now forwarded.

Q
30.11.07

Cos
2.12.7.

To The D. P. S.

" Tamil Translator to Govt	}	Krttoa Copy of the Catechism.
" Telugu		
" Malayalam		
" Canarae		
" Hindustani		

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ENCLOSURES TO G. No.

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Note A

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STATEMENT WITH DITY.

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- S = Not to be printed.
- P = Print abstract only.
- Q = Print heading only.