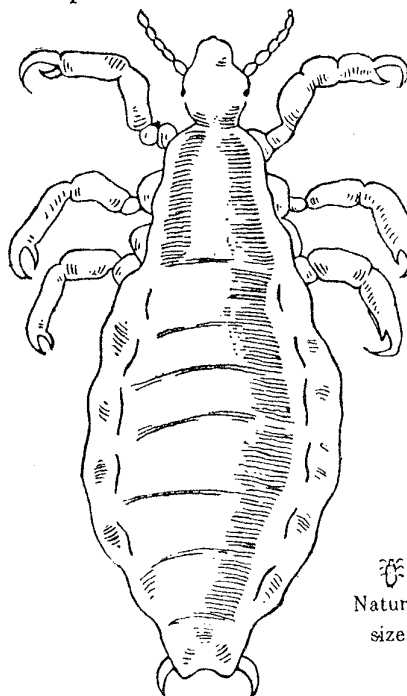


THE BODY LOUSE

THE body louse is a dirty grey creature with a smooth, hard, chitinous protective shell. Its mouth is fitted with a sharp hollow sucker



with which it punctures the skin and sucks blood. At the end of each of its six legs is a single claw, and it anchors itself by one or more of these claws to its victim's underclothing while sucking his blood.

The male is smaller than the female which, under ideal conditions, may lay 300 eggs and have 4,000 descendants during her life-time. The eggs or nits are deposited in the clothing. They hatch out 7 to 10 days, if the temperature suit them, and the larvæ begin to feed at once on their host. Sucking blood at frequent intervals and moulting several times, the larvæ grow to sexual maturity in about two weeks.

The average life of a louse is from 35 to 40 days. Lice seldom roam freely about on the body, preferring the comparative safety of folds in underclothing. It is usually at night that they feed on their host whom they

desert when he is feverish or dead, disliking a temperature which is a little above or below what they are used to.

The diseases which lice convey are typhus or gaol fever, relapsing or recurrent fever, and trench fever. Typhus is carried by lice alone; without them this disease would be non-existent. Infection occurs not so much at the time of biting as afterwards when the victim is liable to scratch the bitten skin and rub infected matter from the louse into the body. So dangerous is the typhus-infected louse that its excreta when rubbed into the intact skin will infect the person concerned with typhus. Many skin troubles are due to lice. There is also the loss of sleep from which lice-infested persons suffer.

Lice and nits are killed by a jet of steam or a hot flat-iron passed over clothing. Petrol or paraffin also kill them. While his clothing is being disinfected the host should take a hot bath, for a stray louse left at liberty on his body may nullify all the good effects of wholesale sterilization of his clothing.

Lice cannot living long without food and if infested clothing is stored for 30 to 40 days, not only the lice but the nits in it will die. Numerous insect powders have been recommended and though some of them may perhaps kill the adult louse, the nit is apt to survive. (*Communicated by the Secretariat of the League of Red Cross Societies, 2, Avenue Velasquez, Paris, VIII*).



THE HEALTH VISITORS' LEAGUE SECTION

*Hon. Secretary:—MISS A. DUNN, R.N., Tilaunia,
via Kishengarh, P.O., Rajputana, who will gladly
receive reports and articles for insertion in this
section.*

A Few Suggestions for the Beginning of a School Year

July and school starting for another year!

Is this to be a successful year? Are the children in YOUR school going to get the most possible good out of life during these next ten months—spiritually, mentally, morally?

The answer lies largely with the principal, the one in charge of the hostel, the head-mistress, the teachers, the matron and the nurse—is your ideal for your school 100 per cent Health for all on your compound, that each body may be a fit Temple for the indwelling of the Holy Spirit?

If the body is weakened by Malaria, by serious under-weight, by an infection—as from tonsils or abscessed teeth or pyorrhea; if there is scabies (itch), or poor vision with or without trachoma and various other eye infections, or other defects—how can you expect good results spiritually or mentally?

1. If I were opening a school the first thing I should do would be to look at each child's hands and body to make sure they were free of Scabies. This would be done before they were allowed to enter the hostel. If infected they would be sent home immediately, to remain until entirely cured. (As I said in the Scabies article, if parents knew their children would not be admitted into school with Itch or lice they would be more careful about it.)

2. Examine all heads for Pedulosis, and be sure there are no body lice (I find the latter condition mostly in boys' hostels.)

3. Weigh and measure each child and record on Height-Weight cards. (Procurable from Tilaunia)

4. Figure per cent under or over weight for each child. For Normal or Average Wt. see Ht. Wt.—(Age Normal Weight Card—Baldwin and Wood—which may be obtained at Tilaunia)

Yes, to be sure this is too high an average for our Indian children, but there is no other and by giving as wide a margin as we do, it works very well. Proof? Yes, Here it is. One school of 50 girls, in 1929 had 80 per cent in the Good or Red Group. In 1930, 77 per cent of the girls in a 125 pupil school, were in the Red Group.

At home 10 per cent under weight is considered serious; here we say—Up to—10% = Good or Red Group.

—11 per cent through —19% = Fair or Blue Group

—20 and more = Poor or Yellow Group.

The grouping is used to create interest in reaching and holding a good weight. Not only do we lay emphasis on good weight but increasingly so on number of pounds gained in a year. Even some in the Poor Group can be inspired by shabashing them for having gained 15 or 20 pounds during a school year.

Generally speaking, a child in the Red Group (unless he be over weight) should gain $\frac{1}{2}$ lb. a month. It goes without saying that these who are below par should gain much more, the amount depending on how much under they are.

5. Extra Food and Rest. (Wouldn't it be a better policy to take less children and feed them better?)

But what is the use in taking all this precious time for weighing and measuring if you DO nothing about it? NONE

Those -17% to -20% should have (at least) one pao of milk daily, also increase fruit and vegetables.

Those -20 to 25% should have Cod-liver oil, one teaspoonful, twice daily; two pao milk, three eggs a week, extra fruit and vegetables; one hour's rest a day, preferably $1\frac{1}{2}$ hr. before meals. ("At least" *could* be written before all these items except the Cod-liver oil!)

DR. KIPP says those more than 25% under weight should be sent to the Preventorium at Tilaunia where we are equipped to care for them. (In T. B. work the goal is PREVENTION, you know!)

6. (a) Test each child's vision with the Snellen Illiterate Chart. (We have a supply at Tilaunia.)

Follow instructions on Chart except that it seems better out here where there are so many eye infections to cover the eyes with the hand rather than cardboard, and to have the child say *and* point with his hand in the direction desired rather than trying to use a large pasteboard E.

(b) See that defects are cleared up.

7. Malaria Prevention.

(a) See that there is no stagnant water within 200 yards of your compound. Level all hollows on compound.

(b) Cut down weeds and bushes which harbor mosquitoes.

(c) Keep drains clean.

(d) Give every one Quinine every week, and those whom you know to be subject to Malaria, a definite Quinine Course, remembering that the Liver should be kept active during this time.

Different methods are used in different schools. Where there is a good Doctor and up to date, his advice can, of course, be followed. Lacking a good Doctor—most of you know Dr. Foreman of Allahabad—well, He has a little pamphlet which gives much valuable advice, including his Quinine Anti-Malaria Course. This pamphlet is—"Suggestions for a Medical Chest for Village Workers", issued by the Punjab Religious Book Society, Anarkali, Lahore. (Only a few annae—four, I think.)

8. Have an Annual Health Examination for every child in your school putting findings on our regular Physical Record Cards. (Tilaunia).

9. Clear up defects revealed in the Health Examination.

10. Keep a Dispensary, and Sick room Record Book so that when a Doctor or the Itinerating Health Nurse does the Annual Examination they will have the necessary background for logical decisions, as to what is the best procedure in the case of each child.

(If anyone is interested in the Record Books, I'll be glad to give the page headings.)

"These things all take too much time and money," do I hear you say?

Well, how about SICKNESS and INEFFICIENCY and FAILURES?

Do THEY pay?

Health Poster, Song and Story Contest

in connection with the Health Workers Institute to be held in Tilaunia in October.

The first purpose of the contest is to create interest in our schools in Health and Health teaching. The second is to obtain some supplementary Health material to be used in exhibits in schools and mothers' meetings, etc.

The general conditions of the contest are:

1. All materials must be in Tilaunia by October 1st.
2. To whom contest is open—
 - (a) All Government and Mission schools.
 - (b) All Normal and Nurses' Training schools.
3. What Contest is to include—
 - (a) Health Posters.
 - (b) Health Stories.
 - (c) Health Songs.
4. There will be two divisions for all work submitted.

Group A to include work from 3rd, 4th and 5th classes.

" B " " " " " 6th, 7th, 8th and 9th classes.

Teachers and Nurses' Training classes shall correspond to 7th, 8th and 9th classes.
5. Each school may submit (only) four posters, four stories and four songs in each group.
6. Each poster, story and song must be marked on the back with the name of the pupil submitting the work; name of class, school and P. O. address. (In case of stories and songs for the A group the teacher's name should be signed.)
7. No material will be returned after the contest.

Health Posters:

1. Aim of—

To illustrate some definite Health teaching.
2. Requirements for a Poster.
 - (a) Must be made by the child submitting it and not by the teacher.
 - (b) The writing must be in the vernacular. Illustrations must be true representations of Indian life and conditions.

- (c) The Poster may be made of any suitable paper, card-board, or canvas and may be done with crayons, pencils, ink, water color or any other suitable medium.

Health Stories :

1. Aim of stories—

To teach some definite Health lesson. (The stories should be developed for some particular group which is to be indicated on the paper.)

2. Requirements—

- (a) The stories should be developed in oral form by the class group in 3rd, 4th and 5th classes with the help of the teacher and finally written by the teacher.
- (b) The story should be submitted as from 3rd, 4th or 5th classes.
- (c) Stories from 6th, 7th, 8th and 9th, and the corresponding Normal and Nurses' Training classes must be written by the individual student and submitted as individual work. (The teacher may help in suggesting ideas, correcting the work, etc.)
- (d) Stories may be written in Roman or script, in ink and on one side of paper only.
- (e) Must have a background of Indian life and characters.
- (f) The length of the story should be determined by the group for which it is written and will be judged accordingly, but should not be more than 350 words long.

Health Songs :

1. Kinds of songs—

A. Simple health songs.

- (a) To illustrate some health rule.
- (b) To encourage children to act upon rules learned.

B. Action Health songs.

- (a) To teach health rules.
- (b) To teach drills and games.

2. Requirements—

- (a) The songs should be developed in oral form by class groups in the 3rd, 4th and 5th classes with the help of the teacher and finally written by the teacher.
 - (b) Song should be submitted as from 3rd, 4th or 5th class.
 - (c) Songs from 5th, 6th, 7th, 8th, 9th and the corresponding Normal and Nurses' Training classes should be written by the individual student and submitted as individual work. (The teacher may help in suggesting ideas, tunes and corrections).
 - (d) The Songs should be written in Roman.
 - (e) Notes for the music, where possible, should accompany the words.
- Prizes will be given as follows—

Posters :

Group A, Classes 3, 4 and 5

1st Prize Rs. 2

2nd Prize Re. 1

Group B, Classes 6, 7, 8, 9 and corresponding Normal and Nurses' Training Classes.

1st Prize Rs. 3

2nd Prize Re. 1

Songs :

Group A, Classes 3, 4 and 5

1st Prize Rs. 3

2nd Prize Re. 1

Group B, Classes 6, 7, 8, 9 and corresponding Normal and Nurses' Training Classes.

1st Prize Rs. 5

2nd Prize „ 2

Stories :

Group A, Classes 3, 4 and 5

1st Prize Rs. 3

2nd Prize Re. 1

Group B, Classes 6, 7, 8, 9 and corresponding Normal and Teacher Training Classes.

1st Prize Rs. 5

2nd Prize „ 2

All materials should be carefully marked and sent to

A. DUNN,

*Tilauria Rajputana,**(via) Kishangarh.**Jesus of Nazareth teaches you what it is to be a man.—Kingsley.**“Man is akin to the beasts of his body, but is the only animal that ever looks up, and if not akin to God by his spirit is a base and ignoble creature.”**“God made man just and right, sufficient to have stood, tho' free to fall.” “A particle of light cast down from heaven he stands in the conflux of Eternities.”**“A great man is made up of qualities that meet or make great occasions;” and each man who compares his loftier impulses with his achievements is conscious he is not what he might be, for he can touch God. “Spirits are not finely touched—but to fine issues.”**“The soul that rises with us, our life's star
Hath had elsewhere its setting
And cometh from afar.”**“What came from heaven, to heaven must by nature cling.”*