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OUTLINE FOR CLUB WORK

Child Welfare, Personal and Home Hygiene,
and Home Care of the Sick

By Bess M. Rowe, J. L. Shepperd, and Mary L. Bull
Introduction by Edith Brown Kirkwood

Do you know what makes a perfect child?

Do you know how to keep your baby well?

Do you know how much his health depends upon the care of his skin?

Do you realize that there is blindness that is caused by mothers' ignorance?

Do you know the importance of temporary teeth and that nails and hair may become carriers of disease if not cared for properly?

For the woman who wants to be up to the minute in the scientific knowledge of caring for her child, the Agricultural Extension Division of the University of Minnesota, has prepared an outline of club study in Child Welfare, Personal and Home Hygiene, and the Home Care of the Sick. The outline is comprehensive and will make one of the most interesting and instructive series of lessons an organization of women can adopt. The first group of the series answers all of these questions.

The second group takes up preventable diseases. Do you know what they are? What is a micro-organism? What are the harmful ones and the helpful? How much do you know of the cause and treatment of the dread white plague? Do you understand its danger signals? What of child diarrhea and typhoid and their treatment and what are the acute infectious diseases? Are you mothers of the state interested in knowing about them?

If sudden sickness should enter your home are you prepared to meet the emergency? Do you know how to treat burns, bruises, hemorrhages, shock, asphyxiation, or poisoning, or must you wait for the doctor to come? Often this first-aid knowledge means the saving of a life. Always it means the relief of suffering. Do you know how to make the sickroom pleasant, for the patient, and sanitary, for the protection of other members of the family? Can you add science to the tender care of your home patient and so make him doubly comfortable? Such subjects as these, with directions as to the home medicine chest, are considered in the third group.

Home sanitation has been taken for the fourth group of lessons in the series and nothing has been forgotten, from the bacteria, yeasts, and molds — what they are and how to destroy them — to the construction of the house — its foundations, walks, arrangement, ventilation, heating, and lighting. The part that home sani-

tation plays in the matter of preventable diseases, the disposal of waste, house pests, and the location of the house in relation to drainage and water supply, exposure to light and air, and the business and social considerations, all are given thought.

The club outline has been arranged in response to a widespread desire on the part of the mother of today to fill intelligently her mission as mother, nurse, and home doctor, and to perform all the other duties which come in the category of successful home-making and child-rearing. The "Better Babies" movement has swept the land. The government has founded a children's bureau, and the states have taken up their share in the effort for the preservation of the race, through the work of the state health organizations. Welfare societies are everywhere. Not to know this latest science of child-rearing is to be behind the procession.

The Agricultural Extension Division of the University of Minnesota wants to help the women of the state gain this knowledge. The outline has been prepared with the help of Dr. I. J. Murphy, of the Minnesota Public Health Association; Dr. Chesley, of the Minnesota State Board of Health; and Miss Wretling, community nurse at Albert Lea; to all of whom the Agricultural Extension Division gives grateful acknowledgment for the assistance.

With each group of lessons is given a list of references relating to the study under consideration. Most of this material can be obtained in the form of "package libraries" from the Minnesota Public Library Commission, Capitol Building, St. Paul. These package libraries are ready to be sent on request to any club or individual for the cost of transportation. Many of the references are books or pamphlets containing material which may be desired for permanent reference. As an assistance to anyone wishing to found such a corner in the home library, the cost of each book or pamphlet and the source from which it may be obtained, are given.

Here is the outline:

GROUP I—CHILD WELFARE AND PERSONAL HYGIENE

Lesson 1. What is a perfect child?

- a. Points in scoring children as used in the Better Babies' contests
- b. Proper physical and mental development

Lesson 2. How to care for the baby when well

- | | |
|------------|--------------------------|
| a. Feeding | c. Clothing |
| b. Bathing | d. Sleeping arrangements |

Lesson 3. Personal hygiene

1. Care of the skin
 - a. Bathing
 - b. Suitable clothing, and how to care for it
2. The eyes
 - a. Defective vision
 - (1) Natural defects—correction
 - (2) Acquired defects—causes and correction (Preventable blindness)
 - b. Eye strain, headache, glasses

Lesson 4. Personal hygiene—continued

1. Ears, nose, and throat
 - a. Care
 - b. Adenoids and enlarged tonsils
 - c. Evils of mouth breathing
2. Teeth
 - a. Care
 - b. Importance of temporary teeth
 - c. Decay of teeth
 - (1) Causes
 - (2) Preventive measures

d. Deformities

- (1) Causes
- (2) Correction

3. Hair and nails, possible carriers of disease

Pamphlets and Bulletins

Reference	Author	Where Obtainable	Price
The Care of the Baby	Committee of the American Association for the Study and Prevention of Infant Mortality	Minnesota Public Health Association, Old Capitol, St. Paul	Free
Prenatal Care	Mrs. Max West	Children's Bureau, United States Department of Labor, Washington, D. C.	Free
Infant Care	Mrs. Max West	Children's Bureau, U. S. Dept. of Labor, Washington, D. C.	Free
Milk	Milton J. Rosenau	Minn. Pub. Health Assn., Old Capitol, St. Paul	Free
Maternal Feeding	Dr. J. P. Sedgwick	Wm. Wood & Co., New York	
Hygiene of the Child	Nebraska Bulletin	Package Library, Minn. Public Library Commission, Capitol, St. Paul	Payment of postage
Summer Care of Infants	Supplement to Public Health Report No. 9	U. S. Treasury Department, Public Health Service, Washington, D. C.	\$0.05
Harmfulness of Headache Mixtures	Farmers' Bulletin No. 377	U. S. Dept. of Agr., Superintendent of Documents, Washington, D. C.	\$0.05
Habit-Forming Mixtures	Farmers' Bul. No. 393	U. S. Dept. of Agr., Supt. of Doc. Washington, D. C.	\$0.05
Indoor Tropics—Injurious Effects of Overheated Dwellings, Schools, etc.	Sup. to Pub. Health Rept. No. 2	U. S. Treas. Dept., Pub. Health Service, Washington, D. C.	\$0.05
Decay of the Teeth	A. A. Stewart, Ontario Department of Agriculture, Women's Inst. Branch	Package Library, Minn. Pub. Lib. Com., Capitol, St. Paul	Payment of postage
The Teeth and Their Care	Educational Committee of Ontario Dental Society	Package Library, Minn. Pub. Lib. Com., Capitol, St. Paul	Payment of postage

Magazine Articles

Mothercraft Articles	Sarah Comstock	Good Housekeeping Magazine, 119 West 40th St., New York	
1. A New Profession for Women		Dec. 1914	\$0.15
2. Hygiene in the Baby's Wardrobe		Jan. 1915	.15
3. The Ideal Nursery		Feb. 1915	.15
4. Feeding the Baby		Mar. 1915	.15
5. The Growing Body of your Child		Apr. 1915	.15
6. The Growing Mind of the Growing Child		May 1915	.15
7. The Way Feet Should Go		June 1915	.15

Books

The Human Body and Its Enemies	Hartman and Bibb	World Book Co., Yonkers-on-Hudson, N. Y.	\$0.70
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Red Cross Text Book on Elementary Hygiene and Home Care of the Sick	Delano and McIsaac	P. Blakiston, Sons & Co., Philadelphia	\$1.00
The Human Mechanism	Hough & Sedgwick	Ginn & Co., Chicago	\$2.40
The Hygiene of the School Child	Terman	Houghton, Mifflin Co., Chicago	\$1.65
The Care of the Body	Woodworth	The Macmillan Co., Chicago	\$1.50
Infancy and Childhood	Dr. Walter J. Ramsey, Assistant Professor of Diseases of Children, University of Minnesota. Medical Director of St. Paul Infant Welfare Association	St. Paul Book and Stationery Co., St. Paul	\$1.00

GROUP II. PREVENTABLE DISEASES

- Lesson 1. Importance of a study of bacteria in general and disease germs in particular
- Micro-organisms—what are they?
 - Conditions of growth
 - Harmful and helpful micro-organisms
- Lesson 2. Tuberculosis
- Specific cause
 - Mode of entrance into body
 - Mode of exit from infected body
 - Avenues by which discharge is carried to body of host
 - Life of germs outside of human body
 - When to call a doctor—danger signals
 - Treatment
- Lesson 3. Child Diarrhea
- Specific cause
 - Mode of entrance into body
 - Mode of exit from infected body
 - Avenues by which discharge is carried to body of host
 - Life of germs outside of human body
 - When to call a doctor—danger signals
 - Treatment
- Lesson 4. Typhoid
- Specific cause
 - Mode of entrance into body
 - Mode of exit from infected body
 - Avenues by which discharge is carried to body of host
 - Life of germs outside of human body
 - When to call a doctor—danger signals
 - Treatment
- Lesson 5. Acute Infectious Diseases
- Specific causes of each
 - Mode of entrance into body
 - Mode of exit from infected body
 - Avenues by which discharge is carried to body of host
 - Life of germs outside of human body
 - When to call a doctor—danger signals
 - Treatment

Pamphlets and Bulletins

Tuberculosis	Farmers' Bul. No. 473	U. S. Dept. of Agr., Washington, D. C.	\$0.05
How to Prevent Typhoid Fever	Farmers' Bul. No. 478	U. S. Dept. of Agr., Washington, D. C.	\$0.05
Causation and Prevention of Typhoid Fever	Public Health Bul. No. 51	U. S. Treas. Dept., Washington, D. C.	\$0.20
Vaccination	Pub. Health Bul. No. 52	U. S. Treas. Dept., Washington, D. C.	\$0.10
Anti-Typhoid Vaccination	Reprint from Pub. Health Rept. No. 66	U. S. Treas. Dept., Pub. Health Service, Washington, D. C.	\$0.05

Whooping Cough	Reprint from Pub. Health Rept. No. 100	U. S. Treas. Dept., Pub. Health Service, Washington, D. C.	\$0.05
Measles	Supplement to Pub. Health Rept. No. 1	U. S. Treas. Dept., Pub. Health Service, Washington, D. C.	\$0.05
Tuberculosis. Its Pre-disposing Causes	Sup. to Pub. Health Rept. No. 3	U. S. Treas. Dept., Pub. Health Service, Washington, D. C.	\$0.05
Diphtheria. Its Prevention and Control	Sup. to Pub. Health Rept. No. 4	U. S. Treas. Dept., Pub. Health Service, Washington, D. C.	\$0.05
Scarlet Fever. Its Prevention and Control	Sup. to Pub. Health Rept. No. 14	U. S. Treas. Dept., Pub. Health Service, Washington, D. C.	\$0.05
The Spread of Tuberculosis	State Board of Health	Minn. Pub. Health Assn., Old Capitol, St. Paul	Free
Whooping Cough	State Board of Health	Minn. Pub. Health Assn., Old Capitol, St. Paul	Free
Some Facts About Scarlet Fever	State Board of Health	Minn. Pub. Health Assn., Old Capitol, St. Paul	Free
Diphtheria	State Board of Health	Minn. Pub. Health Assn., Old Capitol, St. Paul	Free
Typhoid Fever and How to Prevent It	State Board of Health	Minn. Pub. Health Assn., Old Capitol, St. Paul	Free
Smallpox and Its Prevention	State Board of Health	Minn. Pub. Health Assn., Old Capitol, St. Paul	Free
Community Control of Tuberculosis	Dr. A. T. Laird, Supt. Nopeming Sanitorium, St. Louis County, Minn	Minn. Pub. Health Assn., Old Capitol, St. Paul	Free

GROUP III HOME CARE OF THE SICK

Lesson 1. The sickroom

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|----------------|-----------------|
| a. Selection | d. Disinfection |
| b. Preparation | c. Bed-making |
| c. Care | |

Lesson 2. Care of the patient

- | | |
|--------------------|------------------------------|
| a. Bathing | d. Hot and cold applications |
| b. Changing | e. Medicine |
| c. Bedside devices | f. Feeding |

Lesson 3. Household Emergency Measures

1. Emergencies in the home

a. Cuts	e. Shock
b. Burns	f. Asphyxiation
c. Bruises	g. Poisoning
d. Hemorrhage	
2. Treatment for each of the above
3. The home medicine chest

Pamphlets and Bulletins

First Aid in the Home	Lynch	Minn. Pub. Health Assn., Old Capitol, St. Paul	Free
Care and Feeding of the Sick in the Home	West Virginia Extension Bul.	Package Lib., Minn. Pub. Lib. Com., Old Capitol, St. Paul	Payment of postage

Hints on Home Nursing	Saskatchewan Bul.	Package Lib., Minn. Pub. Lib. Com., Old Capitol, St. Paul	Payment of postage
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Books

The Care of the Sick-room	Cutler	Harvard University Press Cambridge, Mass.	\$0.50
American Red Cross Textbook on Elementary Hygiene and Home Care of the Sick	Delano & McIsaac	P. Blakiston, Son & Co., Philadelphia	\$1.00
American Red Cross Textbook on First Aid—Women's Edition	Lynch	P. Blakiston, Son & Co., Philadelphia	\$0.30

GROUP IV HOME SANITATION

- Lesson 1. Causes of Disease
- Bacteria, yeasts, and molds
 - a. What they are
 - b. Effects of their growth
 - c. Conditions for growth
 - d. How to destroy them
- Lesson 2. A. Preventable Diseases
- 1. Means of communication
 - 2. Methods of prevention
- B. Water Supply
- 1. Sources of contamination
 - a. Organic
 - b. Inorganic
 - 2. Methods of purification
- Lesson 3. A. Milk Supply
- 1. Sources of contamination
 - 2. Meaning of clean milk
- B. Food Supply
- 1. Sources of contamination
 - 2. Meaning of clean food
 - 3. Clean handling of food
 - a. In the shop or market
 - b. In the home
- Lesson 4. A. Disposal of Waste
- 1. Methods of disposal
 - a. Kitchen and laundry waste
 - (1) Solid
 - (2) Liquid
 - b. Sewage
 - (1) Community
 - (2) Single home
 - 2. Relation to health
- B. Common Preventive Measures
- 1. Individual drinking cups and drinking fountains
 - 2. Individual towels
 - 3. Use of handkerchief as protection to others from coughing, sneezing, and spitting
- Lesson 5. The House
- 1. Location of the house
 - a. Drainage and water supply
 - b. Exposure to light and air
 - c. Business and social considerations

2. Construction of the house
 - a. Foundations, walks, etc.
 - b. Superstructure
 - c. Arrangement
 - (1) Efficiency and economy of different systems
 - (2) Effect of moisture
 - d. Ventilation (proper and improper)
 - e. Heating
 - f. Lighting

Lesson 6. The House—continued

1. Care of the house
 - a. Cellar
 - b. Kitchen and dining-room
 - c. Sleeping-rooms
 - d. Living-room and porches
2. Control of pests
 - a. Flies
 - b. Mosquitoes
 - c. Larder pests
 - d. Fabric pests
 - e. Body pests

Pamphlets and Bulletins

How Insects Affect Health in Rural Communities	Farmers' Bulletin 155	Supt. of Doc., Washington, D. C.	\$0.05
Some Common Disinfectants	Farmers' Bulletin 345	Supt. of Doc., Washington, D. C.	\$0.05
How to Destroy Rats	Farmers' Bulletin 369	Supt. of Doc., Washington, D. C.	\$0.05
Remedies and Preventives Against Mosquitoes	Farmers' Bulletin 444	Supt. of Doc., Washington, D. C.	\$0.05
Some Facts About Malaria	Farmers' Bulletin 450	Supt. of Doc., Washington, D. C.	\$0.05
House Flies	Farmers' Bulletin 459	Supt. of Doc., Washington, D. C.	\$0.05
The Sanitary Privy	Farmers' Bulletin 463	Supt. of Doc., Washington, D. C.	\$0.05
The Stable Fly	Farmers' Bulletin 540	Supt. of Doc., Washington, D. C.	\$0.05
House Centipede	Farmers' Bulletin 627	Supt. of Doc., Washington, D. C.	\$0.05
Chinch Bug	Farmers' Bulletin 657	Supt. of Doc., Washington, D. C.	\$0.05
Cockroaches	Farmers' Bulletin 658	Supt. of Doc., Washington, D. C.	\$0.05
Care of Milk on the Farm	Farmers' Bulletin 63	Supt. of Doc., Washington, D. C.	\$0.05
Medical Milk Commissions and Certified Milk	Agricultural Dept. Bulletin 1	Supt. of Doc., Washington, D. C.	\$0.05
Common Drinking Cups and Roller Towels	Pub. Health Bul. No. 57	U. S. Treas. Dept. Pub. Health Service, Washington, D. C.	\$0.10
Prevention and Destruction of Mosquitoes	Reprint from Pub. Health Report No. 28	U. S. Treas. Dept. Pub. Health Service, Washington, D. C.	\$0.05

Sanitary Advice for Summer Tourists and Sanitary Advice for Keepers of Summer Resorts	Reprint from Pub. Health Report No. 81	U. S. Treas. Dept. Pub. Health Service, Washington, D. C.	\$0.10
Country Schools and Rural Sanitation	Reprint from Pub. Health Report No. 116	U. S. Treas. Dept. Pub. Health Service, Washington, D. C.	\$0.05
Trachoma in Minnesota	Reprint from Pub. Health Report No. 134	U. S. Treas. Dept. Pub. Health Service, Washington, D. C.	\$0.05
The Rat, Sanitary Menace and Economic Burden	Reprint from Pub. Health Report No. 135	U. S. Treas. Dept. Pub. Health Service, Washington, D. C.	\$0.05
The Citizen and Public Health	Reprint from Pub. Health Report No. 150	U. S. Treas. Dept. Pub. Health Service, Washington, D. C.	\$0.05
What is a Safe Drinking Water	Reprint from Pub. Health Report No. 204	U. S. Treas. Dept. Pub. Health Service, Washington, D. C.	\$0.05
Safe Ice	Reprint from Pub. Health Report No. 213	U. S. Treas. Dept. Pub. Health Service, Washington, D. C.	\$0.05
Hygiene for Rural Schools	Reprint from Pub. Health Report No. 219	U. S. Treas. Dept. Pub. Health Service, Washington, D. C.	\$0.05
Chemical Disinfection of Water	Reprint from Pub. Health Report No. 225	U. S. Treas. Dept. Pub. Health Service, Washington, D. C.	\$0.05
Care of Milk in the Home	Illinois Bulletin	Package Lib., Minn. Pub. Lib. Com., Capitol, St. Paul	Payment of postage
Care of Food in the Home	Maine Bulletin	Package Lib., Minn. Pub. Lib. Com., Capitol, St. Paul	Payment of postage
Poisons and Habit-Forming Drugs	Reprint from Pub. Health Report No. 240	U. S. Treas. Dept. Pub. Health Service, Washington, D. C.	\$0.10
The Sanitary Privy	State Board of Health	Minn. Pub. Health Assn., Old Capitol, St. Paul	Free
Farm Water Supplies	State Board of Health	Minn. Pub. Health Assn., Old Capitol, St. Paul	Free
Books			
The Healthful Farm-house	Helen Dodd	Whitcomb & Barrows, Boston	\$0.60
The Sanitation of a Country House	H. B. Bashore	John Wiley & Sons, New York	\$1.00
Rural Hygiene	Ogden	The Macmillan Co., New York	\$1.50
The Human Mechanism	Hough & Sedgwick	Ginn & Co., Chicago	\$2.40
Bacteria, Yeasts, and Molds in the Home	Conn	Ginn & Co., Chicago	\$1.20
Foods and Sanitation	Forster & Weigley	Row, Peterson & Co., Chicago	\$1.00
Cost of Cleanness	Ellen H. Richards	John Wiley & Sons, New York	\$1.00