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Opportunities for Better Family Living Through Conserving Your Health

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OPPORTUNITIES for Better Family Living through **CONSERVING YOUR HEALTH**

The Resources of Your Own
Farm Will Help You Live
Better for Less Money. Put
Them to Work for You.

This Circular is One of the
"Opportunities for Better Family Living" series.

The Complete Series Includes:

Conserving Your Health
Planning Your Food Supply
Economizing on Your Clothing
Improving Your Home Conditions
Improving Farm and Home Business

EXTENSION SERVICE
SOUTH DAKOTA STATE COLLEGE

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Conserving Your Health

By MARY A. COVERT, *Home Management Specialist*

The ability of your family to be happy and successful depends largely upon the personal efficiency and cooperation of each member. Authorities place attitude and ideals as first requisites to efficiency, and health as a close second.

Someone defined health as "that condition of the body that makes possible the highest enjoyment of life, and the greatest constructive work." Another adds that "positive health makes one welcome the new day and the new task with assurance."

Health is possible for you but you cannot attain it by mere wishing. It is built

up through knowledge and persistent following of a way of living which makes it possible and conserves it.

If you want to be healthy and live long: avoid accidents; eat the right kind and quantity of foods; avoid overweight in early and middle life; and keep living quarters clean, well lighted and ventilated. In addition, breathe correctly; spend some time out-of-doors daily; secure sufficient sleep; live moderately, avoid continuous excessive physical or nervous strain; and see your physician when symptoms of illness appear.

Accidents Are a Menace to Health

More people were killed by accidents in the United States during the three years, 1937-39, than were killed in action or died of wounds in all our wars since 1775.

During 1939 a total of 8,960,000 persons were killed or disabled by accidents. This is approximately one-fourteenth of our population. Economic loss as a result of accidents for the year totaled more than three billion dollars. In 1939 only four diseases killed more people than accidents—heart disease, cancer, kidney disease, and strokes.

A total of 93,000 were killed during the year 1939 by accidents. One-third of these accidental deaths happened in the home, one-third happened during travel, and the remaining third were due to all other causes.

Falls Lead In Number Of Home Accidents

About two-thirds of all home accidents result from falls. Such accidents were responsible for 16,000 deaths and 3,000 persons being partially or totally disabled.

To avoid falls, keep floors and steps clear of toys and other objects; wax floors properly; prevent rugs from slipping; repair porch steps, railings and floors; keep walks clear of sticks, rocks, and ice; and do not use weak ladders.

Burns and Scalds Take A Heavy Toll

Next to falls, fire is the most fatal hazard to life in the home—5,600 deaths

in 1939 resulted from burns and scalds. Such accidents can be prevented by keeping matches out of reach of small children; turning the handles of pans containing hot liquids away from the edge of the stove or table; keeping containers of hot liquids off the floor; and refraining from the use of kerosene or gasoline to speed up stove fires. Lamps should be filled in the daytime, and dry cleaning should not be attempted with inflammable materials.

Treat Cuts And Other Breaks In Skin Properly

No break in the skin should be regarded as trivial. It provides an entrance for infection and unless treated properly may develop into something serious.

Immediate and proper care of a wound involving a break in the skin is the secret for preventing infection. If there is evidence of infection such as redness, swelling, and increased pain, consult your doctor. For information on treating wounds, see Extension Circular No. 255, "Home Accidents—First Aid."

Be Alert To Causes Of Suffocation

More than 2000 persons are killed every year by suffocation and the health of thousands of others impaired by carbon monoxide and other gases formed by incomplete burning of materials such as gasoline, kerosene and coal. Since one cannot see, smell or taste carbon monoxide it is very important to recognize its effects. The symptoms may include a feeling of pressure in the region of the temples, a blurring of vision, a ringing in the ears, severe headache, a fluttering of the heart, weakness in the legs, and nausea.

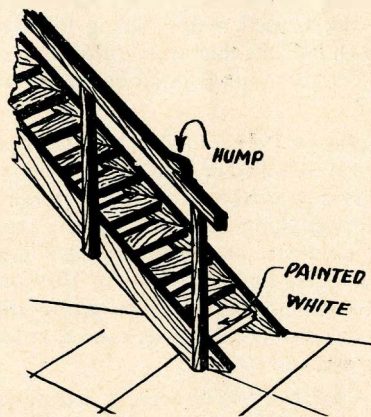
Avoid dangers from gases by banking fires carefully, keeping plumbing and

all gas appliances in good repair, controlling the gas supply when using appliances and closing all valves tightly when appliances are not in use. Keep the house well ventilated.

Guard Against Accidental Poisoning

Poisonings account for about 1,400 of the accidental deaths annually in the home, and severe illness of many others. Sixty percent of the poison accidents result from bad food, and nine percent result from taking too much medicine. Mistaking poisons or the wrong medicine is another cause.

To avoid accidental poisoning in your home, keep a minimum of poisons on hand; glue sandpaper to each poison container; keep poisons out of reach of children; do not use insect powder or other poisons near food or drinking water; and teach the family members to recognize poisonous insects, berries, and plants. Take medicine only as prescribed and then after reading the label on the



Cellar stairs are among the worst offenders in causing home falls. If the lower step is painted white so it may be easily seen and a hump placed in the hand rail to warn of the nearing bottom, many of these falls will be prevented.

bottle. Sterilize food properly when cooking or canning, and avoid tasting questionable food.

Information regarding the proper antidote for poisoning may be found in Extension Circular No. 255.

Farm Accidents Are Numerous

More people are killed in farm accidents than are killed in any other occupation. Every year between four and five thousand farmers are killed while engaged in their work.

During 1939 there were 4,200 fatal farm accidents, 2,700 fatal accidents in construction work, and 1,800 fatal industrial accidents.

Of the 1939 accidental farm deaths 1,200 were from work with machinery; 1,000 injured by animals; 500 from excessive heat; 450 from falls; and 450 from vehicular accidents.

Farm accidents can be reduced by keeping farm machinery, tools, fences, and racks in good repair; stopping machinery before oiling, repairing or adjusting, and handling sharp and pointed tools with care.

Wells and cisterns should be adequately protected; loose boards containing nails should not be scattered about, and care should be taken in handling farm animals.

To Be Healthy and Live Long

A Healthy Mind Aids

A Healthy Body

Health is threefold—physical, mental, and spiritual. Your well being is dependent upon the proper development and functioning of each of these phases.

Develop the habit of controlling your thinking and feelings. Be cheerful, appreciative, understanding, sympathetic, and tolerant. Cultivate a sense of humor. Set up constructive ideals and strive to attain them. Acquire the habit of facing reality squarely. Have confidence in yourself. Have courage to defend yourself and ideals.

Be interested in what you do. Develop sportsmanship. Keep optimistic and look for the beautiful and good. Study to know yourself. Associate much with the young. Be interested in others and develop satisfying friendships. Take part in community activities. Keep up to date on current events.

Feed Yourself

And Family Correctly

The kind and quantity of food needed varies throughout your lifetime. Weight, age, work, or activity, living conditions and general health are all factors which determine the kind and amount of food needed. Growing children need food that will build strong bodies. An adult needs less food per pound of body weight than a growing child. The high school age child needs more food than at any other period of his life. After growth is attained less food is needed as one grows older. Few adults are conscious of this fact. Many fail to cut down on the amount they eat and shorten their life as the result.

For further information on diets refer to Extension Circulars Nos. 264, 266, 273, and 277.

Take Care Of Your Teeth

Tooth decay is one of the most prevalent of all diseases affecting humans. Approximately 80 percent of all children below the age of 12 years are handicapped by dental decay.

Dental decay means a crippled chewing machine which cannot prepare food properly. Improperly masticated food cannot be readily acted upon by the digestive fluids, it overtaxes and may retard or block the digestive and eliminative systems.

Undigested food ferments in the intestines. The blood stream becomes polluted with poisons from this source as well as directly from decayed teeth.

Good teeth are dependent upon a correct diet for the prospective mother and for the individual after birth. Chew food on both sets of molars. Cleanse teeth and mouth daily. Use tooth brush correctly.

Take your child to the dentist at the time the first teeth appear. Continue to have the baby teeth checked and cavities filled. Proper diet, care, regular dental checking and timely treatment are factors which must be observed to build and preserve the teeth.

For further information refer to Extension Circular No. 288, "Teeth, Food and Health." Health Education, Circular No. 20, "Better Teeth," can be secured from the Bureau of Education, Department of Interior, Washington, D. C.

Get Plenty Of Sunlight And Pure Air

In order to keep healthy your body must be well supplied with sunlight and oxygen. You should spend some time daily out-of-doors in the sunlight. Outdoor sunlight has a general tonic affect on the body, increases metabolism, the

red corpuscles and the hemoglobin content of the blood. It also increases resistance to infectious diseases and reduces liability to colds.

Persons who find it impossible to get out-of-doors should use Vitamin D—"Bottled Sunshine." Keep the air of your home pure by prompt disposal of waste and adequate ventilation without drafts.

Excessive dry air is as hard on your body as it is on your furniture. Assure adequate moisture in your home through evaporation of several gallons of water daily.

Breathe Properly

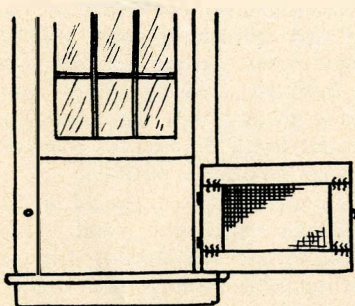
Breathe deeply and freely, making use of the diaphragm to help empty and fill the lungs. Breathe through your nose, not your mouth. Mouth breathing permits the air to enter the lungs without having been heated or strained. Both the cold and impurities irritate the bronchial tubes and lungs.

What you think to be gas is frequently air which has been swallowed. There is an increased tendency to swallow air when you are unduly fatigued or under excessive nerve or emotional strain. It is possible to break yourself of the habit.

Take Plenty Of Sleep And Rest

Eight hours of sound restful sleep is considered necessary for the average healthy adult doing normal moderate work. Adults normally need less sleep than children because they have stopped growing. The kind and quantity of your work, leisure, living conditions, and general health all determine the amount of sleep needed.

Adequate sleep is equally essential as food to keep the children well, strong and happy. The faster a child grows the more sleep is needed. A baby less than a year old grows very fast and needs to



Good ventilation without draft in the bedroom is necessary for healthy sleep. A cloth-covered windbreak like this will provide plenty of air but will prevent direct drafts. This ventilator is also useful as an insect and dust screen.

sleep most of the time. When the child is a little older he grows less rapidly and needs less sleep. During adolescence, growth speeds up again and the child needs more sleep. Many parents do not recognize this and permit older children to stay up too late. Steady loss of sleep is injurious to the child's mental as well as physical development. Undesirable attitudes toward life may be due to loss of sleep.

Sleep-Chart

Sleep Required by Average Young Child:

At birth—20-22 hours	At 1 year—14-16 hours
At 5 months—16-18 hours	At 2-5 years—13-15 hours

Sleep Required by Average Older Child:

6-7 years—12 hours	11-12 years—10-11 hours
8-10 years—11 hours	

Sleep Required by Average Youth:

13-15 years—10-12 hours	18-25 years—8-9 hours
16-18 years—9-10 hours	

Guard Your Eyesight

Good care of your eyes requires that you provide adequate light for reading; hold book or work at correct distance

from the eyes; rest the eyes occasionally when doing close work; and bathe the eyes in warm water morning and night.

Avoid rubbing the eyes and be careful in the removal of small particles from the eyes. Consult your physician immediately if eyes become infected or injured. Have your eye sight checked regularly and have glasses fitted when needed.

Preserve Your Hearing

Deafness often has its beginning in childhood ear infections. Pain or drainage from the ear should be brought promptly to a physician's attention.

Never use force in cleaning the ears or trying to remove foreign bodies. Avoid exposure to loud and forceful noises. Consult your physician regarding any failing in hearing.

Take Care Of Your Feet

Keep your feet in good condition by bathing them in warm soapy water daily; wear clean socks or stockings daily; avoid pressure of heavy or tight bed covering over the feet; and wear correctly fitted shoes.

Toe straight ahead in walking; toeing out weakens ankles and arches. Cut toe nails straight across rather than rounded. Bathe perspiring feet in a solution of one tablespoon of formaldehyde to each cup of water. Consult your physician if your feet become infected.

Good Posture Is A Health Factor

Many people think of posture only in relation to appearance but posture has a direct relation to health which is frequently overlooked. Incorrect posture throws the human machine out of line producing strain on the nervous and muscular system, vital organs are cramped and the various body processes are hindered.

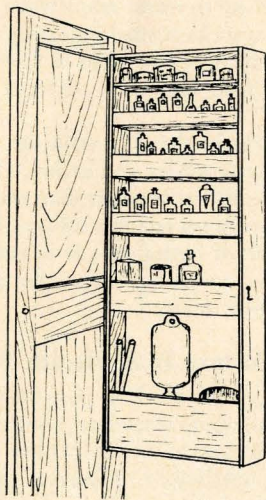
Good posture is built through maintaining good general health; using a well balanced diet; and plenty of sleep and rest. Shoes and clothes should be well fitted. Tables and other working surfaces should be of the proper height for sitting or standing and chairs should permit keeping the feet flat on the floor.

Too frequent or continued fatigue makes for poor posture. Constant check and correction of posture defects are essential.

For further information write Extension Service, Brookings, South Dakota, for Mimeographed Extension Circular No. 93, "Posture Pointers" or Childrens Bureau, U. S. Department of Labor, Washington, D. C. for Publication No. 219, "Good Posture in the Little Child."

Avoid Continued Fatigue

If you are tired most of the time, something is wrong. You cannot afford to ignore continued fatigue.



A first aid case which will keep supplies handy so they will be available in emergencies will often prevent serious consequences of minor accidents. This one is mounted with hinges on a door.

Perhaps you are not eating the right kind and amount of food; drinking enough water; getting adequate sleep and fresh air; wearing proper fitting shoes or giving proper attention to your eyes and teeth. A checkup with your physician probably is advisable.

Your working places should be comfortable in temperature, well lighted, ventilated and conveniently arranged. Working habits are important. Good sitting, standing, walking, and working posture is essential. Kneeling and leaning forward from the hips instead of bending or stooping requires much less energy. Many tasks may be done in a sitting position instead of standing.

Guard Against Infection

The skin helps to guard our body against infection. It is an important waste eliminator. Solid waste particles are left deposited on the skin through perspiration. If it is not removed regularly by bathing, it will clog the pores and hinder discharge of waste upsetting the normal functioning of other systems of the body.

Probably 90 percent of all diseases are admitted to our body directly or indirectly by our hands. Putting pins, pencils or any other object in the mouth, licking stamps, and moistening the thumb to turn pages are practices which invite infection. Hygienic good form is equally as important as the other social graces.

To safeguard your health by sanitary living conditions provide a pure supply of food and water; sterilize dishes, and cooking and milk utensils with scalding water; properly dispose of garbage; provide proper protection from flies; properly care for soiled clothing; and provide for adequate ventilation.

For additional information refer to Mimeographed Extension Circular No.

246, "Home Sanitation," Extension Circular No. 322, "Keeping up Personal Appearances," and Mimeographed Extension Leaflet, "Personal Hygiene,

Homemade Toilet Supplies," all of which may be secured from Extension Service, Brookings, South Dakota or your County Extension Office.

Meet Health Emergencies Adequately

Health emergencies come suddenly and unexpectedly. Delay in handling the situation may prove expensive and possibly fatal. Consult a doctor when symptoms of illness appear. Any contagious disease should be reported to the county health officer and direction concerning quarantine should be observed.

Early immunization against small pox, diphtheria, and whooping cough will prevent these diseases or markedly reduce their severity. Consult your family doctor as the best time to immunize against certain communicable diseases.

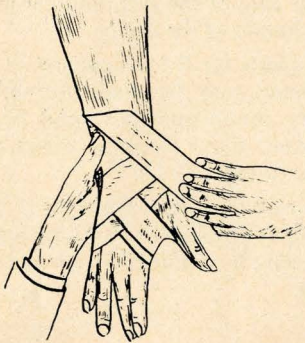
A well organized household is an aid in meeting health emergencies. Daily sharing of responsibilities among the members of the family makes things easier. A household inventory with a statement as to where various things are kept is an asset in the event of insured property loss or an emergency.

Every family should have an emergency kit and know how to use it. Some

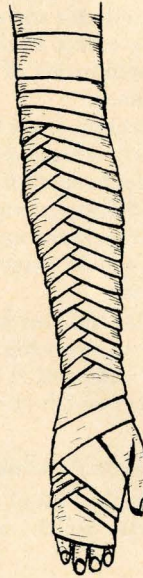
knowledge of how to care for the sick and injured both before and after the services of a physician has been secured is essential.

Detailed information can be secured from Mimeographed Extension Circular No. 255, "Home Accidents—First Aid," and Mimeographed Extension Circular No. 262, "Home Care of the Sick" from the Extension Service or County Extension Office.

Further information can be secured by writing The American Red Cross, Washington D. C., and National Safety Council, 20 N. Wacker Drive, Chicago.



Showing the method of starting the reverse with the roller bandage.



The roller bandage completed on the hand and arm.

Available Public Health Services

The State Board of Health consists of five members appointed by the Governor. The Superintendent of the Board is the administrative officer of the State Health Department.

The Health Department activities are divided into the following divisions: (1) Division of Maternal and Child Health and Crippled Children; (2) Division of Public Health Nursing; (3) Division of Sanitary Engineering. (4) Vital Statistics; (5) Medical Licensure; and (6) Division of Public Health Laboratories.

Your county health officer and county superintendent of schools have copies of the biennial report of the board. If your community or family has a health problem, consult your county health officer, or write the director of the Board at Pierre, S. D.

Full time County Health Units consist of at least a doctor and a nurse. They are supported, except in demonstration areas, by a combination of county, state and federal funds.

Major services provided by the county health unit are: prenatal and infant care; preschool and school services; control of communicable diseases; emergency and educational bedside nursing; health education; and public water supply and sewage disposal.

There are five full-time health units in the state. Every county has a health officer full or part-time, and 31 counties have full-time county health nurses.

Free Pamphlets Available

A mimeographed list of more than 50 free pamphlets, which are available,

can be obtained by writing to the State Health Department, Pierre, South Dakota. Subjects of the pamphlets are classified as follows: maternal and child care; sex education; communicable diseases; sanitation; information for teachers; and miscellaneous.

To aid expectant mothers the Division of Maternal and Child Health has prepared a series of prenatal letters which are sent at regular intervals to the expectant mother. These may be obtained by consulting your family doctor.

Red Cross Services

In each Red Cross chapter a chairman is designated for each of the services—First Aid, Water Safety, and Home and Farm Accident Prevention. Investigate the availability of these services in your county.

WPA Housekeeping Aide Service

The State Housekeeping Aide Project provides for free home assistance in general housework, care of children, simple care of the sick, and chronically ill in homes of the needy.

Requests for the assignment of aides to homes may be made through the county commissioners, Social Security directors, Farm Security directors, or public health officers.

Consult them as to the types of homes eligible for this service and the approximate length of time service may be rendered.

Acknowledgement

J. F. Cook, M. D., Superintendent of State Board of Health.

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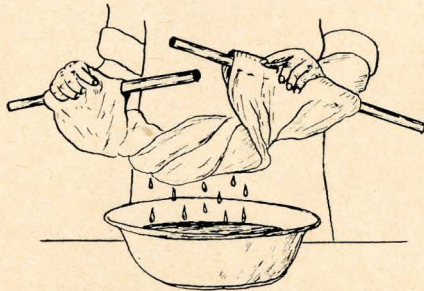
Eva Sherburne, State Supervisor, House-keeping Aide Project.

U. S. Public Health Service.

U. S. Children's Bureau.

American Red Cross.

National Safety Council.



The stupe wringer method of preparing applications too hot to handle.

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