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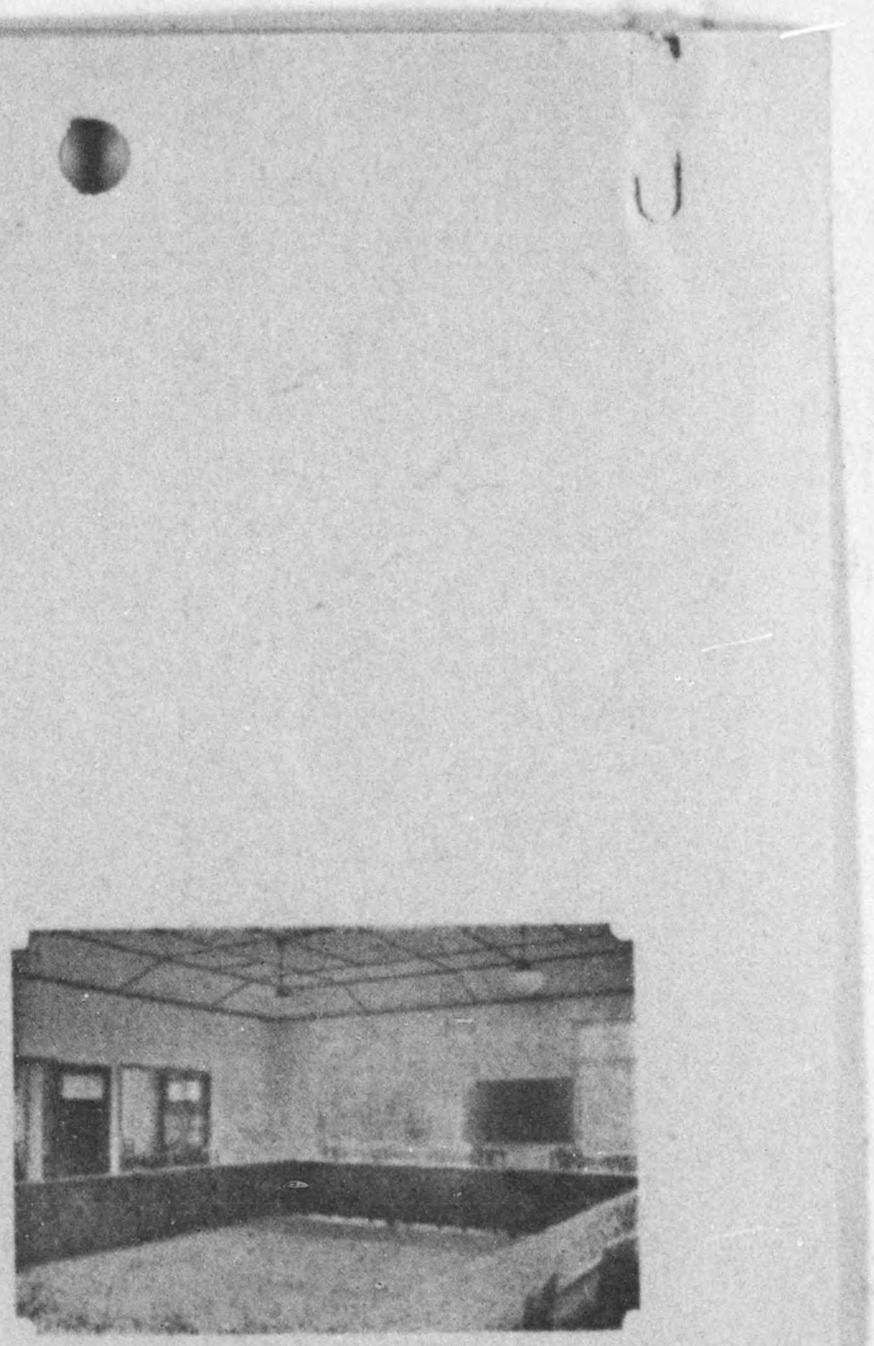

清水保健所二階會議室

☆江灰印刷所納☆

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Disinfection of Tuberculosis.
Shimizu Health Center, Shizuoka Pref.

If the name of disease is decieded Tuberculosis or Larynx-tuberculosis after diagnosis was made, and bacillus being discharging with spittle and night-soil, Patient himself must to take disinfection perfectly to does not be infectous newly with bacillus again, not only patient himself but also other people. There are so usual method to disinfect as follows.

1. Incineration,
   Method by incineration,
2. Boil-disinfection,
   Method by boiling,
3. Steam disinfection,
   Method by steam,
4. Medicine-disinfection,
   Method by several medicine,
5. Sun-shine-disinfection
   Method by dring in sunshine,

1. Incineration,
   This is able to disinfect simply and perfectly un-necessary things by incineration,

2. Boil-disinfection,
   To boil for 30 minute and more after water boiled up. But it is very important to steep perfectly, And also, do not foreget to put on the lid to disinfect perfectly.

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3. Steam-disinfection.
Several things which is disinfected, put in the vessel which is able to ~~cto~~ close good, And pass the steam into this vessel. And keep those things in the vessel for one hour after temperature got 100°C. In usual family, we are able to use the steam-kettle and steaming-basket.

4. Medicine-disinfection.
This is the method by using several medicine which passed the licenced as substitution as follows.

1. Solution of carbolic acid.
Form to use.
{ Carbolic acid for prevention of epidemic 3%
Water 97%

{ Carbolic acid for prevention of epidemic 5%
Hydrochloric acid 1%
Water 94%
(in the case of spittle.)

Quantity of medicine to the things which is disinfected.
Same as above.
Remark.
Shake up when use this.

2. Solution of clesol.
Form to use.
{ Clesol soap-suds 3%
Water 97%
Quantity of medicine to the things which is disinfected.
Same as above.

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3. Solution of carrasive sublimate.
Form to use.
Carrasive sublimate 1%
Usual table-salt 1%
Water 98%
Quantity of medicine to the things which is disinfected.
nothing.
Remark.
Be coloured by suitable colouring matter.
Keep in glass vessel.
~~do not use~~ Do not use as disinfection of spittle, Poison.
4. Quicklime.
5. Slaked lime.
Quantity of medicine.
In the case of night-soil and so on.
30 fold and more
In the case of well, dirty water and so on.
50 fold and more.
Keep things 2 hours with the that is disinfected.
Keep 12 hours with the things that is disinfected.
Remark.
Add a little water into Slaked lime to make powder.
6. Lime emulsion.
Quick lime 2%
Water 8%
Quantity of medicine
use the quantity 5 fold of Quick lime powder.
Remark.
agitate good when ~~use~~ use this.
Use ~~to~~ quantity 20 fold of lime when use lime.

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7. Clove-lime water.

{Clove-lime 5%
{Water 95%

In the case of night soil and so on.
{use one one hundredth ($\frac{1}{100}$) of night
{soil and so on. (the thing which is disinfected)

In the case of well, durty water and so on.
use one 5 hundredth ($\frac{1}{500}$) of water of
well, durty water and so on. ($\frac{1}{500}$ of the thing
which is disinfected)

Remark.
same as lime emulsion.

8. Solution of formalin.

Formalin 1%
Water 34%

Quantity of medicine.
use 40 gram of formalin to volume of
one feet of capacity.

Remark.
Solution of formalin is make by adding
water when use. Powerful medicine.

9. aldehyde.

Gassous medicine.

Quantity of medicine
use 15 gram of gass to volume of one feet
of capacity.

Before using these above medicine, it is
very important to wash good first by soap,
Because moister and fat are ~~sec~~ secreted
from inside of skin, and prevente becoming
bad. And moister and fat make dirt with

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dust and so on and too difficult to act directly upon bacillus tuberculosis, Also it is very good to use clesol solution after treated the patient, durty things and so on

5, Disinfection by dring in sunshine.

Sunshine has great sterilizing power. Many people has various experience about it. In the case of only bacillus tuberculosis, they are killed within 3 or 4 hours by sunshine. In the case of bacillus tuberculosis in phlegm, they are killed within one day in summer season bett in other reason, they are killed within 7 ~~hours~~ days. Disinfection by dring in sunshine is operated as same as other method Disinfection by dring in sunshine is very good method which was gave by great nature without distinction of poor and rich

(the end)

結核の消毒方法

靜岡縣清水保健所

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結核の消毒方法

診察の結果病名が肺結核、喉頭結核と決定せられ、結核菌が唾痰或は尿屎膿等と共に排泄せらるる場合には患者は其の結核菌に更に新らしく感染しない爲めに、延いては患者自身のみならず他人にも傳染させない様に嚴重に消毒を行はねばなりません、普通消毒には次の方法があります

一、燒　却　火炎等で熱を加へて消毒する方法
二、煮沸消毒　鍋釜等で煮て消毒する方法
三、蒸汽消毒　湯を煮沸し其の蒸汽で消毒する方法
四、藥物消毒　色々の藥を用ひて消毒する方法
五、日光消毒　太陽光線にあてて消毒する方法

一、襤褸燒却　火炎等で燒却のでありますから不必要なボロ紙片、塵埃を簡單に且つ完全に消毒することが出來ます

二、煮沸消毒　御湯が沸騰し始めてから三十分以上煮沸するのでありますが消毒されるものが全部湯の中に漬つて居ることが大切で尙充分に消毒する爲めには蓋をすることを忘れてはなりません

蒸汽消毒　良く密閉し得る器中に消毒するものを入れ此の器の中に蒸汽を通し中の濕度が攝氏の百度に達してから（換言すれば蒸汽が勢よく吹き出す様になつてから）尙一時間

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以上續けるのでありますが一般の御家庭には小さいものは御飯蒸器、更に大きいものは「セイロ」を用ひて目的を達することが出來ます

四、藥物消毒　色々の藥物を用ひて消毒するのでありますが傳染病豫防法施行規則（第十四條）には次の藥名（くすりのな）が擧げられてあります、尙代用消毒藥としての檢定合格品は夫れ夫れの藥品を代用する事が出來ます

品名	使用する形態	消毒物に對する藥品の量	備考
石炭酸水	防疫用石炭酸三分 水九十七分 唾痰の場合には 防疫用炭石酸五分 鹽酸一分 水九十四分	唾痰等（同量以上）	使用の都度振盪（劇藥）
クレゾール水	クレゾール石鹼液三分 水九十七分	唾痰等（同量以上）	使用の都度振盪、殺菌力は石炭酸に勝る
昇汞水	昇汞一分 普通食鹽一分 水千分		適當の色素を以て着色し金属製にあらざる容器に貯藏普通唾痰等の消毒には使用せず（毒藥）
煆製石灰（生石灰）			煆製石灰末又は石灰乳の原料
煆製石灰末（消石灰）		糞尿、吐瀉物等（三十分の一以上）二時間 井戸、水槽、汚水等（五十分の一以上）十二時間	用に臨み煆製石灰に少量の水を加へ粉末となす
石灰乳	煆製石灰二分 水八分	煆製石灰末の五倍量を使用	使用の都度攪拌すること普通石灰を代用する場合には倍量を使用すること
クロール石灰水	クロール石灰五分 水九十五分	糞尿、吐瀉物等（百分の一以上）二時間 井戸、水槽、汚水（五百分の一以上）十二時間	石灰乳に準ず
フォルマリン水	フォルマリン一分 水三十四分	容積百立方尺に付きフォルマリン四十瓦以上を噴霧又はフォルマリンデヒード瓦斯十五瓦以上且つ同時に百瓦以上の水を蒸發せしめ處置したる後七時間以上密閉し置くこと	フォルマリン水は用に臨み水を加へて製す（劇藥）
フォルムアルデヒード	瓦斯體		

以上の方法を應用するに當り我々の皮膚からは脂肪分或は水分等が分泌され皮膚の粗造となるのを防ぎますがこれ等は外から附着した塵埃や表皮の腐物と共に汚垢（あか）となつており一寸消毒藥で洗つた位では藥液が直接結核菌に作用（はたらく）ことは困難であります、依つて石鹼でよく洗ひ落す事は大切で心得て居なければなりません、患者や汚物を始末した後にはクレゾール石鹼液が宜しい

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五、日光消毒　太陽光線が甚だ強い殺菌力を有しこれに就いては色々の人の實驗があります
が、結核菌のみでは直射數時間で死滅し喀痰中の結核菌は夏期で一日、其の他の時期でも七
日位で殺菌されると云はれて居ります、日光消毒は以上の各種の消毒法に併用して行ふもの
で貧富の別なく大自然から與へられる此の日光に充分消毒物を曝す方法であります

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Improvement of nutrition.
Shimizu Health Center. ◎ Kizuoka pref.

Improvement of nutrition is not always to make luxurious meals or to eat special foods. Just as we do not have good crops if there are no suitable manure so we can not make fine body if we do not eat suitably several foods. It is not good for body to eat without a definite object when get hungry, and must to take care to eat suitably without distinction of likes and dislikes the foods that is rich in necessary ingredient for body as follows.

(1) Protein, (make blood and flesh, and fit together body)

Rice of principal foods is rich in Protein that make blood and flesh, but fishy goods of fish, meat, egg, milk and the others also is rich in Protein, and beans and manufactured goods of beans (bean-curd, bean soup and fried bean curd.) also is rich in protein. Generally, fishy goods is more easy to make blood and ~~flesh~~ than vegetable goods, vegetable goods does not make well blood and ~~flesh~~ flesh generally But vegetable goods are more cheep than animality goods, besids, can make as good as animality goods to add a little fishy goods of dried bonito, dried fish and the others. Protein is ingredient that make blood and flesh, so that it is very necessary for children and expectant mother. If short of these that is growing goods, it ~~become~~ will be cause of poor development and let power of resistance of body grew weak and all kind of abstruction of others will

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happen, even it said as given above, if the aged eat much food, it will be easily to have hardening of blood vessel and kidney disease, so that have to eat compliance age,

(2). Carbohydrate. (make power and calory) Grains of rice and weats, ~~barow~~ Taros and sweet-potatos, vermicelli suger and the other's is rich in Carbohydrate, Carbohydrate make power and calory (~~chlorie~~) so that the people that take much works, they need more carbohydrate than others, all Japanese, especially, famers in villege take almost carbohydrate from only rice as you know well.

(3) ~~Flesh~~ Fat. (as ingredient that make power and calory ~~As~~ Carbohydrate)
~~Flesh~~ Fat take same work with Carbohydrate, but take the work of 2 fold of Carbohydrate. If take ~~flesh~~ fat suitably, will be able to good contents of these foods without increasing quantity of foods. If short of ~~flesh~~ fat and Carbohydrate, will be not work enough and body will be thin.

(4) Calcium. (make bone and tooth especially, and keep good on an average chemical action of body)
Dried fish, small fish of Goby and the other's fish ~~and the others~~, dried fish of these fishes, Algas. Giblets and pluck and the others is rich in Calcium, Calcium makes bone and tooth, therefore, it is necessary for child and expectant mother, It is not good for old person to take much calcium, especially, have to take

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care that the many foods that throw away as abolish part is rich in calcium usually.

(5). Vitamin (wedge of nutrition of development and the other's)

Vitamin is something like the nail that is used construction. It is not good for body even if take too much or not (too much). vitamin is ingredient that be not able to make in body absolutely, therefore, have to take Vitamin suitably from foods anyway. there are A. B. C. D and E in vitamin principally. and works of each vitamin is different, but need all vitamin. vegetable. animality foods and fruits is rich in vitamin, so that take all foods on an average without leaning on ~~some~~ one foods.

Vitamin A.

Thickly coloured vegetable as leaf of radish. carrot, spinage, tomato and the others, and red and yellow coloured vegetable, fishes of sardine tunny and the other's and laver and the others is rich in Vitamin A.

Vitamin B.

Meats. eggs, milk, indian beans, bean. peanut. carrot and the others is rich in Vitamin B. but It is most rationalitic to ~~last~~ eat 70 percent hulled rice.

Vitamin C.

~~Food~~ Fresh fruit and vegetable, especially. White coloured vegetable is rich in Vitamin C, and Malt also is rich in Vitamin C.

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Vitamin D.

Dried ~~fish~~ goods that was dried in sunshine (dried cuttle fish, dried fish, cartinellacs shiitake dried sardins and the others) fresh fishes is rich in Vitamin D. but the human body may take much sunshine directly.

Vitamin E.

Embryo of grains is rich in Vitamin E especially, and unhulled rice, the rice that was 50 percent hulled rice and 70 percent hulled rice also is rich in Vitamin E. leaf of turnip also is rich in Vitamin E

Cooking that was cooked to match suitably by the 4 ingredient (Protein, Carbohydrate, Calcium, Flesh, Vitamin) as given above is nutritious Cooking.

About rice

White rice is not rich Vitamin B and almost part of white rice is lump of Carbohydrate and will be the cause of unseasonableness of replacement, and feel idle feeling and tired, besids. will make bad chance to have beriberi.

It is bad economy to take off rice bran, unhulled rice is rich in Vitamin B. but digestion is very bad, besids unhulled rice has something, it is very bad, against Vitamin, therefore, is very bad for body, and also about economic circumstance. 70 percent hulled rice that was braided good point of both rice called standerd rice, and this rice is most rational about both of economic and nutritional. 70 percent

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hulled rice need more a little water than usual white rice to cook, so that does not need special iron pot or equipment. you might remember the notices that was given above, and make retional cooking about every meals without shortage. It is most important to enforce every day to improve the nutrition.

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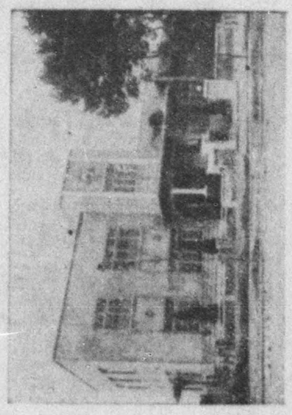

榮養の改善

靜岡縣清水保健所

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す。日本人殊に農村の人々は含水炭素の大部分を主食の米に依つて居る事は皆さん御存じの所です。

3 **脂肪**（含水炭素と同様に力と溫になる成分）

油類は含水炭素と同じ働きをしますが、含水炭素の二倍以上もの働きがありますから、之を適當にとると、食物の量を增さずに、然も内容をよくする事が出來ます。含水炭素や脂肪が足りないと充分活動が出來なくなり、身體が痩せて來ます。

4 **灰分**（主に骨や齒となり、又體内の化學作用をよく平均に保つ成分）

煮干、しらす、はぜ等の小魚やその干物、海藻、腦物等に多く含まれて居ります。骨や齒になるのですから、子供や姙産婦には必要ですが、發育期をすぎて老人には多くない方が身體の爲によいのです殊にこの灰分は吾々が普通廢棄部として捨て去る物の中に多く含まれて居る點注意すべきです。

5 **ビタミン**（發育其他榮養のクサビとなるもの）

ビタミンは丁度建物で云ふと釘の樣なもので、足りなくても又多すぎても害になるものです。ビタミンは身體内では身體に合成する事の出來ない成分ですから、私達はどうしても食物の中から之を適當に攝る樣に氣をつける事が必要です。ビタミンには主なものにA・B・C・D・E等があつて、各々その働きが異なつて居ります。どれもが必要ですが野菜や動物性食品や果物等に多く含まれて居ればいゝのです。

A 大根葉、菠薐草、人參、トマト等濃厚な色の野菜や赤黄色い色をした野菜、鯖、鮪等の魚や海苔等に含まれて居ます。

B 肉類、卵、牛乳、小豆、大豆、落花生、人參等にありますが、無砂七分搗米を食べる事が最も合理的です。

C 新鮮な果物や野菜、特に白い色をした野菜に多くもやしにも多く含まれて居ます。

D 日光に干した乾物（するめ、煮干、椎茸、めざし等）や魚肉類にありますが、人體が直接日光浴をしてもよいのです。

E 穀類の胚の部分に特に多く玄米、半搗米、七分搗米にもあり、その他小松菜、かぶの葉にも多く含まれて居ます。

以上の樣な四つの成分（蛋白質、含水炭素と脂肪、灰分、ビタミン）を適當に配合して作つた料理が榮養料理です。

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次の様に人體に必要な成分を含んで居るものを、適當に好き嫌ひなく食べる様に心がけねばなりません。

1 蛋白質（血と肉になり身體を組立てる養素）

血や肉を作る蛋白質は主食の米の中にもありますが魚、肉、卵、乳等のナマグサものや豆類やこの製品（豆腐、味噌、油揚、湯葉）等にも多く含まれて居ります。

普通ナマグサものは植物性のものより血や肉になり易く、植物性のものは之れよりいく分劣ります。けれども一般に植物性のものは動物性のものより安價ですから、之に鰹節とか、煮干、だし粉の様なナマグサものを少量添へる事に依つて動物性のものと同じ榮養價にまで引きあげる事が出來ます。蛋白質は血や肉になる成分ですから特に成長期にある小供や姙産婦に多く必要とし、若し不足すると發育不良を起したり身體の抵抗力を弱めたり、其の他種々な障害が起ります。又そうかと云つて老人が澤山食べすぎると、血管の硬化や腎臟疾患を起し易い様になりますから、年齢に應じて食べる様にしなければなりません。

2 含水炭素（力と溫になるもの）

米、麥等の穀類、麵類、芋類、糖類等に多く含まれて居ります。力と溫になる成分ですから、勞働のはげしい人程、多く必要とします。日本人殊に農村の人々は含水炭素の大部分を主食の米にのみ頼つて居る事は皆さん御存じの所です。

3 脂肪（含水炭素と同様に力と溫になる成分）

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榮養改善には決して贅澤な食事にするのではなく、特別な食べ物を食べる事でもありません。丁度適當な種類の肥料がなければ、農作物がよく出來ないのと同じ樣に、人間も色々な種類の食物を適當量食べなければ立派な身體になる事は出來ません。

只漫然と腹が減つたから食べるのではよくありません。

犬の樣に人體に必要な成分を含んで居るものを、適當に好き嫌ひなく食べる樣に心がけねばなりません。

1 蛋白質（血と肉になり身體を組立てる養素）

血や肉を作る蛋白質は主食の米の中にもありますが魚、肉、卵、乳等のナマグサものや豆類やこの製品（豆腐、味噌、油揚、湯葉）等にも多く含まれて居ります。

普通ナマグサものは植物性のものより血や肉になり易く、植物性のものは之れよりいく分劣ります。けれども一般に植物性のものは動物性のものより安價ですから、之に鰹節とか、煮干、だし粉の樣なナマグサものを少量添へる事に依つて動物性のものと同じ榮養價にまで引きあげる事が出來ます。蛋白質は血や肉になる成分ですから特に成長期にある小供や姙產婦に多く必要とし、若し不足すると發育不良を起したり身體の抵抗力を弱めたり、其の他種々な障害が起ります。又そうかと云つて老人が澤山食べすぎると、血管の硬化や腎臟疾患を起し易い樣になりますから、年齡に應じて食べる樣にしなければなりません。

2 含水炭素（力と溫になるもの）

米、麥等の穀類、麵類、芋類、糖類等に多く含まれて居ります。力と溫になる成分ですから、勞働のはげしい人程、多く必要とします。日本人殊に農村の人々は含水炭素の大部分を主食の米にのみ頼つて居る事は皆さん御存じの所です。

3 脂肪（含水炭素と同樣に力と溫になるもの）

油類は含水炭素と同じ働きをしますが、含水炭素の二倍以上もの働きがありますから、之を適當にとると、食物の量を增さずに、然も內容をよくする事が出來ます。

含水炭素や脂肪が足りないと充分活動が出來なくなり、身體が痩せて來ます。

4 灰分（主に骨や齒となり、又體內の化學作用をよく平均に保つ成分）

煮干、しらす、はぜ等の小魚やその干物、海藻、穀物等に多く含ま

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米に就いて

白米はビタミンBが全然なく、殆ど全部が含水炭素の塊りで新陳代謝の不調を來し、倦怠感や疲勞を覺え、更に脚氣になる惧れがあります又洗つたり糠が澤山出來たりするので不經濟にもなります。玄米はビタミンBが澤山あつてよいのですが、消化吸收率が惡くその上表層の部分に抗ビタミンと云ふものがあつて有害に働くので、身邊の爲にも又經濟上からもよくありません。

この兩方の長所だけを組合せて無砂七分搗米（白米と半搗米の中間にして七分通り搗いた米）を標準精米と云ひ、榮養的にも經濟的にも最も合理的なものであります。

無砂七分搗米は普通の白米を炊く時より約一割から二割位水を增して炊けばよく炊けるのです。

特別な釜や裝置を必要としません。

以上の事をよく考へて朝、晝、夕各食を通じて成分の組合せに不足のない樣な合理的な献立を作り、毎日々々實行してゆく事が榮養の改善をして行く上に最も肝要な事です。

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About the consultation of Health Center,
Shimizu Health Center, Shizuoka Pref.

It is very important to take your health consultation and diagnosis. Structure of body is finest than any kind of exquisit machine, all kind of diesese will applar even if it is very trivial cause, but of cause, can find aut there disease that has appeared by using only auscultation or as almost people is thinking, but almost cases can not diagnose simply and perfectly, and also can not find out all disease in abdmen and breast distinctly by using auscultator, and also Rentgen test ib some with this, for example, can not find out as if saw in glass even if it is Rentgen test, Then, diagnosis is made perfectly by operating not only auscultation and percussion, but also Rentgen test, stools and urine test and physical and chemical test and microscopic test of blood and systematije liquid of secretion. Especially, Tubercle is so, therefore, have to come here so often to take these test according to circumstances, Especially, Tubercle is so, If diagnosis was made, give the introduction letter to take doctor's treatment. Health Center make consultation with not only all patient that has disease, and is taking treatment of doctor at present time, but also the petient in care of doctor, or not only the patient but also good healthy person without distinction of poor and riches. Even if the patient is taking treatment by another doctor, can come to health Center sometime, for example, once in a month, or once in two or three monthes, to make consultation with Health Center, Health Center guide about future after examined the patient liked this if the disease does not well, And Health Center also send public health nurse to the patient that come once, so that the patient might to make consultation with her to be well so soon, and public health nurse also guide to does not infect family for the infectous patient like Tubercle, so that might

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to make consultation good that the family does
not infect and will be health. The person is
in needy circumstance and has disease mig-
ht to come Health Center by all means, Health
Center make consultation with prefecture,
doctor's association and the person of sanitry
organ to be able to take treatment, and also
effort that all these patient will be well.

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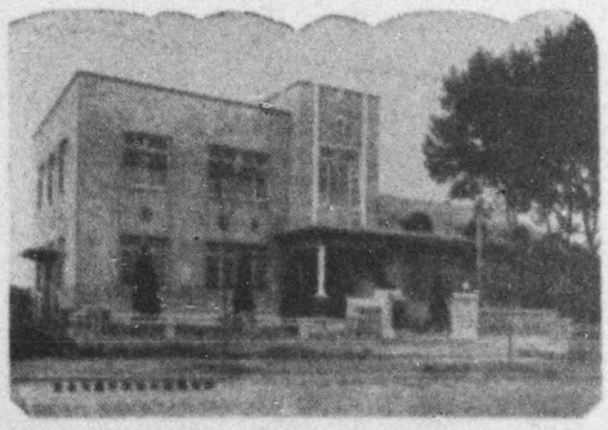
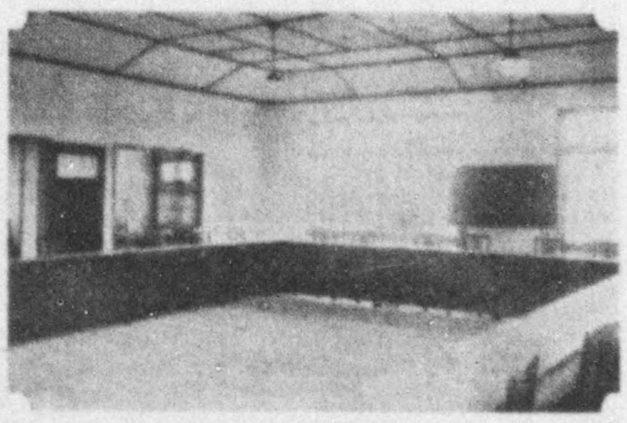
本所の相談に就て



靜岡縣清水保健所



清水保健所二階會議室

☆江尻印刷所納☆

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本所の相談に就て

皆様の健康相談又は御病氣の診斷に當りましては、重も愼重を要します。

人體の構造は如何なる精巧な器械にも優つて居ります。從つて、極て、些少の障碍でも種々の病症を起します。此の病症は、皆様の大多數の御方が考へられてゐるやうに、聽診器一つで、發見出來る事も勿論ありますが大部分は、さう簡單に適確な診斷が出來るものではありません。

聽診器一つで、胸や腹の中の總ての病症が手に取るやうに聽き取れるものではないのです。又「レントゲン」でもその通で皆様の御考への様に、例へば、硝子の中を見るやうに「レントゲン」でもよく透通つて見えるものではないのです。

それで、視診、聽診、打診はもとより「レントゲン」の檢査や、糞、尿の檢査、血液や、分泌物組織液等の理化學的顯微鏡的檢査をして、はじめて稍々適確なる診斷が出來るのですから、場合によつては、何回も來て戴かなければなりません。特に結核性の疾患はさうです。

診斷がつきましたら、場合によりましては、紹介狀を差上げて、醫師に治療をして戴きます。

本所に御出になる方は、現在病氣に罹つて、醫師に通つて、治療を受けつゝある人も、醫師にかかつてゐない方でも、又、病者でも健康者でも、貧富に別なく相談に應じます。

一旦本所の診察の劑んだ方は、醫師の治療を受けられ乍ら、時々、例へば一ケ月に又は二ケ月三ケ月に一度、御相談に御出になつて戴き、病氣がよくなつたかどうかを、診察して、種々と今後の指導を致します。

又一度御出になつた方は、私の方から保健婦を差向けますから、よく御相談下されて、病氣が治るやうに、又、いやが上にも健康であるやうに御相談下さい。

又、結核のやうに傳染性の疾患は、家族の人に傳染しないやうに實際に就て指導致しますから、よく御相談下さつて、家族の人達が傳染しないやうに、又、增々丈夫になられるやうに指導致します。

又、生活に御困りで、病氣の方は、是非とも御出で下さい。縣廳なり醫師なり方面委員なりの方とも相談して、治療が受けられるやう、又、丈夫になられるやう、努力致します。

靜岡縣淸水保健所

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Consultation of mental sanitation.
Shimizu Health Center, Shizuoka pref.

We can not play an active part surely as healthy person without healthy and sound spirit. Just as civilization develop so we trouble very much our spirit ourself, and also just as the world become to complication so increase our trouble and hardship. therefore, need mentalsanitation more and more.

Adult part

If does not find out in early stage more fast as if possable mental disease and nervous disease and take treatment in early stage, it will be difficult to be well, there disease is different with other disease. therefore, the person that has these disease feel nothing about disease themself, so that the disease will be bad day by day the person that has mental disease is most usual case to feel nothing if do not has disease at present time, therefore. the acquaintance or the family of these patient must to take care, and might utilize Health Center on monday, Wednesday or Friday every weekes especially.

Scholl children's part

Most necessary notice on prevention of mental disease and nervous disease is mental sanitation of school children. if found out something different condition on character and mental condition of school children that is growing up. and find out habit of disease and nervous point about disease, find out the cause more fast as if possable, and if does not ~~that~~ take disposition of it, it will be difficult to take treatment in compliance with they grow up

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and let the person be bad without a definite object, and will be the cause that let the person grow worse mental derangement.

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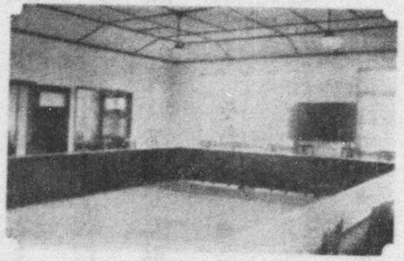
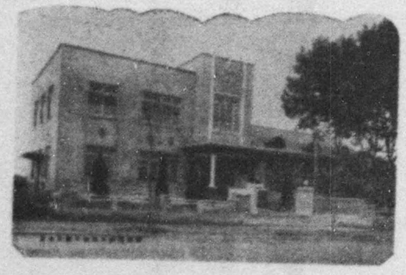
精神衛生相談



清水保健所二階會議室



靜岡縣清水保健所

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健康な身體と、**健全な精神**とを以てせなければ、本當に健全な人間としての活働は出來兼ねます。文明が進歩すると共に吾々は精神を勞することが益々激しくなり、世相が復雜になるにつれて心配や過勞も多くなりますので、從つて益々精神衛生の必要があります。

成人部

精神や神經の病氣では出來るだけ早くこれを發見して、**早く治療**をしないと手遲れの爲に取り返しのつかないこともあり、又外の病氣と違つて本人は案外平氣でゐる間に病氣がどん〳〵進むこともあります。又、精神病に罹つてゐられる人は自分が病氣だと云ふ事に氣付かれぬ場合が非常に多く寧ろ、それが普通なのです。それで、さうした方々の御家族や友人等がお互によく注意して此の相談所を御利用下さい。

此の相談所は特に月、水、金に御出で下され度う存じます。

兒童部

精神病や神經病の豫防上最も必要なことは**兒童の精神衛生**であります若しその養育せらるゝ兒童の精神發育や性格に異常を認め、病癖や、病的に神經質な點等を發見された場合には出來る丈け早くその原因を鑑別し、**早く處置**を講じないと大きくなる程その治療や矯正が六ケ敷くなるのみならず、無暗に其人の身體をそこね益々精神異常をつのらせる事になります

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Home and Prevention of Tubercle
Shimizu Health Center. Shizuoka Pref.

There are 1500000 Tubercle patient in only terior contry, and one person in 50 nation is Tuberculosis patient, one house in 10 houses is the home that has Tubercule patient, Even if your family is all healthy, be sure, your relation or your acquaintance has Tubercle. Namely, even if your family is health, there are always keeping Tuberculosis demon all around of us, it is very important to remember this matter. Happiness of home does not come into existence without health. Let us prevent Tuberculosis demon of happiness of home, let us first keep health of our home to prevent Tubercle of nation.

1, Mistress might to effort to cultivate knowledge about the prevention of Tubercle.

Mistress that is responsble person about the prevention of Tubercle of home, First she must to have right congnition about the way to prevent Tubercle for family. It is as very important knowledge as cooking and sewing, and also might to effort to cultivate the knowledge about the prevention of Tubercle through the all organ of the books, the news paper, the radio, the lecture-meeting, the exhibition and the others.

2, Ventilation and lighting of dwelling. Disinfection in sunshin of Clothes and beding.

It is one truth on prevention of Tubercle that the house that has much sunshin has not any disease. If it is fine day, you might open the all window and take much sunshin for all day long. It is very necessary also to take

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fresh outside air into room, open the window not only daytime but also night time, ~~X~~ Take often much sunshine ~~of~~ for clothes and beding.

3. Strict enforcement of regular life
(early to rise, early to bed.)

It is not good for body to take not regular life, and let not regular life have tired, and it will be cause of outbreak of Tubercle. Mistress ~~coopra~~ cooperation with master, and might to effort to enforce the regular life by the whol of family, all family get up edrly and take exercise all together and take meal all together and work hard each work for daytime and take pleasure in all family at night and go to bed early, there are no chance to have any disease in the home like this.

4. Improvement of nutrition.

Might to take care to does not fall into shortage of nutrition of family, take the rice with germs or mixed food of rice and weat as principal food and take vegetable, meat, fish and ~~fruits~~ fruits as subsidiary article of diet and do not lean to only one article. It is not necessary to take expensive article as subsidiary article of diet, might to ~~cho~~ devise to choice the article that has good nutrition in cheap article.

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5, Take health diagnosis sometime.
Take health diagnosis even if it is usual time and have the ~~standard~~ degree of health, and might to prevent the happening, especially. if the home has patient. it is very necessary to take health diagnosis sometime, If there are Health Center or Health Information bureon, might to utitize these organ good

6, Prevention of infection in the home that has patient,
If the home has patient, it is ideal disposition to enter the patient into hospital, but if can not do that, it is very good to fix the room of only patient to does not infect the disease to family, and also, might to disinfect good phlegm, beding and tablewares, and might to nurse kindly to patient.

7, Prevent the attack and ~~or~~ the infection of child.
Let the child keep off from side of patient because, ~~it~~ it is for prevention of Tubercle. Do not take the child into the crowd that looks has many patient it is also important for prevention, Let the child keep the notice from 2 to 5, because, it is ~~also~~ prevention the child from Tubercle also.

Symptom in early stage of Tubercle.
Fuke fever.
Somebody in school children and high school pupil has fuke fever, So that fuke fever is not always symptom in early stage.

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Decrease of appetite and decrease of weight.
Even if ~~took~~ take meal after got tired or after took exercise, has no appetite.
The case of child, weight is not increase at all
The case of adult, weight decrease day and day.

○ Idle feeling.
Especially, body is very dull between noon time and evening time, and also it is too easy to get tired.

○ Aching shoulder, night sweats, anaemia.
Complexion is pale, but sometime, around the cheek is rosy.

○ Gargling and phlegm.
It is too easy to have a cold so often, in early stage of Tubercle, too easy to have a cold and continue symptom like a cold.

○ Painful of breast, Difficult to breath.
Bloody phlegm, haemoptysis.

Symptom in early stage begin with haemoptysis, even if vomited blood, the disease is not always bad, All these symptom is not always appear as symptom in early stage, sometime, does not almost take all these symptom.

For the people that diagnosis was made Tubercle.

1, If take right treatment in early stage, Tubercle can heal perfectly, so that even if it is Tubercle, do not be disapointed, and take right treatment,

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2, First, it is very important to take diagnosis obout degree of disease. There need Rentgen test, Blood test and Phlegm test to take minute diagnosis for Tubercle, Visit Health Center, Health information bureau or creditable hospital to take these test.

3, There are not found anykind of good medicine for Tubercle, do not belive all kind of advertisement.

4, Important way to treat for Tubercle are Quiet, Fresh air an Nutrition, Degree of Quiet is different according to degree of disease, so that, make consultation with doctor and have notice, Open the window to take fresh air so often, it is not only day time but also night time, Take meat, fish, fresh vegitable and fruit, nutritous food is not always expensive article.

5, When there are many chance to infect to environs according to degree of disease, Take care to does not infect to family.

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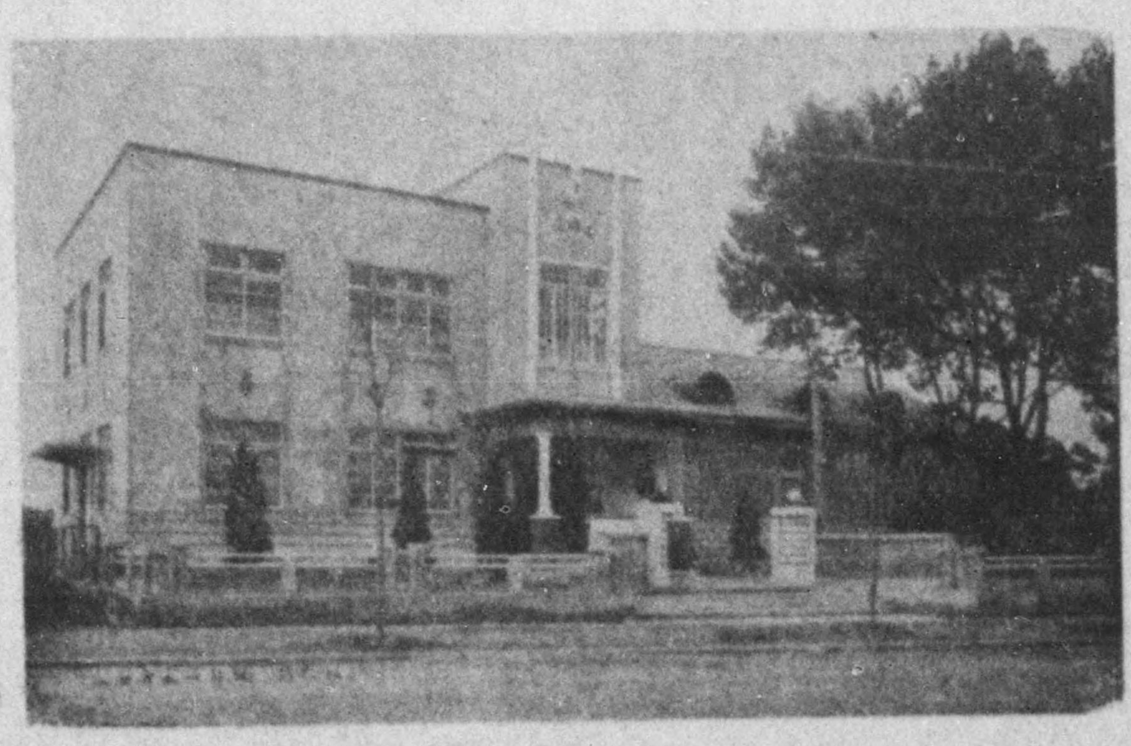
令旨奉體

結核豫防國民運動

家庭と結核豫防



清水保健所

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な い 國 強 國 い 國

を確保しませう。

（一） 主婦は結核豫防知識の涵養に努めよ

家庭の結核豫防の責任者である主婦は、先づ如何にして家族を結核から防ぐかについて正しい認識を持たなければなりません。之は料理や裁縫の知識に劣らず必要のことであります。その爲には書物、新聞、ラヂオ、講演會、展覽會等あらゆる機關を通じて結核豫防に關する知識の涵養に努めて下さい。

（二） 住居の採光換氣、衣服寢具の日光消毒

日光の入る家に病氣は入らないといふことは結核豫防上の一つの眞理です。日中特に天氣の良い日は戸障子を開け放つて燦々たる太陽の光を家の中に導き入れませう。又新鮮な外氣を室内に通はせることも大切ですから日中は勿論夜も窓や欄間を開けて休みませう。衣服寢具の類は度々日光に曝して下さい。

（三） 早起早寢規則生活の勵行

不規則な生活は心身の疲勞を亢めて結核の發病を促す原因となります。主婦は主人と協力し、子供達を率ゐて一家擧つて早起早寢規則生活の勵行に努めませう。一家揃つて早く起き、一緒に體操をし、一緒に食事をし、日中は銘々の仕事に勵み、夜は共に團欒し、共に早く床に就く、この様な家庭には病魔のつけ入る隙はありません。

（四） 榮養の改善

家族の者が榮養不足に陷らぬ様に注意して下さい。主食は胚芽殘存七分搗米又は麥飯とし、副食物は野菜、肉、魚、果物等色々と取混ぜて何れにも偏らない様に致しませう。之等は必ずしも高價なものを必要としません。廉價でも榮養價の高いものを選ぶ様工夫をして下さい。

（五） 時々健康診斷を受けること

身體に異狀を感じた場合は勿論のこと、何事もないと思つても時々健康診斷を受けて自身の健康度を知り發病を未然に防ぎませう。殊に家庭に結核の患者がある様な場合は家族揃つて時々健康診斷を受ける必要があります。近くに保健所や健康相談所があれば之を充分に利用して下さい。

（六） 患家に於る家族感染の防止

若し家庭に結核患者がある場合療養所へ入れることが出來れば理想的ですが、それが出來ない場合には病氣が家族の者に感染しない様に病室は別室にするか間仕切りをするかし、咯痰や寢具食器等もよく消毒致しませう。又患者には溫い心を以てよく看病してあげて下さい。

（七） 小兒の感染や發病を防ぐこと

子供を結核に感染させないために病人に近寄らせないこと、結核患者の居さうな人混みの中へ連れ出さぬことが大切です。發病させないために二から五までの注意を特によく守らせて下さい。

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强國いな核結

家庭と結核豫防

結核の患者は内地だけで百五十萬人も居ると見られますから、國民の五十人に一人は結核患者、十戸に一戸は結核患者の在る家庭といふことにもなります。實際にあなたの御家庭の方は皆健康であつても、親戚なり知合なりのどこかに結核を煩つてゐる方が居りませう。即ち家族の者が今は皆健康であるとしても、我々の周圍には絶えず結核病魔の手が差し伸べられて居るものと見なければなりません。

健康が無くては家庭の幸福は成立ちません。家庭の幸福を失はない爲に結核病魔の侵入を防ぎませう。國民の結核を撲滅する爲に先づ一家の健康を確保しませう。

(一) 主婦は結核豫防知識の涵養に努めよ

家庭の結核豫防の責任者である主婦は、先づ如何にして家族を結核から防ぐかについて正しい認識を持たなければなりません。之は料理や裁縫の知識に劣らず必要のことであります。その爲には書物、新聞、ラヂオ、講演會、展覽會等あらゆる機關を通じて結核豫防に關する知識の涵養に努めて下さい。

(二) 住居の採光換氣、衣服寢具の日光消毒

日光の入る家に病氣は入らないといふことは結核豫防上の一つの眞理です。日中特に天氣の良い日は戸障子を開け放つて燦々たる太陽の光を家の中に導き入れませう。又新鮮な外氣を室内に通はせることも大切ですから日中は勿論夜も窓や欄間を開けて休みませう。衣服寢具の類は度々日光に曝して下さい。

(三) 早起早寢規則生活の勵行

不規則な生活は心身の疲勞を亢めて結核の發病を促す原因となります。主婦は主人と協力し、子供達を率ゐて一家擧つて早起早寢規則生活の勵行に努めませう。一家揃つて早く起き、一緒に體操をし、一緒に食事をし、日中は銘々の仕事に勵み、夜は共に圍繞し、共に早く床に就く、この様な家庭には病魔のつけ入る隙はありません。

(四) 榮養の改善

家族の者が榮養不足に陷らぬ様に注意して下さい。主食は胚芽殘存七分搗米又は麥飯とし、副食物は野菜、肉、魚、果物等色々と取混ぜて何れにも偏らない様に致しませう。之等は必ずしも高價

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結核の初期症狀

微熱　小學兒童や中女學生等では健康な者でも微熱のあることがあるから、微熱は必ずしも初期の症狀とは言はれない。

食欲減退、體重減少　身體が疲れても、運動しても食事が旨くない。

子供では體重の增し方が少く、大人では目方が減る樣なのは心配です。

倦怠感　殊に午後から夕方にかけて身體がだるい。又疲れ易い。

肩凝り、盜汗、貧血　顏色が惡い、但し頰の邊だけほんのりと紅いことがある。

咳嗽と咯痰。

屢々風邪を引き易い、結核の初期には風邪を引き易く又風邪を引いた樣な症狀が續く。

胸痛、呼吸困難、心悸亢進

血痰、咯血　初期に咯血を以て初まることがある。咯血したからと云つて必ずしも病氣が重いわけではない。これ等の症狀が全部具ると云ふわけではない。而も殆ど何等の症狀も無いことさへある。

結核と診斷された人々へ

一、**結核は初期の中に正しい醫療の方法を講ずれば必ず治る**ものでありますから悲觀せずに正しい療養の途に就く樣になさい。

二、**先づ病氣の程度を正確に診斷して貰ふ必要があります。**結核の精密な診斷にはレントゲンの檢査、血液（赤沈）及び咯痰の檢査が必要です。それには健康相談所、保健所又は信用ある病醫院を訪れるのがよいでせう。

三、**結核には今のところ特別によく効く樣な飲藥も注射藥も發見されてゐません。**色々の廣告につられたりしてはなりません。

四、**結核に大切な療養方法は(イ)安靜(ロ)大氣(ハ)榮養です。**安靜の程度は病氣の程度によつて異るからそれ〴〵醫師に相談して指圖を受けなさい。屢々大氣を取入れる爲め居室の窓は明け放しになさい。夜も開けたまゝ休んだ方がよろしい。穀類野菜、獸魚肉、果物等を色々取混ぜて食べること、之等は高價なものでなくてよいのです。

五、病氣の程度により周圍へ傳染の恐れがある場合は**家族の感染防止につき注意して下さい。**

List of the foods that is contained Vitamin.

(Mark of + show quantity of Vitamin. +++ is much Vitamin.
++ is usual quantity of Vitamin)

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kind	effects	name of foods	property
Vitamin A.	Shortage of Vitamin A is not good for development and let the power of resistance grow weak and will be the cause of eye's disease like night-blindness and the others,	Butter, Cheese, Goat's milk (+++). Cleam, Cow's milk, human milk, Condensed-milk, powder milk (++). Hurt and fiver of Cow (+++) cow's fat. Goat's fat (++) yolk (+++) Hen's egg. (++) Halibut. Tunny. Cod. Eel. Salmon and the other, fiver of Herring roe. (+++) Train-oil. Whale. Eel. Sardine-oil. Sardine. Dried fish. Dries Sardine. Tunny. Salmon. Oyster. Salmon roe. Whale roe. (++) Spinage. carrot. Jefe of radish. Dandelion. (+++) Cabbage. Sweet poteto, Tomato pumpkin. Green pea. asparaguis-lefe. Orange. pineapple. Papaya. apple. Banana. (++)	Vitamin A melt water, is strong to fever at the condition of no Oxygen, if boil for several houres in fresh air, is destructed almost Vitamin A.
Vitamin B_1	Shortage of Vitamin B_1 will be cause of Baribari, abstruction of disestion.	unhulled rice. unhulled weat. unhulled barley. Buckweat-flour (+++) 50 percent hulled rice. 70 percent hulled rice (++) Green pea. indian bean. Bean. peanut. Carrot. Tomato. Cabbage. Poteto. French bean. asparaguis. Laver (++) Cow's milk. ~~Cow meat~~ Beef. Pork. mutton. Brain. Hart and fiver of cow. Ham. Bacon. Yalk. (++)	Vitamin B, melt in to water. weak to fever comparatively is destructed by alkaloid do not use Sodium By Carbonate to boil bean.

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kind	effects	name of foods	property.
Vitamin B_2.	Shortage of Vitamin B_2 is not good for development. and will be the cause of Pellagra (Somekind of skin's disease)	liver and kidney of cow (+++). Beef, Pork, mutton Cow's milk, egg, canned Salmon. (++) unhulled rice, 50 percent hulled rice. 70 percent hulled rice, Pea, Cabbage, spinage, Colza (++)	Vitamin B_2 has the power of resistance comparatively, is destructed by alkaloid under high fever,
Vitamin C.	Shortage of Vitamin C is not good for development of tooth and will be cause of Scurvy.	Radish, Tomato, Cabbage, green-pea, Spinage, Asparaguis, lemon, orange, Grap, fruits, Tangerine, Summer tangerine, barrys (+++). malt of grains, malt of beans, Cow-pea, Celery, Dried onion, Green-onion, potets, Carrot, Cucumber. Banana, Pineapple, pear, Papaya-peach. (++).	Vitamin C malt into water, very weak to ~~bad~~ feber, is destructed by oxidation and alkaloid. Do not be long to boil vegetable, also do not keep high fever,
Vitamin D.	Shortage of Vitamin D is not good for development of tooth and born. and will be the cause of Rickets	Tunny, Sardine, Herring (+++). Yolk. Fishes like Cod, fishes like Shark. oyster, Cow's milk, goat's milk (++) Foods that was had ultraviolet rays or dried goods that was dried in sunshine (for example, dried fish. dried vegetable, Cortinellus Shiitake. Dried cuttlefish) is rich in Vitamin D.	Vitamin D has strong ~~bo~~ power of resistance to fever, and melt into fat.
Vitamin E.	Vitamin E is necessary for expectant mother.	Indian corn oil, oat oil, malt of beans. (+++) Coco-nut. Berebit bean, lefe of turnip. Banana. unhulled rice. 50 percent hulled rice. 70 percent hulled rice, ~~meat~~ Beef. pork. liver of pig and cow. brain of cow. yolk butter (++)	Vitamin E ~~is~~ strong to fever, and do not destructed by usual Cooking

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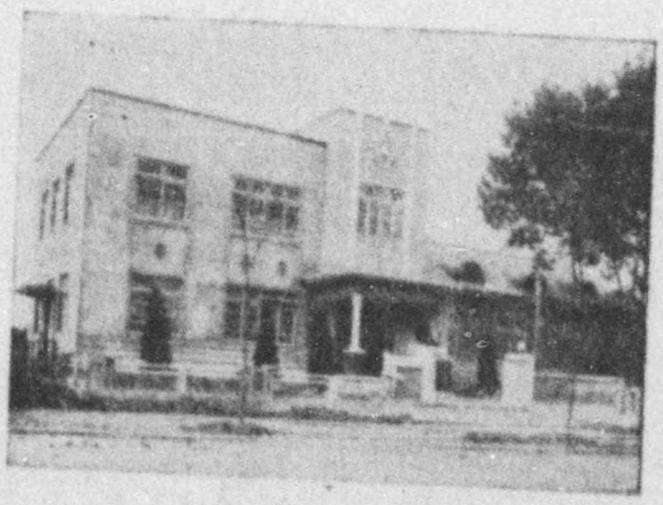
ビタミン含有食品表



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ビタミン含有食品表

（含有ノ程度ヲ記號＋ニテ示ス＋＋＋ハ多量＋＋ハ中位）

種類	ビタミンA	ビタミンB_1	ビタミンB_2	ビタミンC	ビタミンD	ビタミンE
効果	ノ缺乏ハ弱メ眼乾燥症夜盲症等ノ眼病ヲ發ス 發育ヲ害シ身體ノ抵抗力ヲ	ノ缺乏ハ脚氣ヲ發シ消化障害ヲ發ス	ノ缺乏ハ發育ヲ害シペラグラ（皮膚病ノ一種）ヲ發ス	ノ缺乏ハ壞血病ヲ發シ齒ノ發育ヲ妨グ	ノ缺乏ハ佝僂病ヲ發シ骨及ビ齒ノ發育ヲ妨グ	ハ姙娠ニ必要ナリ
含有食品名	バター、チーズ、クリーム、牛乳、山羊乳（以上＋＋＋）人乳、粉乳、煉乳（＋＋） 牛の心臟、肝臟（以上＋＋＋）牛脂、羊脂、（以上＋＋） 卵黄（＋＋＋）鷄卵、鶯鳥卵（以上＋＋） ひらめ、まぐろ、鱈、鰻、鮭等の肝臟、八ツ目鰻、數の子（以上＋＋＋） 鍊油、同肉、同はらご、鰻肉、いわし油、同肉、煮干、ごまめ まぐろ肉、鮭肉、かき（貝）鱈はらご（以上＋＋） ほうれん草、にんじん、大根葉、みづたがらし、たんぽぽ、パセリ（以上＋＋＋）青キャベツ、ちしや、甘藷、トマト、南瓜、青豌豆、アスパラガス葉、バナナ、オレンヂ、パイナツプル、はだんきよう、パセヤ、杏桃、林檎（以上＋＋）	玄米、玄麥、玄小麥、蕎麥粉（以上＋＋＋）半搗米無砂七分搗米（以上＋＋） 青豌豆、小豆、大豆、肩豆、落花生、胡桃、にんじん、トマト、青キャベツ、ちしや、馬鈴薯、莢いんげん、アスパラガス、海苔（以上＋＋） 牛乳、牛、羊、豚等の肉、牛の腦髓、心臟、肝臟等、ハム、ベーコン、卵黄（以上＋＋）	牛肝臟及腎臟（以上＋＋＋）牛、豚、羊等の肉、牛乳、卵白、鮭肉罐詰（以上＋＋） 玄米、半搗米、無砂七分搗米、豌豆、青キャベツ、ほうれん草、あぶらな、みづたがらし（以上＋＋）	ひがんふぐの肉、まぐろ肉、いわし肉、鍊肉（以上＋＋＋）卵黄 鱈屬魚肉、鮫屬魚肉、かき（貝）牛乳、山羊乳（以上＋＋） 紫外線を照射したる食品又は天日に干したる乾物（例へば煮干、乾魚、するめ、椎茸、野菜切干等）には多量に含有さる。	殻實胚子油、玉蜀黍油、燕麥油、殻實胚子、ちしや、豆類もやし（以上＋＋＋） 椰子油、ベルベット豆、小松菜、かぶらの葉、バナナ、玄米、半搗米、無砂七分搗米、牛肉、豚肉、牛豚肝臟、牛腦髓、卵黄バター（以上＋＋）
性質	脂肪ニトケル、酸素ナキ狀態ニ於テハ熱ニ對シテ强キモ空氣ノ流通ヨキ時ハ數時間煮ルト大部分破壞サレル	水ニトケル熱ニ對シテ比較的弱イアルカリニテ破壞サレル 豆ノ早煮ニ重曹ヲ用ヒルハ不可	熱ニハ比較的抵抗力アリ、高溫デアルカリヲ作用サセレバ大部分破壞サル	水ニトケル熱ニ對シテ非常ニ弱イ酸化ニヨリ破壞サルアルカリニモ影響サレル青菜類ノ茹デモノハ高溫短時間法ヲ要ス	熱ニ對スル抵抗力ハ强イ、脂肪ニトケル	熱ニ對シテ非常ニ弱イ普通ノ調理法ニテハ破壞サレルコトナシ

（厚生省榮養研究所發表）

靜岡縣清水保健所

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About Hookworm.

Shimizu Health Center. Shizuoka pref.

Hookworm is the parasite that is living upon human bowels like roundworm, harm of hookworm can not compare with the harm of roundworm. Hookworm is worm of about ≈ one C.m large like bits of white thread, and one hookworm lay down 10000 eggs and more in a day. How hookworm get into human body? there are ~~two~~ two way to get into human body. one of them is the case that larva get into with foods and the other way is the way that larva get into human through the human healthy skin namely, eggs of hookworm that get out with human stools ~~will be change~~ larva after one day in summer, and break egg's shell and get out, this larva take off skin once after one day, and make double skin, and grow up about 0.5 m.m large. and waite for chance to get into human body under the condition as given above. this larva that keep in skin sack has strong power of resistance and is alive from 3 monthes to 6 monthes ~~by only~~ by only water.

If compare the infection by foods and infection by skin, the infection by skin is more than the infection by foods. therefore, the people in village has more hookworm than the people of City and town, and also the children has more hookworm than adult,

The hookworm that get into human body from skin, get into blood vessel and through the blood vessel. and get into the lung and through the lung and get into the bowels at last. The symptom that appear when hookworm living upon the bowels is anamia, namely, become to pale for decreasing blood, change white colour. the nail and the lip and also become to flat the nail, become to easy to have tired, has singing ears and

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and headache, because hookworm bait the bowels and is bleeded by hookworm, and also the function that make red blood-corpuscle is harmed by ptomain of hookworm, Other symto symptom is as follows, first, has good appetite inconceivably or appear Pica. Extermination of hookworm is different with roundworm, and it is too difficult, therefore, must to do as doctor's indication. Usual medicine that extermination hookworm is thymal, Nematal and Carboneum-tetrachlordtum, and these medicine is principal, and effort is certainly, at present time, being used several iron-preparate and liver pharmacy to heal anaemia that appeared as a result of disease. ~~It is very necessary~~ notice as follows is very necessary as the way to prevent, hookworm get into bowels as given above. therefore, first, do not get into ~~the~~ water that looks keeping or wet place hookworm, and also, do not get into barefoot, and would better use rabber gloves and rabber rockes if get into water or wet place.

Second, if eat half-cooked vegetable, wash good especialy, and wash off eggs of hookworm from these vegetable, and also wash off larva as if possable. It is very necessary to disinfect by agua calcarea. The fundamental way, ~~It is~~ it is to use as manure after ladled and keep 3 or 4 monthes and ferment stools to kill eggs of hookworm in stools, and also it is too necessary to take stools examination sometime.

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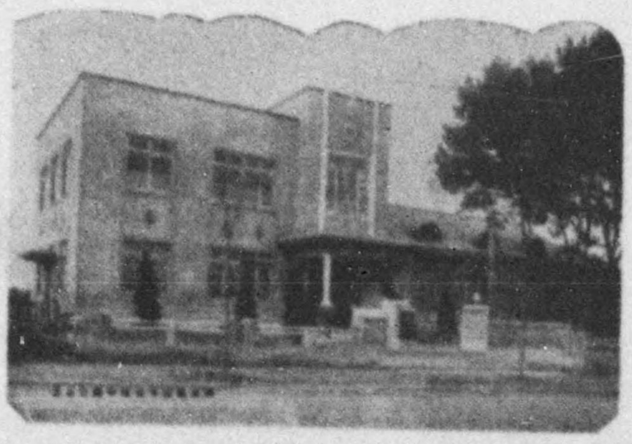
十二指腸蟲ノ話



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十二指腸蟲の話

十二指腸蟲は蛔蟲のやうに、人の腸内に寄生してゐる寄生蟲でありますが、其の害は、蛔蟲とは比べものになりません。

十二指腸蟲といふのは長さ一糎位の白い絲屑の様な蟲で、その一匹が一日に一萬個以上の卵を生むこともあるさうです。

どうして十二指腸蟲が人體内に浸入するかと申しますに、これに二つの經路が御座います。一つは飲食物と共に幼蟲をとり入れる場合で、他は健康な皮膚を通して幼蟲が浸入して來る場合とであります。即ち人糞と共に外界に出て來た十二指腸蟲の卵は夏期では、一晝夜も經ちますと小さい幼蟲になり二晝夜位で卵殻を破つて外に出ますこの幼蟲は一日たちますと、二重の外皮が出來て、其の大きさが大體〇・五ミリメートル位になります。この狀態で浸入の機會を待つて

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居ります。この所謂皮嚢幼蟲は非常に抵抗力の強いもので水分だけあれば三箇月乃至六箇月位も生きて居るといふことです。この經口感染と經膚感染とを比べて見ますと後者の方が遙かに多いといふことであります。從つて都會人よりも土に親しい田舍の人に多いといふことになります。

皮膚から浸入したものは、血管の中を通つて肺臟に至り遂に腸に入ります。

十二指腸蟲の寄生したときに起る主な症狀は貧血を起こすことです。即ち血が少くなるために顏色が青白くなり、爪や口唇の色が白つぽくなり、爪が扁平になつて來ます。何事をしても疲れ易くなり、耳鳴りや頭痛がしたり、少し動くと眩暈や、動悸がするやうになります。これは十二指腸蟲が腸に噛みついて出血させることゝ一方その出す毒素とによつて、赤血球を造るもとの能力が妨げられることによるのです。その他始め食欲がふしぎに進むとか、異味症があらはれるといふやうなこともあります。

十二指腸蟲の驅除は、蛔蟲の場合と異りましてなか〳〵面倒で御座いますから、凡て醫師の指示に從はれる必要があります。

普通使用されるものはチモール、ネマトール、四鹽化炭素等が主な藥劑で其の効果も確實であります。

なほその病氣の結果としておこる貧血を直すのには種々の鐵劑、肝臟製劑などが使用されます。

豫防法としましては、前にいつた樣な經路で浸入して來ますから、第一には幼蟲の居るやうな水または濕地に接しないやうにし、殊に跣で入らぬことが肝要で、ゴム手袋や足袋の樣なものを使用することがよろしい。第二には生の野菜をとるときには特別によく水で洗滌して出來るだけ蟲卵や仔蟲を洗去ることです。また『カルキ』水で野菜を消毒する事も必要です。又根本的の方法としては、人間の糞便中にある蟲卵の發育を阻止することで、これには糞便汲取後三、四ヶ月間放置してよく醱酵したものを肥料として使用することであります。

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なお流行地では時々の検便を怠らないことが肝要であります。

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清水保健所二階會議室

☆江尻印刷所納☆

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Sanitation of Dwelling.

Shimizu Health Center, Shizuoka pref.

Dwelling.

Olden time, Japanese was nomade, and was living holl as dwelling, and dwelling ~~is~~ was not so necessaryas present time, but necessity of dwelling became to be recognized by every body in Compliance with development of cibilization day by day. Therefore, must be thought, sanitation of dwelling has great influence on our health. Usual Japanese house has been almost built by vegetable materials of wood and paper. but increased foreign style building of stone, brick and concrete and the other's, therefore, became to be thought more good about sanitation of dwelling. It is very necessary problem ~~not only~~ to note that studing of location, material of dwelling and structure of each room but also change of climate, ~~and~~ regulation of temperature in daytime and night time, influence of light, humidity and the other

Choice of location of construction.

must to make ~~a~~ choice of location to construct the house. If ventilation is bad, it is not good for health, and also if construct in the shady spot, it will be cause of several disease. If the location is wet place, mats will be had and wet, and also not good for health and will be cause of Neuralgia and Rheumatism, therefore, the location must be dried place. The location of south face be abl to more dry than the location of north face and get much sunshine, and also must to make choice of the location in fresh air. The location of near the many plants, because there are alway keeping much smo-

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ke. dust and poisonous gas. And would better plant some trees around the house, because these trees will protect from all dust, and make shady spot in summer season, and make mind very cheerfull, and also must be clean place around the house.

Structure of each room.

not only choice of location of house, but also must to make choice of structure of room. First, room of south-face is best, and also it must be the location that has much sunshine. The room is easy to has dirty air, because there are always staying many people if take much sunshike frome outside, these dirty air will be disinfected by this sunshine!, and also if does not take plenty sunshine, it will be cause of several eye disease, for example, it is short-sight, especially must to make choice good of structure of child's room. And also must to make choice of structure to be able to keep temperature, the house of south face is best to keep temperature and must to construct by the materials that be able to keep warm. and also must to make choice of structure to be able to keep north cool window. As materials, wood is best, concrete is ~~next but~~ not good, because concrete make room wet, Concrete also conduct temperature to outside, therefore concrete is not perfect material to has regurations of temperature and the other's. House also make warm in compliance with wall, sliding-door and paper sliding-door is good or not, for example, colour of wall and sliding-door has great influence on light, namely, slight colour reflect light, and make room more

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bright. On standerd of ventilation, sand wall is best, Otsu wall is next and mortar wall is worst. Paper of paper sliding-door has great relation with ventilation, therefore must to make choice good of paper's nature quality. Therefore, the materials that is clean and is not resolove is better os the materials that makes wall. Mats keepes much air inside of mats and can not hand down warm, and mats also is soft, comfortable to sit down, but mats is too easy to have dust, therefore it is not good for health, and mats also keep backterium with dust, therefore, sometime, take off dust, and keep in sunshine to keep clean mats. Make good ceilling without dropping dust, because if dust drop from ceilling, air of room will be dirty, especially it is very danger to have Pest in populer reason of Pest. Also catch the rats as if possable, because carry many backterium, and will be cause of reveral diseare, The step that a slop is steep and spiral step is not good to keep body with safety, Hight of step is suitable half of a feet.

Structure of Kitchen

We must to take care all foods especially as peple has been ~~sic~~ said "Diease is infected from mouth". Especially, make clean, be able to adjust good, and never has fly and the other's, do not keep dirty smoke.

Toilet

Stools and urine is not only cause of contegious disease and parasite but also has bad smell and gas, therefore, do not make

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by the side of the room. would better make on the place that part from the room. Home Affairs Department's improved toilet is best, this toilet is good not only disease by parasite but also all contegious disease

Ventilation of room.

Air of room is ventilated naturally by space between wall and sliding-door. Espdcially, the speed of ventilation in compliance with difference of temperature of outside and inside, Especially, if heavey window blowing, speed of ventilation is so fast, but if building is foreign style, ventilation is not so enough. therefore. would better open a little the upper part of ~~wood~~ window. or make by screen 4 corner of ceiling and keep good fresh air.

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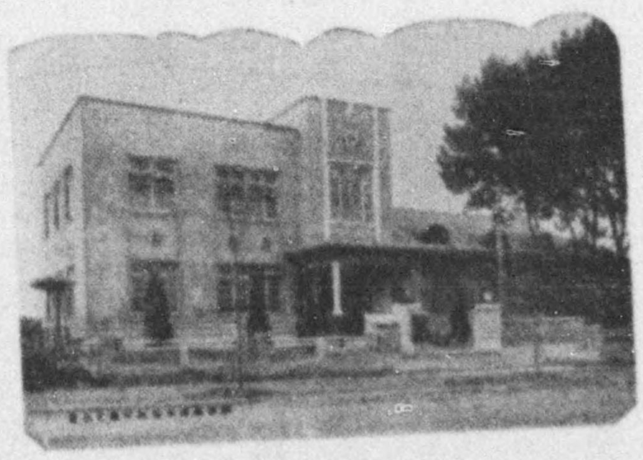
住居の衛生



静岡縣清水保健所

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住居の衛生

住居　昔は穴居、遊牧の民であつて、住居の必要性は現代人に比べて、問題ではなかつたが漸次文化の度が高まるにつれて、住居の重要性は何人も此を認むるに至つた。従つて、吾人の健康上大なる影響ありと云はねばならぬ。

従來は、本邦家屋は大低木と紙との植物性材料によつて、建てられてゐたのであるが社會狀勢の變轉につれて、コンクリート、石、煉瓦等の所謂洋式建築物が增加したので一段の衛生設備と注意とを要するに至つた。住居の位置、材料又は各室の構造等の研究はもとより、夜間と晝間とは氣候變換及其の調節、光線の影響、濕度等注意を要する事項は大なるものがある。

建築位置の撰擇　家屋を建設するには其の位置を撰ばなくてはならない。空氣の交換が惡ければ、健康を害するのみならず、日蔭地に建設すると種々の病氣を起す。濕潤な所であれば常に水蒸氣が床へ昇つて、疊が弱いのみならず人間にも影響を來し、神經痛や

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『ロイマチス』等が起ります。從つて住宅地は乾燥した所でなければなりません。

北向傾斜の土地より南向の方が土地も乾燥し、日光も能く當る。又空氣の清潔な所を撰ばなければならぬ。工場が澤山あつたりして常に煙や塵埃又は有毒瓦斯等の多い場所は避けねばならぬ。而して家の周圍にはなるべく蔭にならない程度の樹木のあるのが良いことは塵埃除又は夏の日蔭ともなりて精神を非常に爽快にするものがあります。又周圍は清潔の土地でなければならぬ。

居室の構造　家屋の位置を撰擇すると同時に、間取りにも注意せねばならぬ。第一居室は南向にして光線の最も能く射入する所でなければならない。室の空氣等は常に人が澤山出入するから頗る不潔になり勝ちであるが、日光が入れば之れに依つて消毒されるのみならず仕事をする場合に、若し光線が能く入らなければ眼疲患の原因ともなる。子供の居室等は殊に然うである。

又溫度を保ち得る様にしなければならぬ。これには南向で、而して保溫の出來る材料を以て建設し、夏等は北の風が能く通る様にしなければならぬ。材料としては木材が一

番良い『コンクリート』の如きは室の空氣を濕潤せしめる。又溫を外の方へ導くので室の溫度等の調節には完全でない。

又壁、襖、障子等の良否により家は暖かく或は寒く或は暗くなる。例へば壁や襖の色合はあまり黑味を帶びぬが良い。色の淡きは光線を反射するから明るく、空氣の通氣の度合も砂壁は最も通氣良く大津壁之に次ぎ、漆喰塗りが一番惡い。障子紙も通氣に大關係のあるものですからこれも紙質に依る。從つて壁を作る材料は清潔で且つ分解しないものがよい。

疊は內に空氣を多量に含み溫を傳ふること少く、又柔かいから座して居つても氣持ちがよいものである。只塵埃等が能く溜り易いから歩いたりすると塵が立つて空氣を汚す此の內に細菌等が潜在する様になるから時々叩いて塵を取り、日光に晒して清潔に保たなければならない。

天井等も充分に透き間なく作ちなければ塵が陷ちて室の空氣等が汚れる。殊に『ペスト』等が流行する時には危險である。又、家の鼠も捕らなければ鼠から病氣に罹る危險

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がある。階段は安全を期する爲め勾配の急なものや、螺旋形のものは避けるのがよろしい。段の高さは大凡五寸位が適度である。

臺所の構造　病は口からと昔から云はれて居る様に口に入れるものは殊に注意しなければならない。特に清潔で能く整理が出來る様にして蠅等の絶對に入らない様に、煙や汚れは完全に外に出る様にしなければなりません。

便所　大小便は傳染病や寄生蟲の元となるのみならず臭氣や瓦斯が盛に出るから部屋の近くでなく離れた所に作らなければなりません。それには内務省式の改良便所を作ることで、これですと寄生蟲病は勿論其の他の傳染病も少くなることゝ思ひます。

室内空氣の換氣法　室の空氣は壁や襖のすきまから自然に空氣が交換するものであります。殊に内外の温度等の相違の度が高ければ高い程交換は速かである。殊に風等の澤山ある時は然りであります。併し、洋風の建築でありますと、換氣が充分でありませんから窓の上の方の一部を開けるか、天井の四隅等も金網で張つて常に交換し得る様にする と云つた風の注意が肝要であります。

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淸水保健所二階會議室

☆江尻印刷所納☆

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The notice on the prevention of Tuberculous espiratory disea-.

Shimizu Health Center, Shizuoka pref.

1; The negative person of Tuberculine reaction (not infected person) maght to take the examination of Tuberculine reaction once in half a year, The notice on the effect of Tuberculine reaction are as following.

2; The positivity person of Tuberculine reaction (infected person) might to take Rentgen test, blood test, ~~ass~~ auscultation test and percussion lest once in half a year, especially around twenty of age need these test. It is too late to take any test ofter appear the subjective symptom (fever, cough, phlegm and the others)

3; If the person took disease unfortunately, might to come Health Center to ask right wdy to treat, The public health nurse will vissite to guide to home, if you want.

4; The person that is taking treatment might to come Health Center once a month or two monthes to take test of change of symptom if they can walk, and might to take guidance and might to have the guidance to fit with that case.

5; The family that has patient might to come to Health Center to take the health examination themselves and the notice on the nursing you can take these test without money at Health Center but you have to pay the money for only Rentgen test, ~~at~~

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結核性呼吸器病豫防上ノ注意

一、ツベルクリン反應陰性者（未感染者）ハ半年ニ一回ハ反應ノ檢査ヲ受ケマセウ。
反應ノ結果ニヨリ必要ナ注意ヲ申上ゲマス。

二、ツベルクリン反應陽性者（既感染者）ハ半年ニ一回ハレントゲン檢査、赤沈檢査
聽打診檢査ヲ受ケマセウ。特ニ二十歳前後ノ人ハ必要デス。自覺症狀（發熱、咳
痰等）ガ現ハレテカラデハ間ニ合ヒマセン。

三、萬一不幸ニモ發病シタ方ハ正シイ療養方法ヲ聞キニ御出デ下サイ。御希望ナラ當
方カラ保健婦ガ指導ニ訪問モ致シマス。

四、療養中ノ方ニハ外出可能ナラ當所デ病狀ノ變化ノ具合ヲ檢査スルタメ一、二ケ月
ニ一回御出デ下サイ。ソシテ其ノ時々ニ適シタ指導ヲ受ケマセウ。

五、御宅ニ患者ノ居ル家デハ看病上ノ注意ヤ家族ノ健康診斷ヲ受ケニ御出デ下サイ。

以上諸檢査等ハ無料、レントゲン檢査ノミ實費デ誰方ニモ保健所デ行ヒマス。

清水市上清水

靜岡縣清水保健所

中靜三四五

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The notice of prevention and disinfection.
Shimizu Health center,
Shizuoka pref.

This book is written the out line of preventive way and disinfectant way for the family that has Tuberculous patient, you do not need be afraid of Tubercle if you take proper preventive way and disinfectant way. I will recommend ~~that the family that has Tuberculous patient take health examination the family that has Tuberculous patient to make sure~~ even if it is every body, you might to come to Shimizu Health Center. Shizuoka pref. if you are anxouse about your health.

About health consultation

You have to find out more fast your disease and take treatment more fast, even if it is any kind of disease, especially, this matter is very important about the case of Tubercule. if you find out in early stage and take perfect treatment in early stage, you will be well perfectly so early. The family that has Tuberculous patient must to take health ~~examination~~ consultation, even if it is ~~good~~ healthy person and unhealthy person for reason like this, especially, it is very important for the person that has the condition as given out line on following line, for instance, the person that has slight fever of 36 degree and more, the person that has caugh, phlegm and bloody phlegm, the person that too easy

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to get tired for work, the person that has headache, giddiness, excitement, agitation of mind and loss of sleep, the person that has menstrual irregularity, the person that declines in appetite and become weak, the person that ~~to~~ to feel chill ~~and~~, heat and perspire, the person that has shoulder stiffness, the person that to palpitate and the person that has much pulsation. these people must to take health diagnosis more fast, and be sure, must to take Rentgen examination at same time, any specialist can not decide exactly by only usual diagnosis, but can decide exactly to use Rentgen examination, and also, it is good that take phlegm examination.

Let us increase the resistance to disease, Almost people has incubation Tubercle like this, therefore, they has the resistantce to incubation Tubercle or new infected disease

Let us increase the resistance to disease, Almost people has had Tuberculous bacilli in between elementary shool hood and grow up, and in present time, they has incubation Tubercle, Tubercle is not hereditary disease, Almost people has incubation Tubercle like this, therefore, they has the resistance to ~~disease~~ incubation Tubercle or new infected Tubercle to a certain degree, When decline in the resistance for some chance, ~~there~~ these Tubercle breakout, therefore, you have to

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take care that do not take chance of break out, don't always stay in closed room to take care. and open the window, and take much sunshin, and always take much fresh air as you can, and get outside in daytime as you can, too. and ~~get~~ go to bed early in the night, and get up early in the morning, and do not take too much studing, too much work, and take habit that to masticate all foods well, and do not take the unhealthy amusement in room, and take rest enoagh after child birth and have the disease as something like bod disease that to relate to physical strength, and always eat the rice with germs instead of polished rice, and always take rub with a wet towel and rub with a dry towel.

The notice of nursing.

a; The sick room.

The sick room of faces to the south is best, and next is the sick room of faces to the east, and the sick room of faces to the west and the sick room of faces to the north is worst. Sometime you have to wipe off the floor with cloth to ~~clean~~ Clean or you might to do that after sprinkle water. especially, when the sick room whould be dirty, you have to wipe off with the solution of carbolic acid of 30 fold. It is not good for patient that closed room perfectly and use the stove of gass and gasoline and ~~usual~~ usual ~~car~~ charcoal brazier in winter. To keep cool it is better than using charcoal brazier. Electric stove is better to use in

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in winter. You have to always take care to open the window and the door of sick room.

~~B~~ b; meales.

There are many nutritious foods in cheap ones not only high-priced material about the foods of patient, therefore, do not forget that you can make nutritious food with very cheap ones. It is very important matter that to give the patient by the taste of patient, even if it is same thing to make. Sometime, give the rice with germs instead of polished rice, and also, it is very necessary ~~thing~~ matter that to give fresh vegtable and fruits. One GO of milk or two GO of milk is better, but if patient do not like milk, you do not need to give milk to patient by force.

C; Consolation.

It is very important matter to give suitable consotation, and do ~~d~~ not ≠ give the impression of dislike to patient, and take care to distribute mind into ~~dat~~ detail.

d~~D~~; Table ware.

You have to fix only patient's table ware, and have to disinfecte every using patient's table ware. Disinfection with steam is perfect disinfectant way

l; Bedding and clothes.

You might to get in the sunshine the bedding and clothes that patient used, and disinfecte with the sun. You might to put into the disinfectant liquid of solution of carbolic acid or

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like lysol, or put into hot water, and wash the pillow slip, the sheet, the handker-chief, ~~towe~~ towel and the others, or put into hot water, and wash good.

f; Books
It is better to burn down the books that patient used. The case of disinfection with the sun, take sunshine good.

g; You have to wipe off with the disinfectant liquid around spittoon ~~or~~ sometime, and You might to throw away the peperthat have phlegm right now, or throw away them into toilet.

h; The child.
The family that has the baby might to take care especially, becouse the child and the baby are too easy to have Tubercle.

i; you might to put the thing that palient used at fixed place.

j; The nurse might to wash hands with disinfectant liquid sometime.

About the vissiting nurse.

The vissiting nurse make consultation on the health with the patient, and also make consultation on the preservation of health with the family.

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When you recieved the vissiting of nurse, you might to tell about the condition of patient and the condition of temperature, and sometime you might to ask about the examination of phlegm. if the family has the doubtful point especially about the disinfection, or if you are an course about the preservation of health, you might to make consultation with the nurse, and make an effort to understand the vissiting nurse, and use the vissiting nurse.

豫防の心得

靜岡縣清水保健所

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この中には、患者家族のために、結核の豫防法と、消毒法との大體を書いてありますよくお讀みになつて、適當な豫防法と消毒法とを勵行すれば結核は少しも恐れる必要はないといふ確心を持たれる樣にいたしたいものであります。尙患者家族は誰でも念のため健康診斷を受けられる樣御勸め致します。保健上御心配の方は先づ縣立健康相談所に御出で下さい。

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健康相談に就いて

何の病氣でも一時も早く發見して、一時も早く手當する事が必要である。特に結核の場合には此の事が肝要である。早期に發見して、早期に正しい療養さへすれば全治するものであるからです。

斯様なわけで結核患者のある家族は健康な者でも、又疑はしい者でも一度は健康相談を受ける様にしたいものである。殊に次に大體書いてある様な容態を持つて居る人は尚更大切な事である。

例へば三十七度以上の微熱が時々出る者、咳、痰或は血痰の出る者、仕事に疲れ易く、頭痛、眩暈、興奮、氣分の動搖、睡眠不良のある者、月經不順のある者、食慾が衰へ、顏色が蒼く、羸瘦、惡感熱感、發汗のある者、肩凝、胸の痛、動悸、脈の數の多い者、是等の人々は一日も早く健康診斷を受け、同時に必ず胸部エッキス光線檢査を受ける事が大切である。

普通の診察ではどんな大家でも判らないものがエッキス光線檢査で初めて判然と分る例が少くありません。又咯痰檢査等を受けるのも宜しい。

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病氣に對する抵抗力の增進

此の世の中で小學時代から大人になるまでには大概結核菌に見舞はれ潜伏結核になつてゐるのである。結核は遺傳するものではない。斯様に大概の大人が潜伏結核を持つてをるので或程度まで自分のもつてをる潜伏結核或は新傳染に對する抵抗力があるのであるが何かの動機で抵抗力が衰へると發病する様になる。夫れ故發病の動機を作らぬ様に注意する事が最も肝要である。

夫れには平素、室内に閉籠り勝ちの生活をやめ、成るべく窓をあけ、日光を入れ、常に新鮮な空氣に觸れ、日中は出來るだけ外に出て、夜は早く寢て、朝は早く起きる事にし、無理な夜業だの過度の勉强、過激の運動を禁じ、白米の代りに胚芽米、七分搗等を用ひ、總て食物はよく噛む習慣を付け、品行を愼しむは勿論、不健全な室内娯樂には遠ざかり、何か體力を衰へさす様な病氣や、御產をした後には充分肥立つ様に休養し、又平素皮膚を强くする爲に冷水摩擦、乾布摩擦、空氣浴などを勵行する。

看護に就いての注意

一、病室、病室としては南向きが一番よく、其次は東向、西向で北向が一番劣る。病室の掃除は時々雜巾かけをし、或は水を撒いてからする様に心掛ける。特に不潔になつたと思はれた時には三十倍の石炭酸水にて雜巾がけせねばならぬ。

冬室を閉ち込めて瓦斯や、石油のストーブや、普通の火鉢を用ひてはよろしくない。火鉢の様な有害のものを用ひるよりはむしろ用ひずに、寒いまゝにして置く方が利益である。

之には理想として電氣ストーブがよい。病室の窓や障子は常に開いておく様に注意する。

一、食餌、患者に與へる食物に就いては價の高いもの必ずしも滋養あるとは限つて居らず比較的安價なものでも榮養食が出來る事を忘れてはならぬ。又同じ食品でも患者の嗜好に應じて色々の方法で料理して與へる事が大切である。時には白米の代りに胚芽米、七分搗を與へる。新鮮な野菜、果物も時々必要である。牛乳は一合から三合位がよい。然し嫌ひならば强いて飲む必要はない。

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一、慰安、適當の慰安を患者に與へることは必要である。又患者に對して嫌惡の感じを少しでも與へる事は禁物である。細い點にも氣を配る様にしたいものである。

一、食器、患者專用のものを定め使用毎に蒸氣消毒或は熱湯につけてから別に洗へば完全である。

一、寢具及び衣類、患者の使用したものは時々日光に晒らして日光消毒をする。寢具の標、枕覆、敷布、ハンカチーフ、手拭などは三十倍の石炭酸水、クレゾール石鹸水の様な消毒液につけるか熱湯につけてから洗濯すれば一番安全である。

一、書籍、患者の使用した時は燒棄てるが安全なるも日光消毒をする際には充分に行ふ。

一、痰壺の周圍は時々消毒液で拭く。痰の付いた紙類は直ちに燒き捨てるか、便所に捨てる。

一、小兒、乳兒のある家族は特に一層注意すること。幼兒は結核菌に對して抵抗力が弱いからである。

一、患者の使用した物は必ず一定の所に置く様にする。

一、看護人は時々消毒藥にて手を洗ふ事。

訪問看護婦に就いて

訪問看護婦は患者に對しては衛生上の相談相手であり、家族に對しては保健上の相談相手である故看護婦の訪問を受けた時には患者は容態、體溫の狀態などを述べ、時には喀痰檢査の依賴をなし、家族は特に消毒上不備の點ある時、或は保健上心配のある時などにはよく看護婦と相談し、務めて訪問看護婦を理解し、利用する様にしたいものである。