

Regimoto: What comes into our head when we actually call "some families", is that the structure of houses ~~are~~ is not fitted for such technique-needing measures, as the welfare section chief has said. Especially, the serious post-war housing shortage has made parents and children live together in one and the same room in such a way as to inhabit 8 members in a 4.5-mat room or 6 members on a 2-mat area. And the card-class people seem not to have recognized this to that extent. Some farmers are glad that they have increased their man-power when a stock visits them, little thinking that they should breed qualitatively excellent offsprings. It is much to be hoped that we should have a scientific plan, so that we may realize how many family-members we can provide for with our own economic power in order to lead happy and cultural lives. And it is hoped that the pregnancy discontinuation problem should be taken up conscientiously by physicians engaged in this line who have thoroughly recognized the actual living of the card-class people.

Prevent Counter-Effect ~~Justice's~~ Evils

Keigami: The main reason why the present subsidized persons are pressed for living is their sickness, and next their large families. It is all very well that the present law-bill admits their artificial discontinuation of pregnancy, but the trouble is that there are, as many other people who are leading so miserable ^{still} lives though not subsidized. In case the needy are meant to be saved, those people should naturally be the objects. But this class comprises a considerable number of people called intelligentia. Therefore, in case the discontinuation should uniformly be permitted, it would follow that excellent offsprings will be lost. It is clear that this is an evil. Again in Kochi some night-patrols report that there is something of disorder in juveniles' morals. It would be undeniable that such a tendency should exist. However, even though there should be various other evils, I still believe that the discontinuation would be inevitable, considering that the needy will

come not to be troubled with the breeding of too many children, and that it would be a big footing for future Japan to lead a cultural life due to its decreased population. Should I be permitted to mention my dream as a welfare Committee member, it would be hoped that the unnatural birth control should be given up; that children whose parents have really no means to provide for them should be brought up by the State; and that the foodstuffs ^{all} ~~the~~ issue should ~~be~~ come to be distributed among ^{all} ~~us~~ Japanese, as well as all the people in the world.

Education, health.

The Gist of Health Education

1. Object this work

A temporary means to meet the urgent demand for a text-book on health education.

2. The Object of Health Education

Give both knowledge and habit of healthy living. In the primary school education concerning individual health. In high schools both individual and public health. In colleges to enhance the education to raise the culture to higher standard.

3. Educational material and amount of time for health education.

Up to 3rd grade in primary school no definite period, 4th to 6th grades one period a week. Same for middle schools and high schools.

4. Hints on instruction

a. Instruction could be begun from any convenient part of the text.

b. Repeation has been avoided but care should be taken to implant habits by repeated training.

c. First and second grades will be taught only have to practice. To the third and fourth grader stress will be place on its practice, giving some fundamental knowledge. To 5th and 6th grades the reason for such education. To middle school a taste in its theory and to high school more theory and investigation of the present health situation.

d. In the primary school sex education to upper grade girls. Middle school need not take up special time for systematic studies. High school can take special time but practical exercise taken separately by boys and girls.

5. Examination and tests for health education accomplishments.

6. Instructor need not be limited to a single instructor.

Text of Health Education

1. Primary School

Health

Cleanliness of the body - hands, feet, face, teeth, nose,
eyes, hair

Hygiene on food and clothing - cloths, foods, washing,
sunshine and fresh air

Rest - sleep

Hygiene of exercise - Rubbing of skin, hygiene of exer-
cise

Posture - At rest, in movement

Physical Examination - Height, weight, chest, pulse,
temperature

Prevention of sickness - Contagious disease, disinfection
T.B. trachoma, intestinal worms,
near sightness, bad tooth, colds

First Aid - Accident, burns, first aid treatment

2. Middle School

Health

Posture

Hygiene on food clothings and houses

Rest and exercise

Physical Examinations

Prevention of sickness

First Aid

Public Hygiene

Mental Hygiene

Sex Education

3. High School

Health

Posture

Hygiene on food, clothing and houses

Rest and exercise

Physical examinations

Prevention of sickness

First aid treatment

Public Hygiene

Mental Hygiene

Sex Education

4. College

Hygiene of the students

Nutrition of the people

Hygiene of the rural districts

Hygiene of work
Superior race
Problem on population
Health statistics
Mental hygiene
Insurance and medical systems
Public health institutions

Text of Primary School

1. 1st and 2nd grade

Cleanliness of the body

- (1) Washing of face also neck and ears
- (2) Cleaning of finger nails
- (3) Use own tooth brush and brush teeth every morning
- (4) Comb your hair every morning
- (5) Bring tissue paper to blow the nose
- (6) Use handkerchief when coughing or sneezing
- (7) Washing hands before meals and after using the lavatory
- (8) Move bowels regularly
- (9) Clean the feet
- (10) Wash the body clean when going to the bath
- (11) Do not put pencils in the mouths

Clothing

- (1) Keep cloths neat
- (2) Don't use cloths as towels or handkerchief
- (3) Change clothing wet from sweat or rain
- (4) Raincoats and umbrellar should be kept in the proper place
- (5) Foot gears must be kept orderly

Foods

- (1) Wash hands before meals
- (2) Chew food well
- (3) Eat everything without making fuss
- (4) Eat at a definite time
- (5) Brush teeth after meal
- (6) Rest after meals
- (7) Don't rush breakfast
- (8) Wash raw vegetables and fruits before eating
- (9) Don't eat foods which has dropped on the floor
- (10) Drink clean water
- (11) Don't drink ice water

Exercise

- (1) Play outside during fine weather
- (2) Wash and wipe sweats before entering school rooms
- (3) Wear cloths before getting cold after exercise
- (4) Rub hands and ears during cold weather

Rest and sleep

- (1) Sleep early
- (2) Don't drink or eat before going to bed
- (3) Go to the latrine before going to bed
- (4) Wear night-gowns before going to bed
- (5) Don't read or eat in bed

Posture

- (1) Good posture before studying
- (2) Avoid throwing out one leg and sitting
- (3) Avoid bending the head when walking

Safety

- (1) Don't play on railroad tracks
- (2) Don't hang on trucks and carts
- (3) Look before crossing the road
- (4) Keep to the left
- (5) Don't play with fire
- (6) Don't play with knives
- (7) Don't go alone to the river or sea
- (8) Call an adult when friend is drowning or hurt
- (9) Do you know the names of your parents on the address of your home.

2. Fourth and Fifth Graders

Cleanliness of body

How and why face, eye, ear, teeth, and other parts of body must be kept clean.

Clothing

Type of clothing to be worn on the different seasons

Foods

Questions regarding food, what happens to food we eat. What are good what are bad and why.

Cleanliness of ones dwelling

Asking the pupils whether they keep the house and the surroundings clean

Fresh air and sunshine in ones dwellings

Why sunshine and fresh air are essential

Exercise

Asking the pupil if they play outside. What type of clothing must be worn and what should be done when dirty?

Rest and sleep

When and why rest must be taken.

Posture

Asking whether the pupil are holding the right posture.

Physical examinations

Asking if the pupil are keeping regular records of their measurements.

Safety

When should railroads and roads be crossed. What place are dangerous for swimming.

What measures should be taken when clothing catches fire. Care in riding and getting down from vehicles.

Prevention from disease.

What measures should be taken to prevent colds, trachoma, bad tooth, near sightness, intestinal worms, T.B., infections disease.

3. 5th and 6th graders

Health

Reason for keeping oneself healthy

Cleanliness of body

Reason for keeping clean. What method should be taken.

Clothing

How and why clothing must be kept clean. How and why different type are worn.

Food

What happens to food assimilated reasons for eating certain foods, what cause food pood poisoning. Why bowels must be moved.

Cleanliness of dwellings

How and why place must kept clean.

Sunshine and fresh air

How and why it is necessary.

Exercise

How and why it must be taken.

Sleep and rest

How and why it is necessary.

Posture

How and why it is necessary.

Physical examinations

How and why it is necessary.

Safety

What measures and why the necessity of various safety measures.

Prevention of disease

How and what happens if a person is infected with trachoma, bad tooth, near sightness, intestinal worms, T.B.

Infections disease

What causes disease, what methods are taken to prevent it.

First aid and nursing

A general method of caring the sick and those who met accident.

Middle School Health Education

Health

Why health is necessary.

Posture

What cause bad postures. How can it be amended. How should face, hair and teeth be taken care of. The reason for made up.

Clothings

Types of clothings suitable for different climate and occasions and why.

Food

Type of foods necessary and method of preparations. Why tobacco and alcoholic drinks are harmful.

Dwellings

What type of house is comfortable to live in. Care to be taken for sunshine and fresh air. Method of heating it. Sewage system.

Exercise and rest

Precautions before and after exercise.

Physical examination

What precautions must be taken to attain normal body.

Prevention of disease

Bad tooth - cause, reason for the increase care.

Near sightness - cause and prevention. Care in selection of glasses.

Intestinal worms - what is most prevalent. Method of finding its presence and its prevention.

Tuberculosis - Detection, prevention and steps to be taken.

Contageous disease - Bacteria methods of prevention.

Public health

People's nutrition - what method should be taken to supply the deficiency.

City health measures - Things unhealthy and its remedy.

Farm health measure - Things unhealthy and its counter measures.

Health of one's occupation

What steps must be taken to improve working condition.

First aid and nursing

First aid for wounds, broken bones, poisoning, burns, etc.

Methods of nursings

Mental hygiene

Necessity of combating temper.

Ill effects of worrying.

Methods of associating with others.

Choosing of vocation.

Sex Education

Changes which occur in adolescent.

Reason

Nocturnal emission and its causes.

Menstruation. Its reason.

Venereal disease, its cause and prevention.

Why pure friendship is necessary and its importance.

High School Health Education

Health

What is good living and good society. Its relation to health.

Posture

Relation of vertebrate animal to man. Study of the means of attaining good posture.

Clothing

Study of clothing.

Food

Calorific value and study of nutrition.

Preparation of food.

Dwellings

Study in the construction of healthy home. Means of improving Japanese house.

Exercise and rest

Forms of exercise suitable for various people. Study on public welfare.

Physical examination

Discussion of the theoretical reason for taking physical examination.

Prevention of sickness

Study of bad tooth and nearsightedness, intestinal worms, tuberculosis and contagious disease.

Public Health

Faults and method of improving the preparation of food. Study in mass cooking. Study in the method of improving health conditions in the urban and rural districts.

Superior race

Study of heredity.

Problems of population

Study of birth and death rate.
Study of birth control.

Health of occupation

Study of prevalent sickness of various occupation.
Vocational guidance.

First aid

First aid treatment and study of caring the sick.

Sex education

Object of reproduction.
How does embryo grow? What about the mammal?
What change occurs in adolescent?
The work of sexual glands.
Male reproductive organs.

Wet dream and its cause.
Female reproductive organs.
Menstruation its cause, ways of meeting it.
Conception.
What to do with sex instinct.
Why is masturbation harmful.
What happen if sex is abused.
What is venereal disease. The various species.
What happen if one is infected with venereal disease;
what measures should be taken for its treatment.
How much of the people of Japan are infected with
the disease. What measure should be taken for its
extinction.
What kind of friendship between man and woman is
right.
What is ideal marriage. How should one select his
or her mate.
What changes occurs at adolescent.

Mental Hygiene

A general study of psychology.

*File in
Education, Health.*

SUBJECT: Report on the Physical Examination on the school children, and some informations on the school hygiene

FROM : Dr. H. Karatsu, Medical Official, Education Section Ehime Ken

1. Rules regarding the physical examination on the students: Ordinance No.33, Ministry of Education, 1944
2. Doctor in charge of the examination:
 - a. School doctor
 - b. At the schools having no school-doctors, private or public doctors are entrusted with the physical examination.
 - c. The dental examination is in force only at the schools having school-dentists
3. Items of examination: Stature, weight, girth of chest, nutrition, eye-sight, power of hearing, tuberculosis, ophthalmia (special attention to be attached on trachoma), otitis interna, colour-blindness, decayed-teeth, parasite-disease, physical-weakness, difficulty of physical movement.

Remarks:

X-ray examination for discovery of Tuberculosis patients, and microscope examination on fecal materials with view to find out the hook-worm and other parasites are seldom carried out.

4. How often is the examination carried out?

As a rule, the examination is to be carried out once a year. Beside this yearly examination, a special one is to be performed at outbreak of communicable disease among the students.

5. The school doctors are generally indifferent to school hygiene. This is partially due to the bad treatment to them (¥80 yearly reward). This system of part-time school doctor is not good enough for the improvement of the health condition. Drastic revision of this existing system is abso-

lutely necessary. It is indeed an ideal to create the school doctor specialist, yet, under the present circumstances it is impossible to put the above program into effect.

It is desired that school doctor will be given a better treatment. The question of better treatment is being discussed, and the annual pay for the school doctors should be at least ¥500.

Some remarks on school-nurse system:

There is a total of 211 unqualified school-nurses in Ehime. It is eagerly desired to station a qualified nurse at each school. However the above program will not be rapidly materialized because of the financial difficulty. It may take about 5 years to train as many school-nurses as the schools.

Two temporary methods are under consideration:

- (1) One trained school nurse is to be in charge of several different schools.
- (2) Health nurse stationed in village (town) office is to have charge of the school hygiene affairs.

Education on public health:

According to the existing national-school system, little is taught about hygiene. Hygiene should be a compulsory lesson in the national school, too. But teachers should avail every possible chance to educate the school children on hygiene.

*Lecture for P.T.A. Meetings on
The Health Center Functions*

1. A Public Health Nurse will be assigned to your district. She will keep a health surveillance in her area, her work will be to teach in the home how best to care for the ill, her demonstrations will be simple using the articles that the average household has, it will be her duty to keep informed of ration changes, clinic hours, new trends in disease prevention, she will be at the service of the community always ready to assist in advice as well as instruction about how to get medical advice and treatment. You will find she is a special friend.

There are too few - she is the H.C. Representative in your area.

2. Maternal & Child Hygiene - A service that will advise the pregnant woman from shortly after her pregnancy starts until she is delivered of her child. This advice will be as to proper nutrition, symptoms to take note of, exercise to be participated in, and distribution of special ration - after the delivery the mother is advised as to nutrition for the infant, inoculations and the general care of a growing child.

3. Vital Statistics - This is a service that records the births, death, number of specific diseases in an area. It aids in fighting disease and being able to have figures to prove how a program is progressing.

4. Diagnostic Laboratory Service - A special service for the rapid diagnosing of V.D., T.B., and other communicable diseases, so that proper treatment can be administered in the early stages of the disease.

5. Dental Hygiene - A service that will bring about a dental check periodically on children and adults, this is not a free clinic. Only a check system and those that can afford treatment will be advised to go to a private dentist. If unable to pay, upon presentation of proof

of inability to pay will be given dental care. (This will be paid for by the ^{Life} Daily Security Law).

6. Nutrition Service - Provisions where a person can be advised as to a nutritious diet for the whole family or diets for specific conditions such as pregnancy, infancy, growing children, diabetics, T.B., or condition of the liver. Instruction as to a more beneficial preparation of foodstuffs is available in this department.

7. Sanitation and Hygiene - This department takes care of the sanitation of the entire area - as to conditions of streets, water supply, public buildings, food shops, manufacturing companies and also ~~the~~ general advice ~~of~~ on personal hygiene needed for disease prevention - simple things as washing the hands after going to the 'Gofujo', using paper for handkerchiefs, disposing of sputum properly, and many other simple but important procedures.

8. Public Health Education - One of the great duties of a Health Center is to acquaint the general public with the need for a health program. In order to solve any problem you must follow a set up rules - health is no different. You must publicize the method of obtaining good health. Posters are not put up because of their beauty colour or artistic effect, each bears a message. - All important. Statistics are not printed to use paper but illustrate how special efforts are rewarded or how many of your fellow citizens have become ill with communicable diseases, or how a disease prevention program saves lives from one year to another. Each time you see any type of poster or graph or just a list of number, read them and get the value it can give you as a member of a family or

community. Only upon close observance of all such things can you prove yourself a good citizen.

9. Medical Social Service - This service devotes itself to the problems of the person or family whether social or financial during a period of illness. When a family is destitute arrangements can be made for financial aid or if a person has had to follow an immoral or criminal path, the social worker advises a rehabilitation program. Orphan and homeless children are taken care of by placing in foster homes, many other services are rendered by this department.

10. Communicable Disease Control has the primary mission to eradicate all acute communicable disease, investigate sources of disease and control the contacts of patients, to prevent further spread and forestall the occurrence of major outbreaks or epidemics. Immunization of the general public is its ultimate goal.

11. Tuberculosis Control - This department sets up certain standards as to finding Tuberculosis infected persons. Teams are sent out to areas highly infected and set about protecting (by education) uninfected members of the community. A Tuberculosis Prefecture Program is launched, school children are examined and Tuberculin tested, adults are X-rayed (group examination).

12. Venereal Disease Control - This particular phase has been overlooked by most of the world in the past because people were always considering it a disease of only "bad women" but it can injure the innocent as well. Men can through chances association become infected, bring it home and infect their wives and un-born children. Only by bringing these things out into the open can ^{we} be eradicated these dreaded diseases.

Anyone of them are curable if found in the early stages, a pregnant woman can be treated right up until delivery so that her child may be born free of these diseases, it is the Public Health Nurses' duty to speak with young people about to be married and tell them to have a blood test before marrying - so that if one has this condition it can be cured before some one else is infected, it is of great value to everyone if a blood test is made of each person in adult group examination.

Modern medicine has progressed far enough to banish these conditions from the earth if all will cooperate. Small Pox is fairly well beaten as Diphtheria and Typhus. It depends upon the individual to do his part, ⁺ that is using the services the Health Center provides for the protecting of his family, and soon the community becomes a stronghold against the invader "Disease".

It has been my experience to go thru a village or town that I know has a Health Center and ^{upon} ~~other~~ inquiring how to get there ^{Find That} people are entirely ignorant that there is one.

As a group of ~~people~~ that are interested in building the standards of all facilities in your community it is your obligation to each member of that community to acquaint them with what they have at their convenience.

Do not ignore your child when he comes home from school with an announcement that inoculations are to be given. If a contribution is asked for your Local Center give willingly. A few yen would never pay a doctor bill but will provide materials to prevent a costly - stay in bed with a preventable disease.

Save your newspapers and give them to the hospitals for use as

bags and sputum disposal papers. Keep on the alert to spread information concerning your Health Center know where it is. Go and see its facilities at work. I hope I have been able thru this short talk to arouse an immense interest and feeding^{of} obligation on your part to take part in your communities fight for better health.