

SUGGESTED ALTERATIONS IN CURRICULUM

Page 5. Before last sentence in par. I insert:

The courses in hygiene are given by a member of the staff of the University School of Hygiene and Tropical Medicine, and practical public health work is carried out in conjunction with St. Thomas's Hospital.

Page 6. Names of Miss Tuke, Dr. Brincker and Miss Cowlin to be omitted.

Names of Miss Jebb, Dr. Jamieson, Miss Hallowes and Miss Bowes to be inserted.

(Titles to come)

Page 7. Under "Scholarships" line 7, substitute for "many Red Cross Societies are taking advantage of this opportunity and are sending to the courses experienced nurses" the following:

In order that the greatest benefit may be derived from the courses, Red Cross Societies are urged to send nurses having already had experience in public health or hospital administration and possessing"

Page 18. New text, lecturer and number of lectures.

Page 19. Nutrition. New text.

II. Nutrition (8 lectures)

S.G. Cowell, M.B.

This course deals with the aims and methods of the study of nutrition, the composition of foods, their main and accessory constituents, with attention to the proteins, carbohydrates and fats, mineral salts and water. In the discussion on vitamins, fat soluble vitamins A and E and water soluble vitamins B and C are studied, and the calcifying Vitamin D in relation to the formation of the bones and teeth. Quantitative food requirements and methods for their calculation are considered. Ante-natal and child feeding, the feeding of the normal adult and modifications of the normal diet in diseased conditions will be dealt with.

EHS/gsm.

Personal Hygiene and Public Health (50 lectures)

1. Hygiene and Public Health (? lectures)
Colonel Parkinson (title ?)
2. Personal Hygiene (? lectures)
Dr. Crowden (title ?)

1. Hygiene and Public Health.

The course in Public Health begins with a description of the Ministry of Health, and other departments concerned with the health of the community; vital statistics are explained as applied to the incidence of disease, mortality and sickness; school hygiene is dealt with and includes the construction, ventilation, heating and lighting of schools, medical inspection of school children, objects and methods, powers and duties of school medical officers, common ailments of school children, their prevention and treatment including dental diseases, defects of vision, infectious diseases of the eye, defects of hearing and speech, heart and lung disease, ringworm, scabies, impetigo and other skin diseases. Consideration is given to the more important communicable diseases including certain epidemiological features, the relation of micro-organisms to disease, immunity natural and acquired, Schick and Dick testing, inoculation, droplet infection, the carrier problem, vaccination; isolation hospitals and the segregation of contacts, disinfection and disinfectants. Disease vectors, which include flies, lice, bugs, mosquitos and rats, are described and their relationship to the spread of disease, disinfestation.

The course also deals with community hygiene as applied to sanitation, construction and inspection of houses, warming and lighting, town planning, drainage and the disposal of refuse.

Air and ventilation, cubic space; the wet and dry thermometer and the Kata thermometer are explained. When dealing with food the following are included - food supplies, preservation of food, parasitic diseases of meat, food poisoning, production of clean milk, pasteurized milk, dried and condensed milk, milk grading, irradiation of milk.

Water supplies, storage and purification, diseases spread by water are also studied.

Industrial hygiene is discussed in relation to industrial poisonings and accidents, vital statistics of occupation and welfare orders.

2. Personal Hygiene.

These lectures will be chiefly concerned with the standards of physiological health and efficiency, the hygiene of the systems of the body including the importance of exercise and work: rest and recovery, and sleep. The value of fresh air: ventilation: comfort standards in relation to occupation. Hygiene of the mouth, ears, eyes and skin. The value of sunlight and artificial radiations. Some physiological problems met with in industries, - posture, rest pauses, fatigue.

Public Speaking (5 lectures) ?

This course deals with the relation of speaker and audience; the correct method of breathing and voice production; choice of ideas; their expression in suitable words; and the necessary plan and arrangement of a speech. Each class includes both instruction and practice.

EHS/gsm.