

# Care of Children

*Be wary of the following complaints and diseases.*

**Jigger Fleas.** (Matikenya) This insect is found in unswept premises, around African dwellings and on brick and cement and earth floors. It penetrates the skin usually around a toe nail and lays its eggs which set up irritation and suppuration. Africans are proficient at extracting the sac intact with a needle or a pin. Apply disinfectant immediately. To avoid jigger fleas wear sound shoes in doubtful places and insist on the daily sweeping of floors and courtyards.

**Mputsi.** This fly lays its eggs on the body or in clothing. The young maggot burrows into the skin, forming a swelling with its black head still showing. Do not squeeze but extract by placing a warmed liqueur glass over the spot and apply disinfectant.

**Skin diseases.** These can be avoided by taking common sense precautions with laundry, and by watching the condition of the skin of servants.

**Water - borne diseases.** To avoid these do not allow children to bath or paddle in pools or rivers, and only in clear places at the Lake.

**Hookworm.** The hookworm is a microscopic worm found near latrines and polluted water holes, being conveyed through soil contaminated by a carrier of the disease. The worm enters the system through the skin and attacks the intestines. It sets up debilitating symptoms and requires medical treatment to eradicate.

**Dysentery.** The two most unusual kinds are bacilliary and amoebic. The symptoms are abdominal pain, nervous conditions and enlargement of the colon. It requires early medical treatment.

**Poliomelitis.** This disease is usually caught from contaminated water in swimming pools, or baths, or from latrines, children are most liable to contract it when overtired. Simple rules of hygiene such as washing hands before meals, and avoidance of too strenuous exercise when there is a case in the vicinity are sensible precautions.

Inoculation with polio vaccine is recommended for all children.

**Enteritis.** Food stuffs exposed to heat and dust or stored for too long are liable to be infected through flies. Unsterilized milk bottles, teats, bowls, jugs, and dummies too are a source of danger.

**Green Diarrhoea.** is similar and particularly dangerous to young infants. In addition to milk, water and food stuffs, babies napkins if left exposed in a soiled state may be infected by flies. All napkins should be placed immediately after removal, in water in a covered receptacle. They should then be washed, rinsed in 3 waters and ironed on both sides. Boil all napkins at least once a week.

Children in prams and cots should be protected from flies with mosquito netting, especially when asleep, and never left for long without inspection.

If African attendants are employed they must be in good health and they should be confined to the garden with their charges. It is unwise to leave them with children unsupervised for any length of time. Children should wear a hat between 8.00 a.m and 4.00 p.m.

In all cases of illness medical advice should be sought without delay. All minor cuts and abrasions should be dealt with promptly to avoid infection