


2-1930

Title - Masthead

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Recommended Citation

(1930) "Title - Masthead," *Science Bulletin*: Vol. 2: No. 6, Article 2.

Available at: https://scholarworks.uni.edu/science_bulletin/vol2/iss6/2

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SCIENCE BULLETIN

A Service Bulletin for Teachers of High School Science. Published Monthly by the Extension Division and Edited by the Departments of Natural and Physical Science.

IOWA STATE TEACHERS COLLEGE

Editor-in-Chief: Dr. C. W. Lantz. Advisory Board: Dr. L. Begeman, Head, Department of Physical Science; Dr. E. J. Cable, Head Department of Natural Science.

VOLUME II

FEBRUARY, 1930

NUMBER 6.

HEALTH AND CLEANLINESS

Health

A short time ago there was presented in the columns of this paper an article dealing with the methods of motivating a health program. This article dealt with the methods of gaining an interest in the subject of health. Once having gained this interest a program of education must be brought forward. Such a program may not be elaborate, in fact probably should not be. It is the opinion of the writer that most programs of health attempt to cover too wide a field and do not leave sufficient definite impressions. After all there are not many requirements that a person must meet in order to maintain a condition of health. Exercise, fresh air, sleep, proper diet, desirable mental habits, cleanliness, and a few others just about make up the list.

It is probably better to attack each of these separately, and with this in mind and with the vision of a very dirty neck and dirty ears, the property of a freshman girl seen on the street car last evening, it will be the purpose of this article to discuss some possible means of stimulating an interest in better methods of cleanliness.

One of the first things that seems to be essential is to make individuals conscious of the condition of their hands, teeth, hair, and clothing. Probably the best way to accomplish this is by means of a poster campaign. As I write, a group of posters lies on my desk. One of them appears to be outstanding. It merely shows a pair of dirty hands on a clean paper with the title,—"Are These Yours". This one poster hung for a short time in the school room will cause consider-

able interest in soap and water. Most of them will be effective if not used too long at one time. Here is one that seems effective. A carefully groomed boy with clean clothes and well combed hair is sitting on a bench outside an office beside a slovenly appearing individual. The title is "Who Gets the Job." The supply of new ideas on cleanliness is inexhaustible and one should not want for a new poster as often as he feels the need for one. The important thing is to have the poster suggest something that will seem desirable to the student, rather than to suggest something that will try to frighten him into being clean.

When students have become conscious of dirt from the standpoint of appearance, it might be well to show what dirt really is and what it contains. An interesting demonstration of this can be made by using media on which bacteria will grow readily. The most common medium of this sort is known as nutrient agar. This may be prepared in the following way:—Add three grams of beef extract, five grams of peptone, and fifteen grams of agar to 1000 cc. of distilled water. Boil until all the agar is dissolved. Make up the lost weight with hot distilled water and strain through a layer of cotton while hot. Pour into a flask which should be stoppered with a cotton plug and place in the autoclave to sterilize. If there is no autoclave available, a steam pressure cooker will give good service. The medium should be sterilized for 15 minutes at a temperature of 120° C. which can be secured by having a pressure of 15 lbs. in the sterilizer. Sterilization may also be accomplished by steaming media for one hour periods on three successive days in a