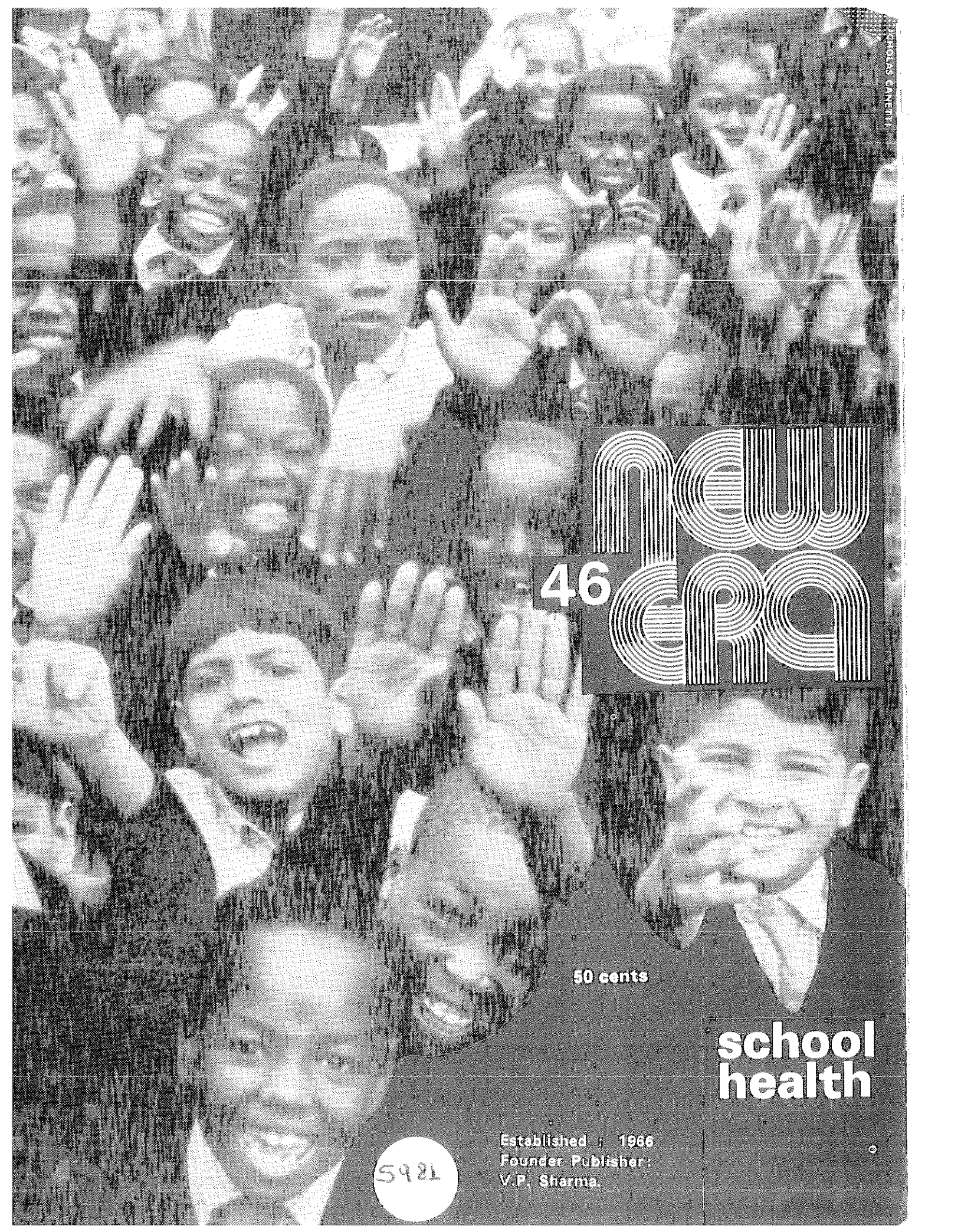


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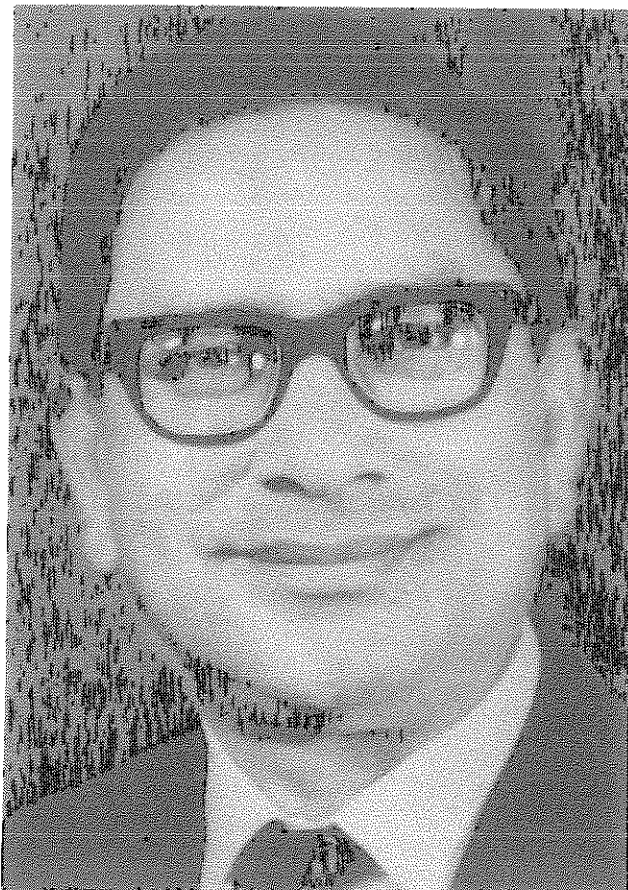
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school health

Established : 1966
Founder Publisher :
V.P. Sharma.

5981

SALUTE TO THE FOUNDER



NEW ERA salutes its founder publisher, late Mr. V. P. Sharma, M.A., B.T., who founded this magazine in May 1966, a few months before his untimely death.

Good ideas live longer than men. It is the power of the ideas of late Mr. Sharma that has helped NEW ERA to achieve this success.

With this issue NEW ERA completes five years, during which it has grown in size, improved in design and quality. You, the readers, have helped us with your interest to make it the only youth magazine which links primary and secondary schools all over Kenya. Asante sana!

May Mr. Sharma's spirit guide us to greater achievements for the benefit of all you, our readers!



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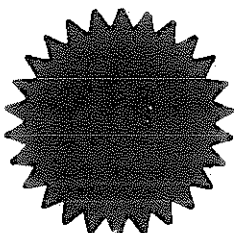
MESSAGE BY HON. CHARLES W. RUBIA.,
ASSISTANT MINISTER FOR EDUCATION.

SCHOOL HEALTH is a vital part of Kenya's health programme and I am glad to note that NEW ERA Magazine is focusing its readers' attention on this important subject with a series of articles to cover the main areas of health for young Kenyans.

The foundation of a healthy nation is laid with the good health of its young children. Realising this our Government has instituted special programme of protecting school children from various dangerous diseases by inoculation. Moreover, students are given free medical aid in government hospitals. Much more is planned in the Government's new Development Plan. Let us hope that the Government is able to achieve all this with the help and sacrifices of our concerned wananchi.

I note that the SUPPLEMENT IN NEW ERA covers vital areas of good health such as The Healthy child, healthy food, care of the eyes and the teeth, remaining healthy and the healthy school. I urge the students and teachers to read these sections carefully and practise the valuable advice given in them.

This will be a useful addition to fruitful learning at school and promoting good habits to preserve good health. I congratulate NEW ERA Magazine on this project.



(Charles W. Rubia)

Assistant Minister for Education.

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school health

WHEN TALKING about health, it is first necessary to know what we mean by the word 'health'.

Quite simply, health means a state of being well both in body and in mind when all the functions (tasks) of the body are going on normally.

For a more complete definition of health, the surroundings we live in need also to be included.

These surroundings or environment have a great effect on the functions of our body.

For example, if we live in a dirty house, we can catch an infectious disease easily. Surroundings or environment, therefore, is also very important for our health.

In School Health, we need to include a healthy school with well aired and lit classrooms, correctly designed furniture, large playing grounds and clean toilets.

Remaining healthy is like cooking a recipe. Like the recipe, you need several things, and in their correct proportions, to prepare a particular dish. If you forget to put one ingredient in a foodstuff, or to use it in the right amount, the result will be disappointing.

School health is not very different from any other type of health. The general rules apply everywhere. What the City or Municipal or county councils are doing to keep villages and towns healthy, the schools must do, on a small scale, to keep their children healthy.

These include having clean classrooms, toilets, canteens and kitchens. Clean compounds and playgrounds are also very necessary. A good first aid kit must be available at all times, in case of

accidents.

Here are the basic ingredients of remaining healthy at school :—

1. Food — well balanced food and fresh and clean drinking water.
2. Plenty of fresh air.
3. Regular exercise can be good.
4. Proper rest — normal hours of sleep work.
5. Cleanliness — of the body, the home, place of study, work and the town or village including public places like clubs and cinemas.
6. Regular medical checkups by the doctors and dentist to keep the most expensive machinery of our body running well and to find defects well in advance.

Now, only the last very important point remains to be remembered. This is the misuse of the body. When God gave us the human body, He gave us a great deal of built-in tolerance with it.

It can take a lot of abuse.

The human body can fight infection, some bad food and other misuse. He also gave the body equally great powers of repairing the system by itself.

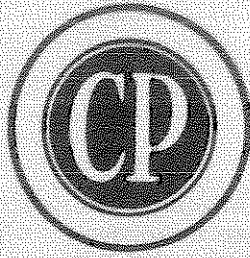
But all these things can work and take misuse only up to a certain limit. Repeated insults and misuse to our body systems, by carrying on with unhealthy practices, will certainly breakdown the body thus causing long suffering by ill health.

So never misuse your body. Never force it to do things which it cannot.

By regularly practising the advice, hints and suggestions given here and elsewhere in this Special Section on School Health, you will keep healthy and happy.



- ☐ Many Nairobi primary schools have started medical check-ups every year. Here Pumwani Primary School pupils are being examined by a team of Nairobi doctors. This helps to spot early signs of any diseases.



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remaining healthy

Remaining healthy means that a man should try to remain fit, physically and mentally, throughout his life.

To remain healthy mentally, he must have food to keep his mind active and healthy.

For physical health, one needs a wholesome diet. A healthy diet includes carbohydrates, fats, proteins, vitamins and true elements in a proper proportion. The diet must also include green vegetables and fruits, to provide roughage, vitamins and minerals.

It is essential that first class proteins such as milk, meat and eggs are included so that essential amino acids are provided, for the proper function of vital glands of the body.

By putting on weight, one collects a thick covering of fat over the face and therefore thinks that his body is healthy. This is not so.

More weight does not mean better health. In fact, overweight causes

many dangerous and deadly diseases. Weight should be kept within limit, according to age, sex and height.

Plumpness is not a sign of good health.

To keep the machinery of human body working at maximum efficiency, it is important that the body be given sufficient exercise daily.

This part of the normal life if one wants to remain healthy throughout his life. It must not be forgotten that young adults and old people should do exercise of the type suitable to their age.

Thus, remaining healthy needs care. Care of the type of food one eats; care to keep one's weight within limits and care to get exercise daily.

spotting disease



It is better to prevent a disease than to suffer from it and then spend money and time in curing it.

To help you to prevent diseases from attacking you, NEW ERA here, gives the first signs of some common disease which attack children, from a book "Health Education of School and Children" by Dr. B. Raju. If you see any of these signs go and see a doctor at once.

Among the common diseases which are usually caused through lack of knowledge are measles, chicken pox, mumps and scarlet fever. These diseases can be spread very easily if their signs are not noted early.

You cannot, of course, name these diseases but, if you look out for the signs given below, you can prevent them.

Pale or colourless face may be one of the signs. The patient may be tired and has no interest in his school work. His eyes, may be red and watery and he may complain of headaches giddiness and may faint.

Noisy breathing and blueness of his lips are another sign and symptom.

The common cold is one of the most easily spread diseases. Look out for the first sneeze. It may seem normal but could be the start of something big. Next can be the stuffy nose. The patient may complain of headaches and will feel feverish. Coughing is the last sign and the symptom of the cold.

A person with bad eyes will always be frowning and screwing up his eyes which always seem to be red and swollen.

He may complain of dizziness.

Without any reason, he will stumble over objects and may shut one eye when reading. Continuous rubbing of his eyes will cause styes.

Drawing and other objects will be blurred and this could be most confusing for the pupil, especially when he hears his friends clearly describing things that he can hardly see.

Reading will be slow and he may see things in double. Crossed eyes are the most easily recognized sign and symptom and, can be corrected if treated early.

When he keeps on asking you to repeat, orally, writing on the blackboard, you can be sure that he needs spectacles. Take action at once.

Lack of hearing is a very easily recognized defect. The most common sign is requests that you repeat words frequently. Earaches and an unusual breathing through the mouth is another sign and symptom of bad hearing.

Unknowingly, the sufferer will interrupt conversations and during teacher's orders, will look to other pupils.

NEW ERA hopes that you will follow the advice given in this article and 'save' a friend or school mate by recognising these shortcomings.

asante sana

In preparing special articles on personal and school health, NEW ERA is very thankful to the East African Dental Association and number of Nairobi doctors who have very kindly written these articles free of charge for helping young Kenyans.

To the East African Dental Association, the Nairobi Doctors and all our advertisers, NEW ERA says 'Asante Sana' for making this useful and important issue possible.

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healthy food



A balanced diet is essential for good health, growth, and for the prevention of diseases. Imbalanced diet could cause number of deficiency diseases, e.g. rickets, scurvy, anaemia, skin diseases and retarded (slower) physical and mental growth.

Poor diet could help various infectious diseases like tuberculosis to attack our body. Therefore it is absolutely necessary to have good, nourishing and a balanced diet to get proper growth, good health and prevent diseases.

Diet is divided into three main groups:

- (1) Proteins, Carbohydrates (fats).
- (2) Vitamins.
- (3) Minerals.

The first group forms the main part of diet. The other two groups are required in very small quantity. In the various foods we take, they are usually combined with the foods of the first group.

An average adult person needs about 60-100 gms. of proteins, 60-80 gms. of fats and 300-400 gms. of carbohydrates in 24 hours. This gives about 2,500-3,000 calories of diet.

Proteins are of two varieties: animal proteins e.g. meat, eggs, fish, cheese, milk and vegetable proteins in lentils and carrots. Animal proteins are easily

digestible and contain higher portions of essential amino acids. Each protein molecule has a number of small units called amino acids and there are about



10 amino acids which the body is unable to produce and are hence called "essential amino acids". These amino acids must be supplied in food to build new body tissues and replace the old and worn out body tissues.

Hence it is clear that proteins of proper type and amount must be included in the growth of the body and also to maintain good health throughout life. A good amount of proteins in diet is absolutely essential to build strong, healthy and muscular bodies.

Proteins help to form the large part of muscles, blood, large part of muscles, blood, part of the bones, hair and nails. A deficiency of proteins causes the disease "Kwashiorkor" in young children.

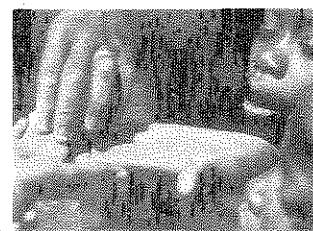
Fats and carbohydrates form a large part of our diet and help in building various tissues like that of the brain. A large amount of these two parts of the diet are used for energy, to maintain the day-to-day life and help to maintain body temperature. Body fats store up energy and these are used when needed. They also give us nice, round and shapely limbs and body surfaces.

Vitamins are essential parts of our diet and are required in very small quantities from a fraction of a mgm. to 50-100 mgm. per day. They take part in various chemical reactions of the body necessary for digestion and the use of the various proteins, carbohydrates and fats. Vitamins A, B complex series,

They are named as Vitamins A, B complex series, (it has about a dozen different compounds, e.g. B1, B2, B3, B12) C, D and E. They are present in fresh foods like vegetables, eggs, milk and fruits. Their deficiency causes various diseases, as the body cannot produce most of them.

Minerals needed for the body are sodium, potassium, calcium, phosphorous, chloride, bicarbonate, iron, cobalt, magnesium etc. Like Vitamins, these are again required in very small quantities and are usually present in the required amount in the well balanced diet.

Calcium and phosphorous form a large part of bones and teeth. Calcium takes an essential part in the blood clotting — Nature's way of stopping bleeding. Sodium, potassium, chlorides and bicarbonates mix with water to form the essential parts of the blood to keep the circulation of blood. the various



biles and to form the right juices like gastric juice and type and amount of urine.

Iron is an essential part of haemoglobin which is present in the red blood cells. It is the main transporter of oxygen to various tissues of the body and hence it must be present in the right amount in the diet to prevent anaemia (deficiency of haemoglobin in blood).

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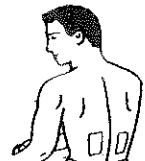
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the healthy child



The children of a nation are its greatest and by far its most important natural resource. A healthy, well adjusted, happy and loyal adult population is not possible without a normal child population. Because so many of our efforts with adults are aimed at correcting and also undoing the ills — mental, physical and emotional — suffered during childhood it would seem only reasonable to want to know as much as possible about every aspect of childhood.

Perhaps in this way, we may hope to reduce or even eliminate many of the ills that trouble adults.

What is health? It is not enough to say that health is merely freedom from illness. Many children are brought to the doctor without physical illness of any kind, yet they cannot be said to be healthy.

A child may be as ill from the threat of a broken home or from being neglected as he can from any illness, and such children cannot be called healthy.

Health therefore may be said to be not only freedom from illness; it must include freedom from those emotional disturbances which prevent the individual from taking up a useful place in the community and the nation.

Health, therefore, may be factors which lead to good and useful citizenship. Thus, apart from the absence of disease it must include immunity from disease in whatever way this is possible or becomes possible and perhaps, too, protection from the dangers

of modern life as well as positive preventive measures against what might be termed, in its broadest sense, unhappiness. The definition of health given by the World Health Organization is as good as any because it expresses the spirit of the meaning of the word.

"Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity."

So there is a very close inter-relationship between physical, mental and emotional health and one should appreciate this while considering a healthy child. The best possible health is a total of several factors. It includes everything affecting the well-being and adjustment of the child. It includes legal measures in public health, the prevention of accidents, the maintenance of maximum nutrition, the full realization of the importance of the sanctity of the family, the standards of living, the rules and ethics of the community and general security of the individual.

These standards must ever be kept high. The reward will be healthy citizens free from disease as we can make it, but also free from disease of the soul which breeds criminals murderers and madmen.

So the healthy child is one who is given an adequate amount of food, behaves contentedly for the most part, sleeps an adequate number of hours, and grows, physically and intellectually, at a rate normal for his age and body.

the healthy home and community

Healthy homes make a healthy community. The secret of a healthy home is cleanliness. Everything in the home should be free from dirt and this applies especially to cooking pots and pans and food.

It is not uncommon to see pots and pans left dirty till the next time they are wanted. Dangerous germs breed in those dirty vessels and cause illness, particularly inflamed bowels causing diarrhoea. It is probably correct to say that more infants die of diarrhoea than of any other disease.

Young children are in close contact with the floor where they play and fall about, so special attention should be paid to keeping it clean.

It is possible to judge the cleanliness of a home by seeing the outside and the surroundings only. Refuse should be disposed of completely and not just thrown outside the house, where it breeds flies which carry disease. A home cannot be clean and healthy if the outside is neglected and dirty. It is often in a dirty shambaa that children become infected with germs.

In any community a few careless people can be a danger to their neighbours. community to keep his shambaa and home clean. it is helpful if each community holds annual competitions and awards prizes to the best kept shambaa and home. This has been done in some areas in Nairobi and Each one owes it to the is a common practice in England. Apart from the cleanliness, a well-kept garden with flowers and shrubs makes a person

proud of the area in which they live. Each one can contribute to this beauty.

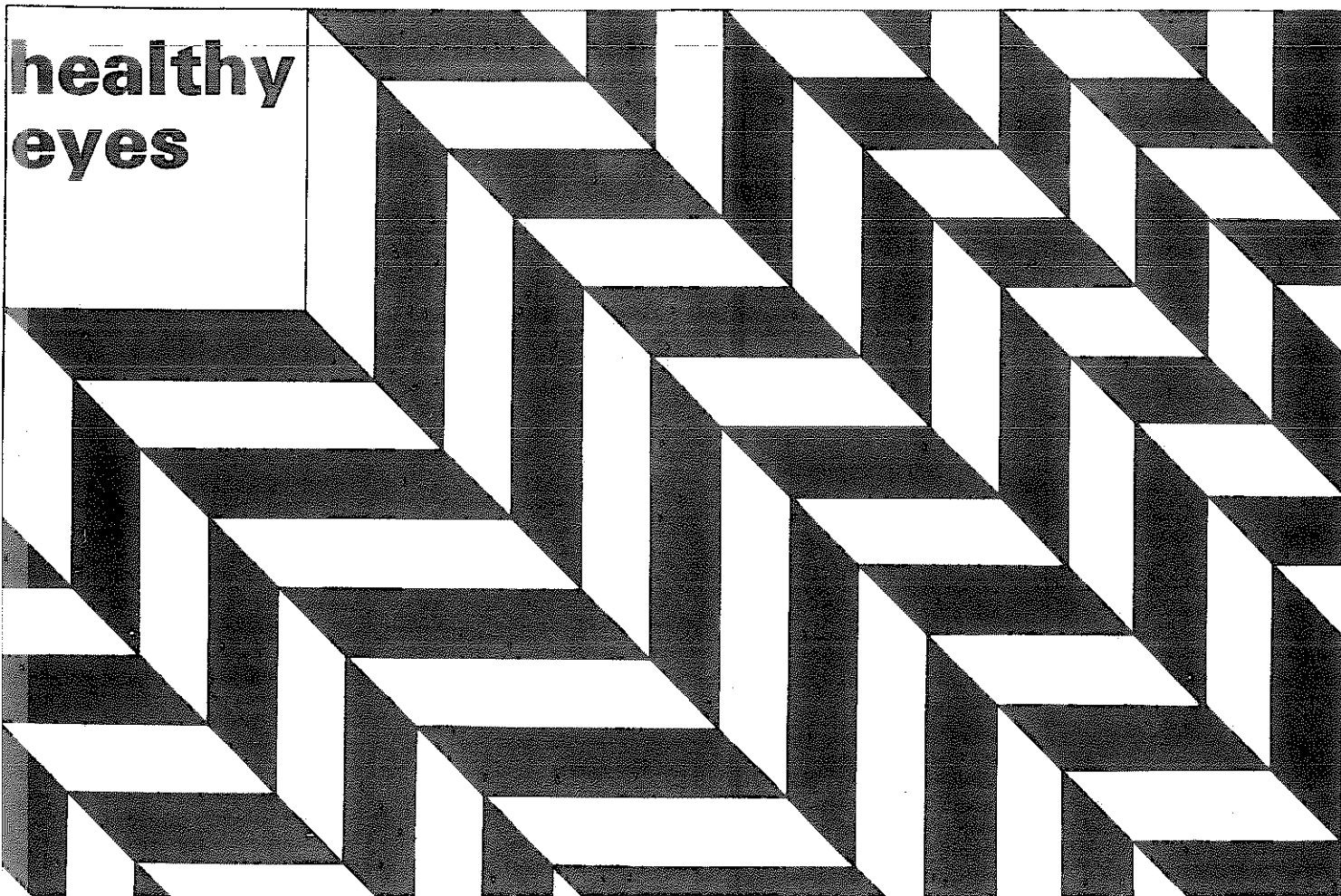
The next step towards a healthy home is to have all the children injected by the doctor against measles whooping-cough and typhoid fever. They should also be vaccinated against small-pox. Thus in the event of them catching the disease, it will be mild in comparison with those who have not been immunised.

Ventilation in the home is very important. This means that windows should be kept open night and day. Too often one sees all the windows closed at night which means that the occupants are breathing bad air which lacks enough oxygen so essential to good health. In homes where charcoal fires are burnt the supply of oxygen is dangerously reduced and if there is no fresh oxygen coming in the occupants will feel more tired than they should and might even die, which has happened in some cases.

Keeping the home beautiful and tidy should be the responsibility of each member of the family. It should not be left to the mother to do all the work. Children should do all they can to lighten her load by being tidy and careful not to cause unnecessary cleaning.

A cat is a useful addition to any household as it guarantees that the home will be free from mice and rats. If a cat is kept it should be fed regularly and taught to be clean. Dogs, on the other hand, bring fleas into a house and unless they are well fed and kept clean they are only an added danger in the house.

healthy eyes



Your eyes are in danger at every age of life. It is therefore necessary to protect them from accidents and disease. The world has over 10 million blind persons and two thirds of them could have preserved their sight had they benefited in time from modern preventive medicine and surgery.

Your eyes are near the top of your body so that they can watch and see any danger. Your eyes help you to see what is going on around you. They let us see the people we love, enjoy beautiful sights, and be entertained by T.V., films, a football match or ballet. They help us study and warn us of danger, such as approaching cars, an open hole, uneven ground, a fire or a flowing gutter. In

fact, they are used in almost everything we do.

Your eyes are protected by the bones of the eyebrows and cheeks and by being sunk into your head. They are also protected from small objects by blinking. The tears contain a medicine called lysozyme which protects us from germs entering our eyes.

The correct use, the care and the protection of the eyes.

Timely checkups against disease and simple precautions against accidents to eyes, is very essential. Keep the face clean by simply washing with water. Never touch your eyes when you have dirty hands. Many eye diseases are infectious, so avoid contacts.

Most of the time, and in

everything you do, your eyes are working. But then, they have been made for work and work has never yet worn out a pair of healthy eyes.

However, after long and hard work the eye muscles do become tired. It is this tiring of the eye muscles which is often wrongly called "eye strain".

Some of the things which, if done correctly, can help our eyes to serve us at their best:

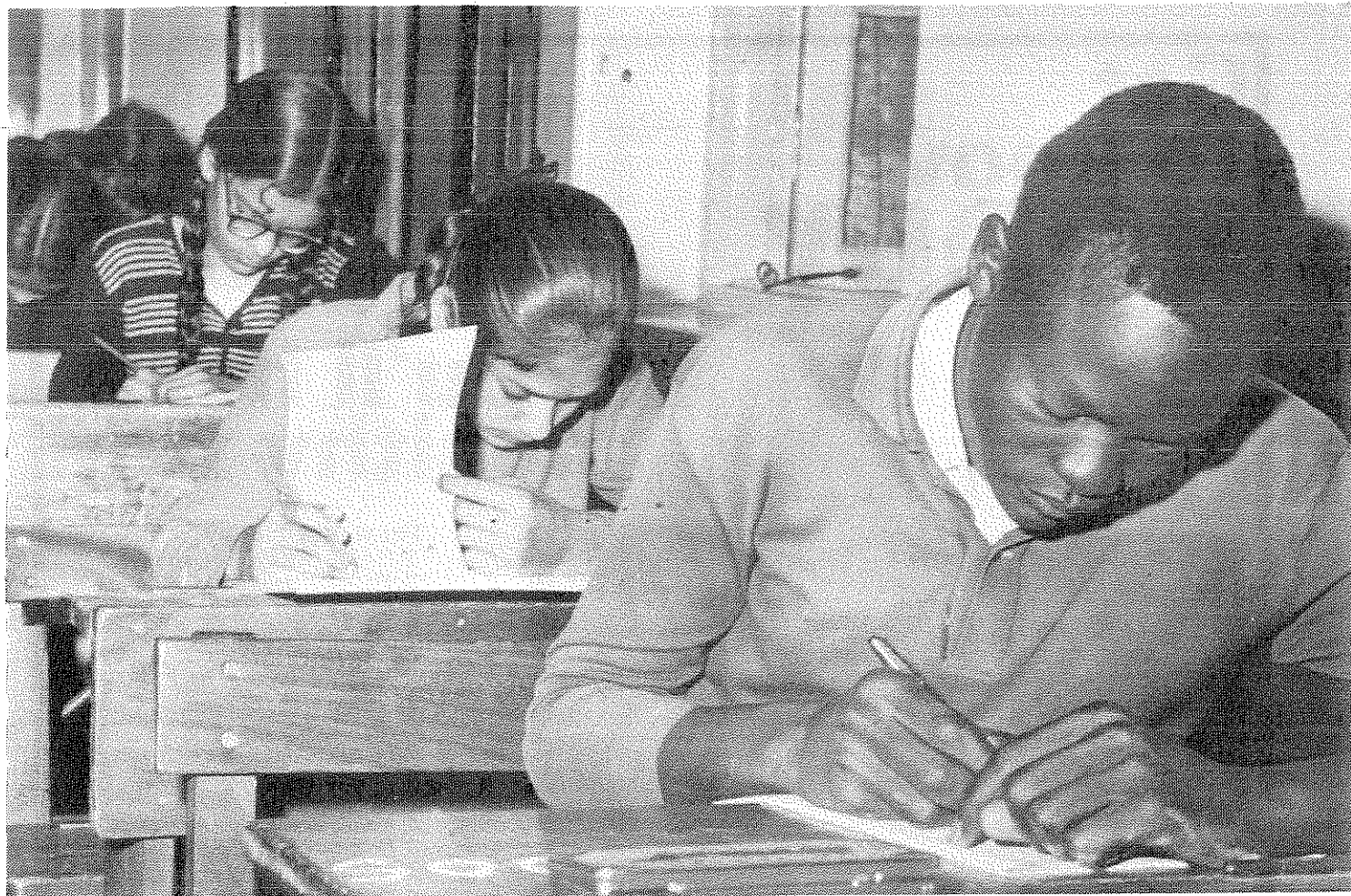
1 Correcting lighting

For reading, writing and sewing or other close work, the lighting is correct only if your eyes feel comfortable while you are working. Too much or too little light makes the eye muscles work harder and makes them tired more rapidly. They will work

best if the light comes over the shoulder opposite to your writing arm.

2 Reading

Reading in bed is pleasant and harmless to your eyes, if the page is held so that it is at the same distance from each eye. This can be done by lying on your back with your head propped up on a pillow and with the book held straight in front of your face at a comfortable distance. A reading lamp above your head may improve the lighting. If you lie on your side with the book on the pillow, then one eye is nearer to the page than the other. This will make it hard for your eyes to work together properly. They will become tired and may even be harmed



If your eyes feel uncomfortable when you read small print or you find that you usually have to sit near the blackboard to be able to read easily, you should get a doctor's advice on your eyes.

3 *Watching television*

The best view of TV screen is obtained if you sit at least ten feet away, directly in front of the set and have a light on in the room. If your eyes become tired after viewing for a then get up and do something else until the tiredness goes. Then go back to viewing.

4 *Watching Glms*

If watching films makes your eyes uncomfortable or gives you a headache, get a doctor's advice on your eyes.

5 *The sun*

In bright light the iris contracts making the pupil smaller and allowing less light to enter the eyes. However, if you look straight at the sun, the irises cannot make the pupil small enough to prevent too much of the sun's light and heat from entering the eye.

The result may be that the retina is burnt and the special nerve endings are damaged. If you look straight at the sun during an eclipse the light and heat entering the eyes are still too great and will almost certainly damage them.

6 *Sunglasses*

If your eyes feel uncomfortable when it is very bright, you may need to help them by wearing sun-

glasses. The sunglasses need only be dark enough to reduce the amount of light entering the eyes so that they feel comfortable. Normal sunlight nor will cheap sunglasses would have any harmful effect on the eyes.

7 *Eye glasses*

Eye glasses which are usually prescribed by eye specialists neither strengthen the eyes nor weaken them. Their only job is to help you see better by properly focussing the light that enters your eyes.

8 *Protective glasses*

If you are working in industry use special glasses to protect your eyes from flying pieces of metal, rock or in welding.

9 *Eye injuries*

In case of an accident like an acid splash, or if

a foreign body enters the eye you must seek the advice of an eye specialist immediately. In case of chemical burn of the eyes wash the eyes with tap water or milk.

10 *Dangerous games*

Children should never be allowed to play with pointed objects such as knives and scissors, bow and arrow games should be banned and fire-works are a cause of many injuries in children.

11 *Eye wash*

Regular eye washing with boric lotion or other lotions is not good. It reduces the normal power of the eyes to fight disease and the normal (electrolyte) balance of the tears is upset. Therefore, the lysozyme, which is a natural antibiotic in the tears, loses its effectiveness.

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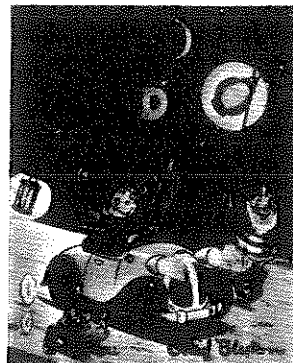
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healthy teeth



Good teeth are necessary for chewing food and good appearance. They also help in talking.

We have two sets of teeth in our lives: milk teeth and permanent teeth.

'Milk' teeth or 'baby' teeth are partly formed when the child is born. They appear fully when the child is six months old. They remain until the child is about 12 years old and are the foundations of the permanent teeth and, therefore, should be given the best attention and care.

When the child is about 2-2½ years old, he or she should be taken to the dentist and again at two years intervals. Thus, decay can be detected and the teeth preserved.

A delay in visiting the dentist can lead to an abscess as the decay reaches the nerve in the centre of the tooth.

The mouth being an ideal place for growing germs of disease, teeth surfaces and grooves must be kept clean. The point where the gum meets the teeth should be brushed carefully since the decay begins here.

It is important to take a child often to the dentist so that he or she will not fear him and thus make his work easier.

Besides being the foundations of permanent teeth, milk teeth also help in the normal jaw development and help the permanent teeth to form regularly.

The permanent teeth, the first of which, usually, are behind the last of the baby teeth after the age

of six years, are sometimes mistaken for baby teeth.

Since every one worries about his appearance, these six-year molars, as they are called, should be cared for and examined by a dentist as soon as they appear in the mouth. A loss of any of these teeth can cause other teeth to shift their positions.

The causes of teeth decay are not known. But everyone knows that certain foods like sweets begin or encourage decay. Acids are produced, which eat through the dentine (the hard surface of the tooth) and reach the nerve centre. This in turn, leads to infection which can spread to other parts of the body.

Brushing of teeth is very important because it helps blood to circulate in the gums and keep the teeth clean and healthy. One brushing by itself, however, is not enough. Teeth should be thoroughly brushed after every meal or before going to bed at night and every morning. Rinsing with warm water is also very important.

Only the dentist can advise you on what type of tooth brush to use for your teeth, while the size itself varies according to your judgement.

Tooth powder, tooth paste, table salt or salt water, baking soda can be used for cleaning teeth. Your dentist can recommend you other medicines.

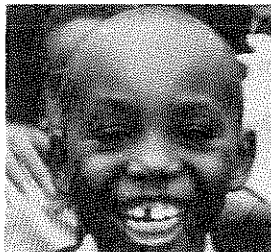
A proper diet, containing plenty of carbohydrates but without large amounts of sweet and jams, help to

get good teeth. Sweets are known to be indirectly the cause of decay. Raw, crisp food such as lettuce, toast and breadcrumbs are especially suitable for teeth.

How can you keep teeth healthy?

The only answer is good dental habits. Here are the most important ones:

- Brush your teeth often.
- Eat the proper food.
- Visit the dentist at least twice a year.
- avoid breathing through the mouth.
- Avoid putting your fingers in your mouth.
- Eat coarse foods which make you chew it.



To disobey these rules would be to cause yourself pain, loss of teeth which will mean that you cannot eat the foods that help the teeth grow.

This in turn leads to bad breath, which leads to loss of self confidence and good looks and, of course, breakdown of health and the resulting cost of medicines and pain.

A good set of teeth should not be discoloured or crowded.

Other signs of healthy teeth are that the molar teeth of the jaw fit into one another and the set on the upper jaw slightly overlaps that of the lower jaw.

small pox

Peter Pachecos

Once, smallpox killed as many as four out of every ten people in Africa.

In Nairobi a laboratory produces ten million doses of smallpox vaccine. This is the most powerful vaccine available and can be easily carried over long distances to prevent smallpox.

The Kenya Government has given six million doses to the W.H.O. for use in neighbouring African countries who do not make their own.

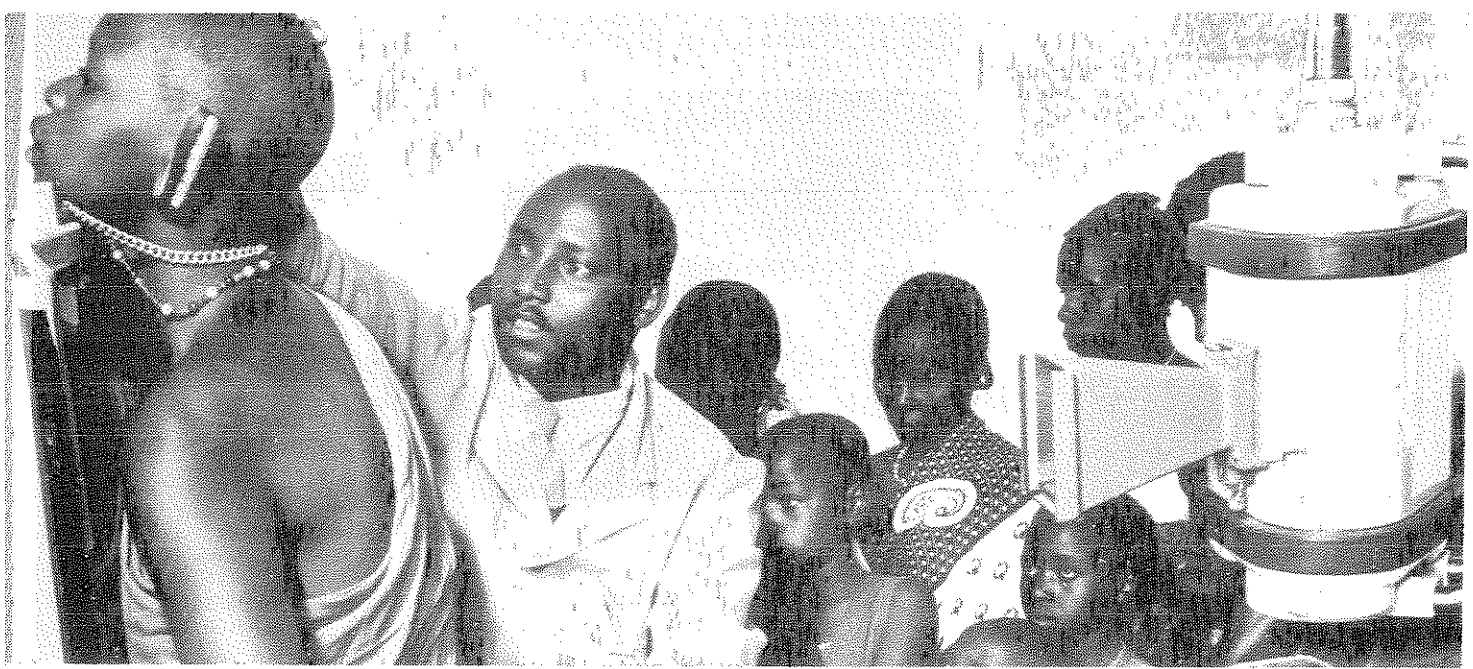
This vaccine has, in fact, been made in Kenya since 1917, but then, it was not a very good quality and could not be carried about easily.

To cut down even more on the amount needed to vaccinate a person, a new type of needle has been developed. This needle has two points and the dose is forced into the arm by high pressure injectors.

This way only a quarter of the normal dose is needed to free a person from the dangers of smallpox. This means that 40 million people can be vaccinated by 10 million doses of this vaccine.

This new method is faster. Since prevention is better than cure and, for smallpox there is no cure, vaccination is the only answer. It must be perfect and carried out on a very large scale.

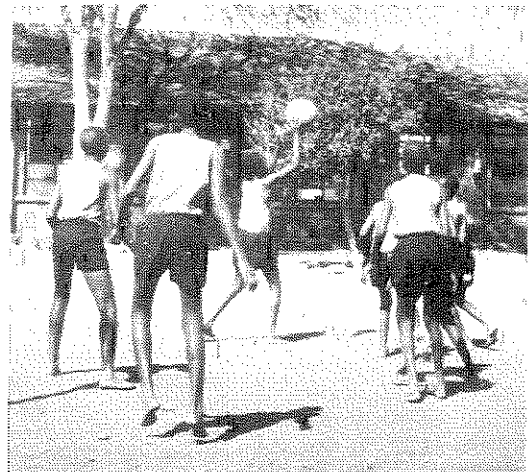
UNICEF and W.H.O. aim at completely wiping out this terrible disease from Africa in the near future.



- ☐ Regular medical check-ups help to warn of any coming sickness. Here X-Ray equipment given by UNICEF is being used on a Kikuyu mother, to check for TB as her children look on.



- ☐ In some African countries a doctor moves from village to village giving medical aid and advice — thanks to UNICEF.



- ☐ Sunshine and games are enjoyable and necessary for good health.

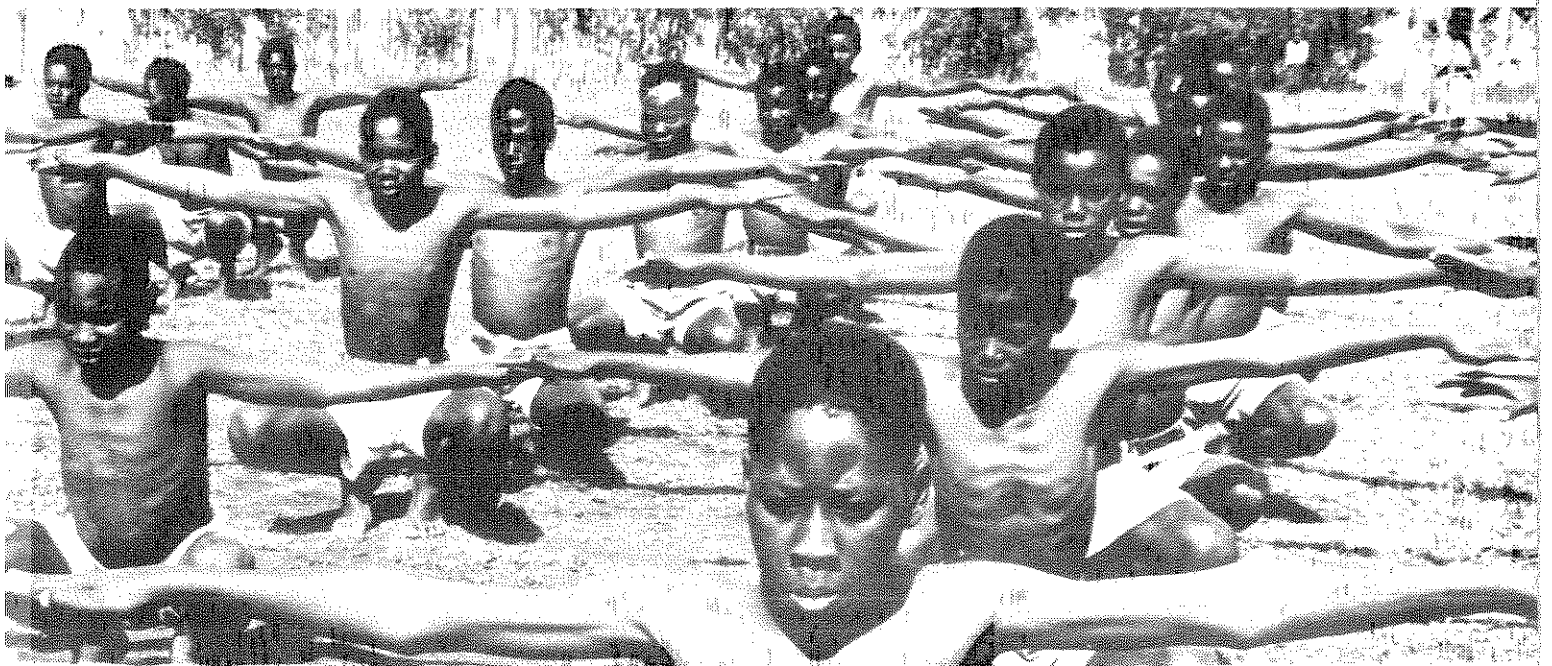


- ☐ Physical education is an important part of school life.

**healthy
minds
need
healthy
bodies**



☐ Up and over, the young athlete sets a new record — a proof of perfect physical fitness.



HEALTH EDUCATION IN EASTERN AFRICA

Edited by F. J. Bennett and J. S. W. Lutwama

Shs. 10/-

This book comprises 21 chapters by various highly qualified and experienced doctors and child-care specialists. The aspects of health education discussed include advice on environmental sanitation, hygiene, nutrition, common diseases of childhood, immunisation and first aid. A practical and valuable guide relating school health education to life in the home and community, this is useful to both teachers and parents.

NUTRITION IN EASTERN AFRICA

Edited by M. Latham

Shs. 7/-

Now a standard work in East Africa, this work has been published by Longman and sponsored by the F.A.O. in association with the World Health Organisation.

NUTRITION IN EASTERN AFRICA is very good and simple. It should be very widely read and used. — TARGET.

HEALTH SCIENCE FOR THE TROPICS

by A. Godman

Shs. 13/-

The subject of health science has been introduced into many schools to replace that of hygiene and physiology. Health science is an applied science in that it seeks to apply the principles of pure science to the problems of health. The basic principles of maintaining health are the same over the whole world, but in the tropics different aspects of health require emphasis, and the diseases encountered there differ from those found in temperate climates. The subject-matter in this book deals with the principles of health science as applied in the tropics. Care has been taken to keep the vocabulary simple. A glossary of words used which are not normally familiar to students has been included.

LEARN ABOUT FIRST AID

A hand book for parents, teachers and dispensary workers

by Dr. V. J. Hartfield

Shs. 3/50

This book has been written to help people to treat some of the common health troubles that occur in a family or school. Although it is intended primarily for parents and teachers it will also prove useful to nurses and dispensary attendants.

HEALTH SCIENCE WORKBOOK

by A. Atkinson

Shs. 4/50

HEALTH SCIENCE

by A. Godman **Longmans Certificate Notes**

Shs. 3/75

ABOUT YOUR BODY

by J. R. Ludlow

Shs. 5/25

ABOUT YOUR MARRIAGE

by J. R. Ludlow

Shs. 3/50



Longman

school health services

J. Wanyoike, City Education Officer, Nairobi

The working of the mind and of the body depends upon one another and neither can work efficiently if the other is not healthy. Lack of sleep, worry or a troubled mind, hinder proper growth in children. In the same way, disease or weaknesses due to inadequate feeding will affect normal thinking resulting in poor performance in school.

The main cause of poor health is ignorance or neglect of health rules. The amount of good work depends on people's state of good health. A wholesome content of education should therefore provide for a study of rules of health and the teaching of health ways of living. The ideal time for this teaching is during childhood before habits are fixed.

Teachers and pupils should actively co-operate in the health and social activities of the community around their schools. By so doing, they will be benefiting the community.

Practical health training must form part of everyday life of the school and should include personal cleanliness, maintenance of healthy surroundings as well as physical exercise suitable to the age of the child.

Teachers must set a good example in their manner of dress and hygienic habits. It would be sheer waste of time to preach to the children thus, "Do what I tell you and not what I do". By nature, children will copy the actions rather than heed the advice however good it may be.

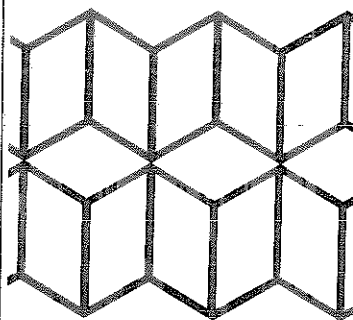
first aid

Every school must have a First Aid Box, to deal with injuries and accidents at school, before medical help can be obtained.

NEW ERA presents, here, what the First Aid Box should contain from the 'Health Education in Eastern Africa'.

The First Aid Box should have a razor blade or a pair of scissors, elastoplast strip dressing, clean surgical squares or squares cut from an old sheet that has been washed and ironed, triangular bandages, rolls of bandages 6 x 1 inch and 6 x 2 inches, a roll of scotch tape or elastoplast, a roll of cotton wool, a small bottle of gentian-violet, some aspirin tablets, a bar of soap and a basin.

The teachers or students who know First Aid or have taken courses in St. John Ambulance work can be put in charge of the First Aid Box. It should be kept unlocked and easily available at all times



**BOOKS
BOOKS
BOOKS**

HEALTH EDUCATION IN EASTERN AFRICA

by

**J. W. S. Lutwana
and F. J. Bennett**
(Shs. 10/-)
(Longman)

Most of the illnesses that bring people to hospitals in East Africa can be prevented, says this book, at the very beginning. Then, its 20 chapters, written by teachers at Makerere School in Kampala, show how these illnesses can be prevented if the teachers take care at school and use the ideas given in this book.

Some diseases are caused by malnutrition or by not eating the right foods. Other diseases are caused by infection, when germs spread from person to person. Still others are caused by unhealthy surroundings and ways of life.

Proper teaching of health education at school can help the students know what foods to eat and fight the diseases caused by malnutrition. Taking care of health by getting inoculated and clean body habits can stop infectious diseases. By improving our surroundings, keeping them neat and tidy we

stop the diseases that are present in unhealthy living conditions.

This book asks all teachers in East Africa to remember these things at school and, therefore, make for healthier people. The different chapters are written by different experts but all are clear and in simple English. The book has a useful list of medical words with their meanings.

There are some well chosen photographs of school children and health conditions in East Africa.

The book is most welcome because it talks only of East African conditions and has practical suggestions for local teachers which will result in better health for young Africans.

NEW ERA is pleased to tell its readers about this book in its School Health issue. Just as this issue tells the children in simple terms how to look after and improve their health, this book tells their teachers how to improve the teaching of good health at school and make it a reality for their pupils and students.

Thus all schools, especially those in the rural areas, will benefit from using this book.



EASTERN AFRICA

Oxford Books

SCHOOL HEALTH begins with learning

A REVISION COURSE OF BIOLOGY FOR SECONDARY SCHOOLS IN EAST AFRICA

T. W. KIRBY and H. P. CLARK

The main purpose of this book is to help students to use their time effectively in preparing for an examination in biology. It consists of an outline of the main requirements for both KJSE and the East African Certificate of Education

BIOLOGY FOR EAST AFRICA

RUTH HADMAN

Throughout pupils are encouraged to observe and question for themselves, and to regard Biology as a subject which extends beyond the classroom. New English words and technical terms have been introduced gradually, and the author has covered the work necessary for the Kenya Junior Secondary Examination and for those in the first two years of a course leading to the Cambridge School Certificate Examination in General Science, or the revised Cambridge School Certificate Examination in Biology. SHS. 10/50

SIMPLE SCIENCE AND NATURE STUDY

I. P. SHANKS

Teachers in pre-secondary schools should find this book useful as a reference to the wide range of knowledge required to teach the study of nature science effectively. It also forms the basis of a college course for teachers in training.

'A lively informative and scientific study of the East African natural history environment making the perfect reference work.'—*Kenya Education Journal*. SHS. 10/50

GENERAL SCIENCE FOR TROPICAL SCHOOLS by F. DANIEL. *Second edition.*

This well-known series provides a four-year course primarily intended for secondary schools in tropical and sub-tropical areas. It has been rewritten in the light of recent scientific and technological advances to bring it completely up to date. Each volume is fully illustrated with photographs and diagrams.

Book 1. The air; matter; the gases of the air; plant life; water; measurement. SHS. 5/75 ●

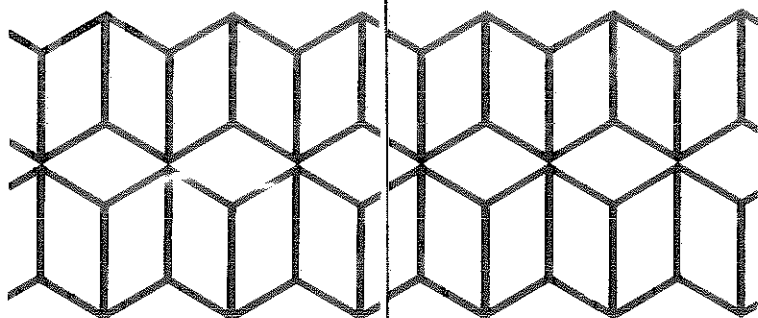
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Book 3. Heat; animal life; other living things; light; magnetism; practical work on plants and animals. SHS. 9/50 ●

Book 3a (optional). *Health Science for Tropical Schools* SHS. 8/75

Book 4. Elementary chemical theory; plant and animal physiology; elementary mechanics; electric currents. SHS. 13/25 ●

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**BOOKS
BOOKS
BOOKS**

**TEARS OVER A
DEAD COW AND
OTHER STORIES**

by Taita Towet
(Equatorial
Publishers)
Shs. 4/-

Kenya is lucky to have a Minister of Education who is also a writer. In this book, the Minister shows how well he knows African customs and way of life and how beautifully he can present it for young readers.

The first story is about an important man in the city. This story, *The Mysterious Caller* tells of the problems a strange telephone call can create.

The main story of *Tears over a dead cow* tells of the troubles of the old way of life. It is also well told.

But the last story is perhaps the best. Called *Women don't interrupt* it clearly points out the difference in the ways of the white man and the Africans.

This is a book that can be enjoyed by many Secondary schoolboys.

**A SENTENCE
DICTIONARY**

by Eric Neal
(Hulton)
Shs. 9/50

We all know that a dictionary contains words and their meanings. Here is a different type of dictionary. There are sentences which contain the words showing how they are used.

This way, it tells you the meanings of 10,000 of the most used words in English.

Let's take an example: cancer: Cancer is a disease.

*The Tropic of Cancer is $23\frac{1}{2}$ degrees north of the equator. Here both the meanings of the word cancer are shown in these two sentences. Thus, not only you know the meaning, you also know how the word is used in a sentence. Thus it is of great benefit to all those for whom English is a second language.

**LETTER
WRITING FOR
AFRICAN
SCHOOLS**

by J. A. F. Sokoya
Shs. 5/25
(Wheaton)

Even while at school, all pupils have to write letters some time of the other to their teachers, relatives and friends among other people.

Here is a book, for Africa written by an African, to help you write letters properly.

Although written for West African students it is equally useful for East African students. It contains a number of interesting letters which teach the first steps for successful letter writing.

Moreover, additional lessons like writing invitations, telegrams and replying to advertisements are also given.

The book can help you both at school, with your English, and at home with your letter writing.

**NATURAL
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for Schools THE
LIVING WORLD**

Shs. 7/-
(Pergamon Press)

Attractive, clear and bright — that's how this set of 13 books looks, at first glance.

On reading them, you will find that the matter is equally interesting. Some of the pictures are in full colour and the covers are washable. The diagrams are easily understood. This is a gay way to learn about the world and its animals around you.

Each book has only four, easy - to - read, chapters. Each chapter has a word list and questions to test your understanding.

Since science is doing things and not only learning about things, the book has experiments and projects to make it a real living thing for the readers.

The course is most suitable for all school-children.

THE EDUCATIONAL EQUIPMENT CENTRE

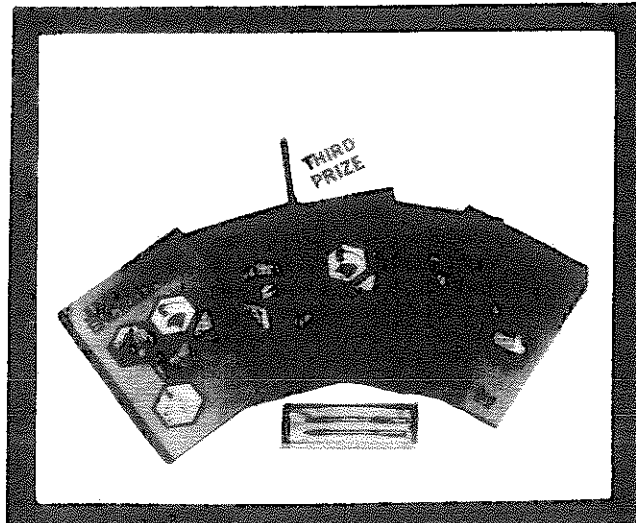
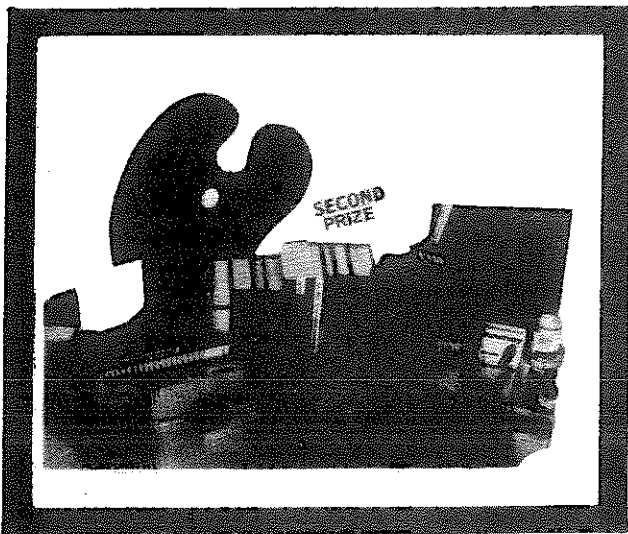
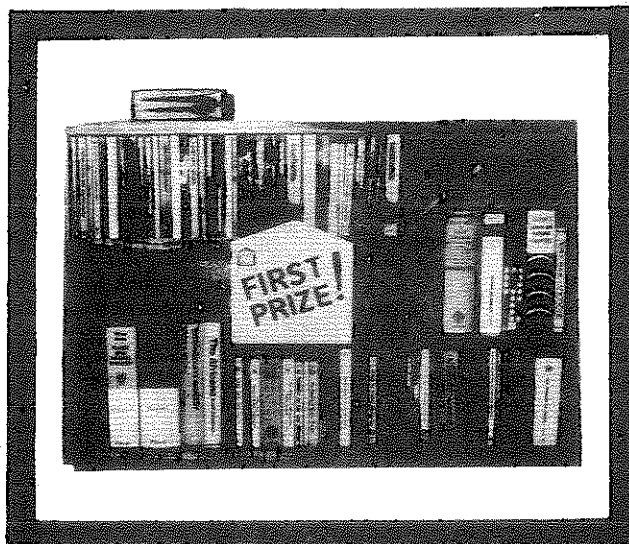
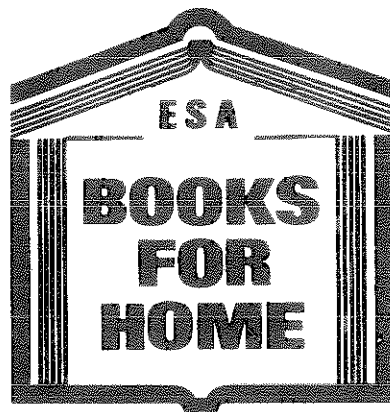
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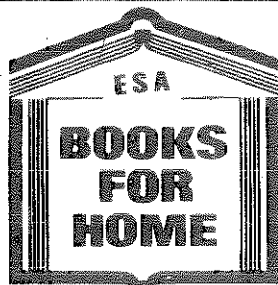
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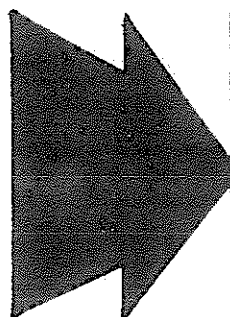
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| | <input type="checkbox"/> Highway Dictionary. | <input type="checkbox"/> My People of Kikuyu. |
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| | <input type="checkbox"/> Nelson's Sec. School Atlas. | <input type="checkbox"/> Zamani |
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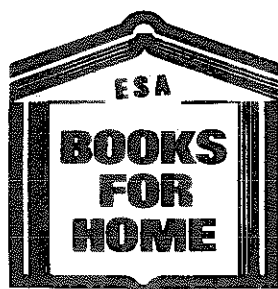
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The stand proved to be very popular with its continuous slide show and display of useful books for the Kenya homes.



The Managing Director of ESA Ltd., Mr. B. S. Gheewalla (centre) presents a gift to Mr. Mwai Kibaki, the Minister for Finance and Economic Planning, who visited the ESA Bookshop stand. On the right is Mr. Richard Kangethe, the ESA Educational Sales Manager.



NEW ERA will start its sixth year with a special issue on sports containing:

- ☐ Kenya's Top Ten Sportsmen.
- ☐ Munich Olympics.
- ☐ Winter Olympics in Sapporo.
- ☐ Kenya's Top Soccer Stars, teams and competitions.
- ☐ Hockey in Kenya.
- ☐ Mr. Knowall.
- ☐ New Books, all in NEW ERA which you just can't afford to miss!

PRIZE RECIPE

MAIDA IN THE JACKET by Emma Mbuvi

Maida — Jogoo flour 2 breakfast cups Meat $\frac{1}{2}$ lb.
Small banana leaf or plastic paper for wrapping
Sliced tomatoes 2-3 big ones Onion 2-3 big ones
Fat or Oil 2 spoons Salt, pepper, curry powder to taste

Method:

1. Prepare meat, tomatoes and onions.
2. Fry the meat, tomatoes and onions for about 20 minutes and chop it up.
3. Mix the flour, meat, tomatoes, salt, curry-powder etc. with sufficient water to bind it together.
4. Cut a smoked, softened banana leaf or a piece of plastic paper 6" x 6". Put a table-spoon full of the mixture on to the banana leaf or plastic paper, wrap it and tie both ends with a string, cut ends straight.
5. Put into boiling water and boil for about 45-60 minutes. Pour off the water and let the food cool a little — remove "Jacket" and serve with tea or soft drink.

BY
MAIDA
MADE
MAID
CONTEST



Make it
with

MAIDA

Famine.....

Yet a lot of food!

Peter Pachecos

"WHEN I WAS YOUNG, during the Second World War, there was a great famine in Kenya. All our posho was being sent to our Askaris in Burma, and we had nothing to eat. Many people starved.

Yet, there was plenty of eggs and other foods in the country but, through our ignorance, we refused to eat them."

Mr. J. K. Gecau, Chairman of E.A.P. & L. said this when he praised Maida Ltd. for its efforts to make young Kenyans know more about the value of good food. He was speaking at the prize giving ceremony at the E.A.P. & L., where young Kenyans received awards for the Maida Maid Contest started by NEW ERA last year.

Mr. Gecau recalled that, while all other schools were closing because of the lack of food, his school, Alliance High School, remained open because the boys in it had agreed to eat soya beans — an unthinkable act, then.

The high standard of wholesome and delicious foods, as Mrs. Juma called it in the Maida contest, proved that there no longer need be a famine of the type Mr. Gecau had witnessed.

He congratulated Maida Ltd. for this very good idea and the part it played in encouraging pupils and students to take a more active interest in domestic science.

Of the secondary schools, Emma Mbuvi, from Machakos, collected her prize of kitchen utensils.

Of the college entrants, Joy Makokha of Kenyatta College swept away the 1st and 2nd prizes with her two entries.

Valerie Mbogho won the third prize.

The General Manager of Maida Ltd., Mr. M. G. Rao said, "Maida is really interested in promoting home economics and especially cookery among young Kenyans. This contest, which is getting

more and more popular every year, is one example of our involvement."

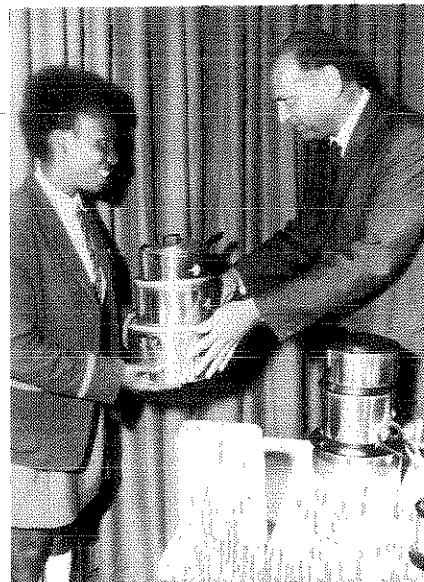
"In the very near future, Maida is planning to launch a Schools' Newsletter, presenting ideas and topics on home economics, which should prove interesting to the girls in our Secondary Schools.

"The Newsletter will be mailed free of charge to all Secondary Schools and Secretarial Colleges and other interested

groups and individuals.

"It will contain prize recipies from this Maida Contest, hints of nourishing foods, home decorating and homecraft.

"I am delighted to announce that Mrs. Fatima Juma, who is the Home Economics expert and well known to Kenya audience for the Kenya Kitchen programme on V. O. K. T.V. and our judge for the Maida Contest, has very kindly consented to edit this Newsletter."



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Mondao, M.

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1967. 1st ed. 17pp. Illus.

Paper Sh. 1/50

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1970. 2nd ed. 30pp. Illus.

Paper Sh. 1/-

HOW TO KEEP WELL

A health booklet of general interest

1955. 1st ed. 60pp. Illus.

Paper Sh. 2/-

Roberts, H. M. & M. K. Gecau

KNOW YOURSELF

A guide for adolescent girls

1963. 1st ed. 48pp. Illus.

Paper Sh. 2/-

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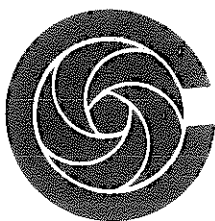
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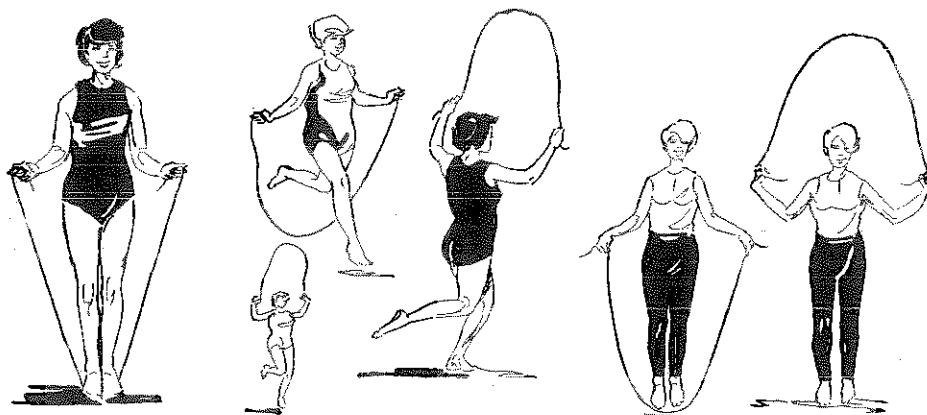
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NAIROBI

MR. KNOWALL

- Q. Was the world one continent? If so what happened?**
(George Gilbert Onyango, Dr. Krapf P.S.)
- ☐ One theory says so. From one land mass the continents drifted or moved apart.
- Q. What is more than zero and less than one?**
(Neema Mumin Haji, Juja Road P.S.)
- ☐ Less than 1!
- Q. How far is Pluto from the Sun, and who measured it? In which year?**
(Peter J. Mbithi, St. Patrick's P.S.)
- ☐ 3,675,300,000 miles. Clyde W. Tombaugh in 1930.
- Q. What is the rocket after Saturn?**
(Mukesh Bhatt, Highridge P.S.)
- ☐ Scientists are not sure if there is.
- Q. Who will be the first man to land on the Planet Venus?**
(Sotish Chaniya, Ainsworth St. P.S.)
- ☐ It could be you if you make up your mind!
- Q. Through what stages of development did the earth go through before it reached the condition in which it was possible for living things to exist?**
(Harbhjan Singh, City P.S.)
- ☐ It was first very, very hot and then it took millions of years to cool off and then millions more before living things could exist on it.
- Q. Who founded Guiding movement? In which year?**
(Kalavati Amritlal Dhanani, Visa Oshwal P.S.)
- ☐ Lady Baden Powell. In 1910.
- Q. Which are the tallest trees in the world and where do they grow?**
(Mayuri Lakhani, Pangani Girls S.S.)
- ☐ Sequoia Gigantica. In U.S.A.
- Q. What is the height of Mt. Cambrian?**
(Bindu H. Shah, Visa Oshwal P.S.)
- ☐ This is a range of mountains in Wales and its highest peak is 3,560 feet.
- Q. What is the distance around the earth at the Equator?**
(Irene Mukasa N. Govt. Rd. P.S.)
- ☐ 7,918 miles.
- Q. What causes wind?**
(Abdulah Said, Muguga Green P.S.)
- ☐ Movement of air.
- Q. Who was the first man to know that there is gravity on the earth and which year?**
(Maurice Otieno, Muslim P.S.)
- ☐ Sir Issac Newton.
- Q. When I read a book I suffer from headaches? What is wrong with me?**
(Boaz Opondo Lalji, Nyalenda P.S. South East Kano)
- ☐ Your eyes. See a doctor.
- Q. Who first discovered the use of mathematical instruments?**
(John Ondogo Joseph, Kibera P.S.)
- ☐ Man must measure. He first used his limbs to measure. Thus we have the foot!
- Q. When was Ralph Vaughan Williams born?**
(Feizal Virani, St. George's P.S.)
- ☐ 1872.

skipping to health



Exercise through skipping. Simple but widely useful as a means of limbering up for various sports is the skipping rope. It can be used to run with, for jumping and strengthening the muscular structure of the whole body. Important when using it to run with is to keep the arms stretched out to the side as far as possible. A particularly effective exercise to strengthen leg muscles is to skip on the spot with the legs closed. The rope can be turned at any desired speed and one can take one or two skips with every turn.



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Published by
Newsread International,
Leader House, Above S. J. Moore
Government, Road,
P.O. Box 6854,
NAIROBI, Kenya.
and printed at
Majestic Printing Works Ltd.,
Kijabe Street,
P.O. Box 2466,
NAIROBI, Kenya.

