

**JOIN THE RED CROSS**

1,090,294 nursing home visits were made by Red Cross public health nurses in the year ending June, 1934. 629,025 school children were inspected. Present economic conditions demand more and more of this type of service. Join the Red Cross and safeguard the future health of our children.

**ADVERTISE IN THE AGE  
IT PAYS**

**Teach Children  
To Keep Clean**

**Germs of Illness May Lurk  
Under Layers of Harm-  
less Grime**

**By Dr. J. Lynn Mahaffey**  
*Director, New Jersey State Department of Health*

Adults in civilized communities keep clean almost instinctively. They have found by experience that they feel better when clean. Clean faces and hands, well-bathed bodies and clean clothes are of common preference.



Dr. Mahaffey

Yet if we are to judge from the behavior of children, cleanliness is not the natural state of man. Children have to be taught the value of this habit, for like little animals they are apt to glory in grime and enjoy playing in the dirt.

Now it is a fact that ordinary "dead" dirt does not in the usual course of events harm anyone, but a habit of carelessness in this respect is apt to encourage carelessness also about "living" dirt—contaminations bearing bacteria of various sorts. These can lead to many kinds of illness that may spread to epidemic proportions.

**Safeguarding Health**

Dirty hands are likely to carry the germs of disease. Even though all germs do not produce disease, it is impossible to tell where the dangerous ones may be, and the best safeguard is scrupulous cleanliness. Who can doubt that one reason for decreased illness and death among children is greater cleanliness, both in the personal habits of parents and of the milk and other foods which children use?

Teach children the elements of cleanliness when they are young. It is a mistake to laugh at the child's dirty hands and face and consider their condition of no importance. You can never tell when that soiled layer of skin is harboring the germs of disease.

Teach the child to wash frequently, to respect cleanliness, to eat only clean foods and candy, to enjoy fresh, cool milk and other healthful foods that have been well cared for and to reject any other kind.

*This is the second of a series of articles on health and cleanliness prepared for this paper. In his next article Dr. Mahaffey writes about the common drinking cup.*

**PLAY....**

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