

HEALTH HINTS—continued.

PREVENTION

In addition to the treatment of those who are infected, preventative measures are of great importance—these aim specially at preventing the entrance of hookworm larvae and round worm eggs into the body.

In particular, *closets* need careful attention. All closets should be so constructed that they can be easily cleaned. The walls should be smooth internally, and the floors should be of cement concrete, brick grouted with cement mortar, or other impervious material, laid with a slight fall towards the doorway. The closet structure should be well ventilated and well lighted.

The closet seat should be constructed so as to render the pans flyproof. A moveable box seat fitting over the pan, ventilated by small openings on two sides near the top, is recommended. These openings should be covered with perforated zinc or other suitable flyproof material. The box should be constructed so that it can be lifted off when the pan requires emptying. A lid to exclude flies should always be provided. The underside of the seat should be not more than 1 inch above the top of the pan. Pans should be of stout iron, 14 inches high, and cylindrical in shape. Pans should be emptied once a week, and the contents buried not less than 12 inches nor more than 2 feet deep, with a covering of clean earth nor less than 10 inches in thickness. The burial area should be fenced to prevent children gaining access to it. After being emptied, pans should be rinsed with disinfectant solution, a supply of which should be kept in the closet.

Chemical Closets are of value in destroying infection by means of the chemical substance in the receptacle.

Cesspits should not be used where a public night-soil removal service is available. Where cesspits are used, they should be deep and dark, and covered with a flyproof structure for the seat. The surface of the adjoining ground should be graded so that stormwater cannot gain access to the pit. Care should be taken that no leakage or overflow from pits gain access to any water supply.

Remember that the soil should never be polluted by bowel discharges deposited or spilt on the surface of the ground. In cases where persons are employed for short periods in any locality, adequate closet accommodation should be provided. Temporary arrangements can be made by providing a suitable pan and a moveable box seat. Children should be carefully trained not to pollute the surface of the ground, and they should not be allowed to go barefoot in districts which are affected by hookworms. Hands should be washed before eating.

TO PARENTS

Have your children examined early for signs of worm disease and, if infected, have them cured, so that they will grow to full intelligence, strength and stature.

ABORIGINAL MEMBER OF THE BOARD

To be Appointed This Year

The term of the present aboriginal member of the Board—Mr. P. M. Gibbs—expires next August and shortly prior to that date, an appointment for the next three years is to be made.

If an election is necessary your name must be on the roll, otherwise you cannot register a vote or be one of the nominators of a candidate.

Are you over 21 years of age?

Are you of aboriginal blood?

Have you lived in N.S.W. for more than six months?

If the answer is yes to all three questions you are eligible to vote, *but you must be enrolled.*

The Roll is now being compiled and if you wish your name to be on it you should see your Manager or Welfare Officer—they have the forms which you must fill in.

Easier still. Fill up the form on page 14 of this issue and post it to—

The Secretary,
Aborigines Welfare Board,
Box 30, G.P.O.,
Sydney.

Do it NOW.

To remove fat from hot soup, stand a couple of spoons in ice-water and use them alternately to skim the top of the soup. The fat will cling to the ice-cold spoons.

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Grass stains on clothing will usually yield to a rubbing with methylated spirit. The same treatment is effective with ink-spots from a ball-point pen.



Harvesting the corn crop on Tabulam Station always means a very busy time for everyone.