

DIRECTIONS FOR CLEANSING THE HAIR AND KEEPING IT CLEAN.

It is not sufficient to get rid of all living parasites from the head; the eggs or nits also must be completely removed from the hairs, as otherwise they become living parasites in about eight days and so keep the trouble going.

To cleanse the hair the following directions should be carefully carried out:—

1. (a.) *One Method.*—Take equal parts of kerosene and sweet oil—mix, and thoroughly saturate hair and scalp at night with the mixture. Wrap the head in a towel and leave it so for the night. Next morning wash the child's head with hot water and soap, and remove all traces of the oil. After thoroughly drying, saturate with vinegar separating hair and strands, and brush with a stiff brush. When necessary, repeat the process twice a week for a fortnight. (If preferred, Eucalyptus may be used instead of kerosene.)

(b.) *Another Method.*—Rub the following ointment into the head every night for ten days. Wash the head twice a week with hot water and soap, adding one teaspoonful of Jeyes' Fluid to each pint of water.

The Ointment: White precipitate ointment.

(This method is recommended always where there are sores on the head.)

2. In case of boys and troublesome cases in girls the hair should be cut in order to make treatment easier and more thorough.

3. To remove nits from the hair, comb frequently with a small-tooth comb dipped in vinegar or methylated spirits. (Not to be used if sore places are present.)

4. Hats and caps of the children, which will most likely be infected at the same time as the hair, must be disinfected. This may be done by prolonged baking in an oven—scorching may be avoided by wrapping the article in a newspaper. After doing this the hats and caps should be lined with some washable material such as calico, linen, &c., during treatment.

5. Combs and brushes may also transmit infection. These should be cleaned by soaking in hot Jeyes' Fluid or carbolic acid solution (one teaspoonful of Jeyes' Fluid to a pint of water). Each child should be provided with its own comb and brush, and should use no other.

6. *Girls.*—It is wise for girls to wear their hair short, or well tied back.

7. Children should be cautioned against exchanging hats and caps, as this helps to spread infection.

CAUTION.—Kerosene and methylated spirits are inflammable, and must not be used near fires or lights.

EDUCATION DEPARTMENT, N.Z.—MEDICAL BRANCH.

SPECIAL DRILL CLASSES.

SPECIAL classes for the correction of defects such as faulty posture, round shoulders, &c., are at present being formed in our schools. These defects are not incompatible with fair health, but they indicate a certain loss of physical tone, and if allowed to persist or increase predispose to more serious trouble.

The special classes are likely to be of the greatest benefit to the children selected.

I have selected your child for admission to the special class in the school he [she] attends, and, in order that he [she] may obtain the full benefit from the physical training there given, we ask for your co-operation and attention to the attached circular.

, Medical Inspector of Schools.

Place:

Date:

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