

Ans C. for Nat. Red Cross Health. Ed. File.

THE SOUTH AFRICAN RED CROSS SOCIETY



CENTRAL EXECUTIVE COMMITTEE

TELEGRAMS: "REDCROSS."

P.O. Box 8726.

TELEPHONES 33-3421/2/3/4.

President:

THE HON. JUSTICE O. D. SCHREINER.

In reply please
quote

N.H.E.

3/4

OFFICES:

HIS MAJESTY'S BUILDING.

ELOFF STREET,

JOHANNESBURG, SOUTH AFRICA.

ALL COMMUNICATIONS TO BE
ADDRESSED TO THE

GENERAL SECRETARY.

13th April, 1945.

REGD. No. W.F. 94

Mrs. N. Whyte,
C/o S.A. Institute of Race Relations,
P.O. Box 97,
JOHANNESBURG.

Dear Mrs. Whyte,

Many thanks for your letter of the 9th instant and the trouble you took in investigating the question of payment for Posters for Mr. Pemba. We have, in the meantime, informed him that we will pay £5. 0. 0. for the Poster submitted at the last Meeting.

I shall be interested to hear from you regarding the African from Orlando about whom you have heard.

Yours faithfully,

YvdB/JS

18 APR 1945

Received
For Attention
Recorded
Acknowledged
Answered

U. van der Byl
GENERAL SECRETARY.

16

THE SOUTH AFRICAN



RED CROSS SOCIETY

CENTRAL EXECUTIVE COMMITTEE

OFFICE

HIS MASTER'S BUILDING

ELDER STREET

JOHANNESBURG

GENERAL SECRETARY

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P.S. ~~Main Office is not summer~~

~~to phone in here - they~~

~~object because of books!~~



now. ✓ In. File 16.

Memorandum

27th April 1945

FROM

SOUTH AFRICAN RED CROSS SOCIETY

CENTRAL EXECUTIVE COMMITTEE

P.O. Box 8726.

JOHANNESBURG

To All Members of the Non-European
Sub-Committee.

We enclose herewith for the consideration of Members, wording for the "Nutrition Poster" prepared by Dr. Neill Macvicar,

Yours faithfully,

Yvonne Dy

GENERAL SECRETARY.

Received	30 APR 1945
For Attention	
Recorded	
Acknowledged	
Answered	

Title:-

"FOODS FOR HEALTH"

"Beans or Monkey Nuts (Ground Nuts) are good for growth, Soya Beans are best."

"Meat, Cheese, Fish, Eggs, are very good for growth. They are strong foods. Don't eat much at one time."

"Milk is the best of all foods. It makes children grow big and strong. Sweet milk, sour milk, milk Powder, Condensed milk, all are good; even separated milk is valuable."

"Green vegetables (not the white parts), tomatoes and fruits are necessary for good health. Carrots have a special value of their own."

"Potatoes, both kinds, common and sweet, maintain health. Wash but don't peel. The skin keeps in the valuable juice while cooking, Remove the thin skin when eating."

RCS X Health Ed file.

Memorandum



P.S. mhw ✓

15th May 1945.

FROM

SOUTH AFRICAN RED CROSS SOCIETY

CENTRAL EXECUTIVE COMMITTEE

P.O. BOX 8726.

JOHANNESBURG

To All Members of the Non-European

Sub-Committee.

NATIONAL HEALTH EDUCATION

We enclose herewith pamphlet prepared on "Domestic Pests", for your consideration, this pamphlet will be discussed at the next meeting.

Yours faithfully,

Enc.

pp. GENERAL SECRETARY.

17 MAY 1945

Received
For Attention *Mr. Whyte*
Recorded
Acknowledged
Answered

*wpa
h*

THE SOUTH AFRICAN RED CROSS SOCIETY.
(CENTRAL EXECUTIVE COMMITTEE)

NATIONAL COMMITTEE FOR HEALTH EDUCATION.

DOMESTIC PESTS.

By Dr. Bernard Smit.

Principal Entomologist Pretoria.

Although few people realise it, the Insect Pests of the household have caused more deaths than all the wars that have ever been fought and they have actually brought about the fall of many nations.

This they have done by the transmission of man's most deadly diseases such as Malaria and Bubonic Plague.

As a group, the Domestic Pests of man were the first known to him. Long before he knew anything about controlling them and while he still lived a primitive life in the caves of the earth he was attacked by such pests as fleas, bedbugs and house flies. Because they are so closely associated with man, Household pests have become more widely distributed than any other insects and in South Africa they are particularly dangerous because of our warm climate and our native population.

Let us examine the Red Cross Poster which accompanies this pamphlet carefully. Some of the worst domestic pests are illustrated and if we read "th writing on the wall" we see that the cockroach is the first to claim our attention.

COCKROACHES.

Cockroaches are always associated with filth and with unsanitary housing conditions. Let me say at the outset that it is very difficult to control such pests as cockroaches and bedbugs in old ramshackle houses where hiding places for these insects abound because they are specially adapted to creep into cracks and crevices.

The control of household pests goes hand in hand with slum clearance and the building of good houses is the first step in this direction.

Next comes cleanliness, particularly in connection with Cockroaches. These insects will eat almost anything in the way of food particles, breadcrumbs, bits of meat and fat which are left about the kitchens and pantries and such "dirt" enables them to breed up in enormous numbers. They like warm damp places such as are found in kitchens under the sink and they run about in cupboards and pantries where they can find plenty of food. Keep all food properly covered up and out of their reach, either in tight bins or in screw-top jars.

Cockroaches are marvellously resistant to insecticides and fly-sprays are not effective against them. Even cyanide fumigation is not very effective, partly because they are resistant to the gas and partly because they can run away so fast and escape from it. The sure method, although it may be rather slow, is the use of Sodium fluoride powder dusted into cupboards and crevices where they live. It gets onto their feet and then into their mouths and so poisons them. They will begin to disappear about a week after the dusting and will leave for good. Be careful not to get Sodium fluoride into food and keep the powder in a well labelled tin under lock and key.

THE MOSQUITO.

Next on the poster comes the Mosquito. It is the Anophiles mosquito we fear because it carries the parasite which causes Malaria fever. Many parts of the world have been made uninhabitable to man by this pest but when it is controlled Malaria disappears and people can live happy and useful lives in tropical countries. Marvelous new methods have been developed for controlling mosquitoes during recent years. First the breeding places must be found. All mosquitoes develop from larvae or "wigglers" which live in water - usually stagnant water, where vegetable matter is rotting. In many cases they develop in small puddles of water or in old tins, motor tyres, sagging gutters or even the hoof prints of domestic animals which have been filled with rainwater. Often they thrive in rain water tanks or in swamps. All small accumulations of water should be removed. Roof gutters should be sloped so that water

will run away. Swamps should be drained and tanks should be screened. Where the water cannot be removed it should be "oiled" and now in some areas Cuprus cyanide a fine powder is being dusted onto stagnant water either from planes or with dust blowers. Houses should be screened and the mosquitoes in them killed with Pyrethrum sprays. Marvellous new repellents have been developed to keep the insects from biting and the new aerosol "bomb" is a wonderful new spraying device.

Very promising results are also being obtained with a mixture of Pyrethrum and D.D.T.

THE HOUSEFLY.

Next we come to the Housefly - a carrier of Enteric fever and Infantile Paralysis as well as other serious diseases. It has filthy habits and flies back and forth between the garbage can the lavatory and the dining room table carrying disease germs. It breeds in all sorts of rotting vegetable matter but especially in stable manure. Here again we must find the breeding places and destroy them. The maggots in manure, from which the flies develop, are difficult to destroy and this is best done in towns on a large scale by the Municipality. All manure is collected and treated in specially built Baber maggot traps.

In gardens the manure should be spread and dug into the ground as quickly as possible and before the flies have time to lay their eggs on it and Vegetable matter should be well composted to heat up and so cook the maggots in it. Where flies are abundant houses should be screened, and the flies killed with sprays, flypapers and swatters. DDT will be very effective poison against houseflies when it becomes available because of its lasting properties.

Keep all food covered up as far as possible and "Swat that fly" before it gets you.

THE BEDBUG

The bedbug is a nasty pest because it lives entirely on human blood and causes painful swellings and much irritation where it bites.

This insect is far more common in South Africa than most people realize or would like to admit because it breeds almost continuously throughout the year and is carried about from house to house by our native servants. It feeds at night and hides during the daytime in cracks and dark corners in bedsteads and bedroom furniture. It can often be found behind pictures and skirting boards. It is able to live for long periods without food and because its body is so flat it is able to get into very small deep cracks where it is difficult to reach. Contact sprays are therefore not very effective against it. One of the best is a solution of Para-di-chloro benzene 1lb dissolved in one gallon of paraffin but this must wet the bugs to kill them. They are susceptible to cyanide gas and because the gas diffuses into all cracks and crevices the fumigation of infested buildings with hydrocyanic acid gas is the most effective method. In cities this fumigation must be done by a licensed fumigator. Recent experiments with D.D.T. have shown that a fine deposit of this material left after spraying on the walls of bedrooms will kill the bugs when they come out to feed at night.

HUMAN LICE.

Human lice are also blood sucking insects but unlike bedbugs they stay on their hosts and lay their eggs on his clothing or in his hair. They do not crawl away into cracks during the daytime. The great danger of lice infestation is the Typhus fever which they carry so that under favourable conditions a Typhus epidemic may carry off thousands of people. Lice and Typhus always go together and are a scourge of slum areas, war trenches and unsanitary living houses where people are crowded together and do not wash themselves or their clothing regularly. All clothing which is infested with lice or their eggs should be boiled or treated with steam.

Ironing, especially along the seams kills the eggs on clothing.

Paraffin emulsion is also useful. Where the head and body are infested the

person should wash thoroughly using a one percent solution of carbolic acid or dip with plenty of soap. Special ointments are also sometimes used. The modern method is by using a 5% D.D.T. dust mixture blown into the clothing or by treating underclothing with a solution of D.D.T. so as to impregnate it with this material.

THE TERMITE.

In the bottom row on the left we find the Termite, commonly called the white ant. This insect does not attack man himself but destroys the woodwork of his houses. In some parts of South Africa it is a most destructive pest and there are many cases on record where all the floors of a house have been destroyed in a few months. Termites live in the ground and in such cases there is usually a nest somewhere under the foundations of the house or under a cement or tiled floor; very often under the bathroom floor. In the case of termites prevention is better than cure and all houses in Natal and the Transvaal should be built in such a way as to be Termite proof. Full particulars of this can be obtained from the division of Entomology, Pretoria. Where a house is infested the only way is to destroy the nest, using the special termite pump to pump poisonous fumes into it. This kills all the insects and leaves a deposit of arsenic in the nest which makes it permanently uninhabitable by the insects.

FLEAS AND RATS

Plague is carried to man by fleas which pick up the infection from rats on which they normally live. The control of fleas is therefore bound up with the control of Rats and mice. Let us deal with these pests first. As far as possible all buildings, and particularly storerooms where food is kept should be rat proof with good hard concrete floors and solid walls. Rats can be controlled in such buildings with traps and poison baits and particularly by gassing with cyanogas calcium cyanide powder which kills the fleas as well as the rats in the rat holes. In using poisons care must be taken that the rats and mice are deprived as far as possible of their usual food and are so driven by hunger to take the baits.

The best insecticide for fleas is paraffin either used pure or as an emulsion. Floors should be scrubbed regularly and a little paraffin poured into the hot soapy water with which they are done. Domestic pets such as cats and dogs should be kept in a clean healthy condition and the whole house should be kept as clean as possible.

Do not tolerate Rats in any house. They are a menace but can easily be destroyed.

TICKS.

There is still one pest on the poster and that is the tick. This is mainly a pest of man's domestic animals but it does an enormous amount of harm in South Africa and must be controlled by dipping and washing domestic animals regularly.

There are many kinds of ticks but there is not time to deal with them separately here.

In two species the habits are very much like those of the bedbugs - that is they feed on blood at night and hide in cracks during the daytime.

These ticks are commonly called Tappans and one of them transmits Relapsing fever to man. For controlling Tappans in their daytime hiding places a blowtorch is very useful and all woodwork in infested buildings should be treated with Solignum a Carbo-linum. Especially however, for all these pests, keep the whole house clean and in a sanitary condition.

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