

WILLESDEN COUNCIL.

INFLUENZA.

WARNING.—The Person attacked by INFLUENZA who does not take precautions runs grave risks himself and is a source of danger to others.

INFLUENZA IS A SERIOUS DISEASE AND IS HIGHLY INFECTIOUS. Infection is always caught through DIRECT CONTACT with a person suffering from the disease. A very severe attack may be caught from a person who has it in a mild form. The patient is MOST INFECTIOUS AT THE BEGINNING OF THE ILLNESS.

PRECAUTIONS.—Try to Protect yourself and Others.

HOW TO AVOID ATTACK.

General Rules.

- (1) **Protect Your Health.** Remember if you protect your general health, your health will protect you.
- (2) **Cleanliness and Moderation.** Lead a clean, simple, natural life. Avoid excesses of all kinds: the immoderate drinker stands a poor chance if Pneumonia follows Influenza.
- (3) **Fresh Air and Ventilation.** Be in the open air as much as possible, and get all the fresh air you can into the living and sleeping rooms by opening the windows sufficiently.

Special Rules.

- (1) **Follow the General Rules.** When Influenza is prevalent remember the above three Rules.
- (2) **Avoid Overcrowded Places.** The risks are greatest where there are numbers of people and ventilation is poor. Keep away from crowded meetings and places of amusement. Walk rather than travel in crowded trains, trams, or 'buses.
- (3) **Avoid Infected Houses and People.** Avoid altogether or as much as possible any house where there are cases of Influenza. Keep at as great a distance as convenient when talking to anyone suffering from a cold in the head or a feverish cold.
- (4) **The Path of Infection.** Remember the infection gets into the body by the mouth and nose, and where Influenza is prevalent there is risk of breathing-in infection in most places of public resort.
- (5) **A Clean Mouth and Teeth.** At these times be careful to keep the mouth clean. See that the teeth are sound. Use the toothbrush night and morning. Wash out the mouth and gargle the throat.
- (6) **A Mouth Wash.** Warm water containing a little salt (half a teaspoonful to a tumbler) made pink with a few drops of Condy's Fluid may be used.

[P.T.O.]

HOW TO PROTECT YOURSELF IF ATTACKED.

Pneumonia, Heart Failure, and Consumption may follow Influenza.

- (1) **Isolation.** Even if the attack is mild, keep in bed until two days or so after the fever has gone. Remember the risks of complications and of spreading infection to others.
- (2) **Avoid Draughts.** The Influenza patient should be kept warm and protected from draughts. The mouth may be washed out as already described.
- (3) **The Doctor and the Nurse.** In bad cases medical advice is essential, and careful nursing may be necessary. In these cases the patient should be as completely isolated as arrangements in the home allow.
- (4) **Prevent Complications.** After the illness and fever have gone, chill and over-exertion should be avoided.

PROTECTION OF OTHERS.

The Infected Person can and must avoid Spreading Infection.

- (1) **Remain Indoors.** The proper place for a person with Influenza is indoors. He is a source of danger to others. Public places and meetings should be avoided as far as possible.
- (2) **Sneezing and Coughing.** When he sneezes or coughs the infected person discharges infection that others may breathe, especially if the material coughed up is carelessly spat out.
- (3) **Shield the Mouth.** In coughing and sneezing, the mouth and nose should be shielded with a handkerchief or otherwise. The handkerchief should afterwards be boiled, or burned if of paper.
- (4) **Destroy Expectoration.** Material coughed up should be received in a special vessel and afterwards disinfected or burned.

CONVALESCENCE.

- (1) **Relapses.** Remember that no permanent protection is acquired from an attack of Influenza, and that often there is a relapse two to four days after apparent recovery.
- (2) **Return to Work.** Cases of relapse are more likely to develop complications if the patient has already returned to work. Do not recommence work, therefore, until recovery is definitely taking place.
- (3) **Prostration.** While still feeling "seedy" pay special attention to the diet, get plenty of rest and fresh air, and more than the usual amount of sleep.

All these Rules apply equally well to a "Cold in the Head." When Influenza is prevalent any feverish cold may be Influenza, and for the sake of the Sufferer and the Public should be considered Influenza.

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January, 1933.

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JAMES J. HICKS

(Incorporated with W. F. STANLEY & Co., Ltd.)

Wholesale Manufacturer of Standard Meteorological and Scientific Instruments.

8, 9 and 10, HATTON GARDEN, LONDON, E.C.1.

THE KATA-THERMOMETER

(WET & DRY BULB)

A Comfort Meter and Evaporimeter

For measuring the efficiency of Ventilation, and Cooling and Drying Processes.

Invented by Professor Sir LEONARD HILL, F.R.S.



Full directions for use of Kata-thermometer.

Objects.—Measurement of the cooling power (or in a very warm atmosphere, of the warming power) of the atmosphere exerted on its surface, approximately body temperature (36.5° C.) in millicalories ($\frac{1}{1000}$ gramme calories) per sq. cm. per sec., and to find air velocities.

The dry kata gives the cooling power by radiation and convection: also the air velocity.

The wet kata gives the cooling power by radiation, convection and evaporation.

The high temperature kata gives the air velocity in places where the temperature is very high. (The liquid in this instrument is coloured blue.)

The high temperature kata (blue) should be used, indirectly, to measure cooling powers where temperatures much above 75° F. are found. In this way much time may be saved (see below).

To take the dry readings.

Heat the bulb in warm water (use a thermos flask) till the spirit rises into the top bulb, and the column is free from bubbles. *Never leave the instrument in hot water, for it will burst if the spirit fill the top bulb.*

Wipe the bulb dry and suspend the instrument. It may be held by the stem and well away from the body. Take the time occupied by the meniscus in falling from 100° to 95° F. A stop watch is best used.

Take three to five readings and the average of these. *Always neglect the first reading of all.*

If the temperature of the atmosphere exceeds 90° F., the dry kata cooling rate is too slow to record; the high temperature kata should then be used to obtain the air velocity, *though its cooling power must not be considered as giving a measure of comfort.* The high temperature kata cools from 130° to 125° F.

To take the wet readings.

Warm the bulb with its silk net finger-stall on. Remove excess of water from the bottom of the bulb with a cloth. Suspend and take the reading. Take three to five readings and the average of these. **NEVER USE THE HIGH TEMPERATURE (BLUE) KATA WET.**

The Factor.

The factor of each instrument is inscribed on the stem prefixed by F. Divide the factor by the average times of cooling in seconds. The result gives the cooling power in millicalories per sq. cm. per sec.

TO FIND THE COOLING POWER FROM THE CHART. A line through the factor value on the factor scale and through the time in seconds on the time scale, when produced, will give the cooling power on the middle scale, and so save the above short calculation.

To investigate fully the conditions of the atmosphere.

- Take (1) Wet and dry bulb thermometer readings.
(2) Wet and dry-bulbs kata readings.
(3) To measure the effects of radiation (hot or cold) use the EUPATHEOMETER, (see separate list).

Out of doors take the readings in the shade, at about head level and fully exposed to the movement of the air. (1) Other readings may be taken for comparison in the sun; (2) In the shade screened from wind. Indoors take readings at the head level: (1) Screened from; (2) Exposed to any sort of radiant heat; (3) At the ground level to illustrate any difference of conditions between the head and feet. The cooling power in draughts and stagnant places may be compared.

In rooms in Great Britain for sedentary workers the dry kata cooling power should not be below 6 in winter or 5 in summer and the wet kata cooling power not below 18. For heavy physical work the cooling power should be greater. Cooling powers can be increased by fan ventilation in the tropics, mines, etc., with great advantage to human efficiency, and the wet cooling should be kept as high as possible.

N.B.—The Kata-thermometer does not measure the cooling power of the air on the human body; but enables one to measure conditions which are comfortable and invigorating and so secure these in rooms.

Like the human body it is sensitive to the cooling power of wind.

Cooling powers can be increased by:—

- (1) Lowering the temperature, letting out steam and hot air from buildings, or extracting these by mechanical means, and by insulating hot pipes and machines.
- (2) Creating air movements and relieving stagnation. Opening windows, doors and skylights; making use of fans, punkahs, and blowing devices to keep in motion the air around the upper parts of the body.

Cooling powers can be reduced by reversing these procedures.

It is always important for comfort to have greater cooling powers at the head than at the feet, and the Kata-thermometer will at once show if discomfort is due to this condition being reversed.

THE KATA AS AN ANEMOMETER.

To calculate the air velocity from the dry kata reading, the accompanying chart is most convenient:—

Take a line from the middle (cooling power) line on the chart through the point on the temperature line corresponding to the Fahrenheit temperature of the air and thence on to the velocity chart on the extreme right, where the air velocity in feet per minute may be read off.

In the same simple manner the cooling power that occurs with air at any given temperature and air velocity may be determined, or the amount of air velocity needed to produce a desired cooling power in air at any temperature may be found.

A good method of reading the chart is to use a fine thread held taut, or a transparent straight-edge.

When using the high temperature kata as an anemometer, the same chart may be used if the high temperature kata scale of degrees F is made use of, that on the right hand side of the line being reserved for use with the ordinary kata.

Example:—Find the dry kata cooling power and the air velocity in a room where the temperature is 74° F., and the dry kata cools in 100 seconds. The factor of the instrument is 400.

A line cutting the two left-hand scales at the appropriate values gives a cooling power of 4. Taking another line from this cooling power through 74° on the temperature scale gives a velocity of 12 feet per minute.

To Find, Indirectly, the True Cooling Power, H, from the Reading of a High Temperature Kata.

Example 2:—In the conditions of the first example, if a high temperature kata were used, it would be found to cool in 50 seconds, assuming its factor to be 460 (see line (a) on the nomograph) thus half the time per observation would be saved. This line (a) gives a point 9.2 on the 'H' line and if then a line (b) is taken from this point through 74° on the high temperature kata scale, the same air velocity—12 ft./minute is indicated. To find the true value of the cooling power, H, as would be given by a low temperature kata: take another line (c) back through the air temperature of 74° on the low air temperature scale to the 'H' scale, where the cooling power of 4.0 will be read off. It will be noted that this agrees with the result of the first example. This transposition becomes of great value when cooling powers of 3 or below are being measured.

The following Formula was used to construct the attached nomograph, which nomograph, by reason of its restricted size, is not able to cover the full scope of the formula. With the aid of the formula velocities may be calculated up to 2,000 feet per minute with fair accuracy.

$$V = 197 \left(8 \frac{\frac{H}{\theta} - 0.15}{1.85 - \frac{H}{\theta}} \right)^{\frac{5}{4}}$$

Where

V = Air velocity in feet per minute.

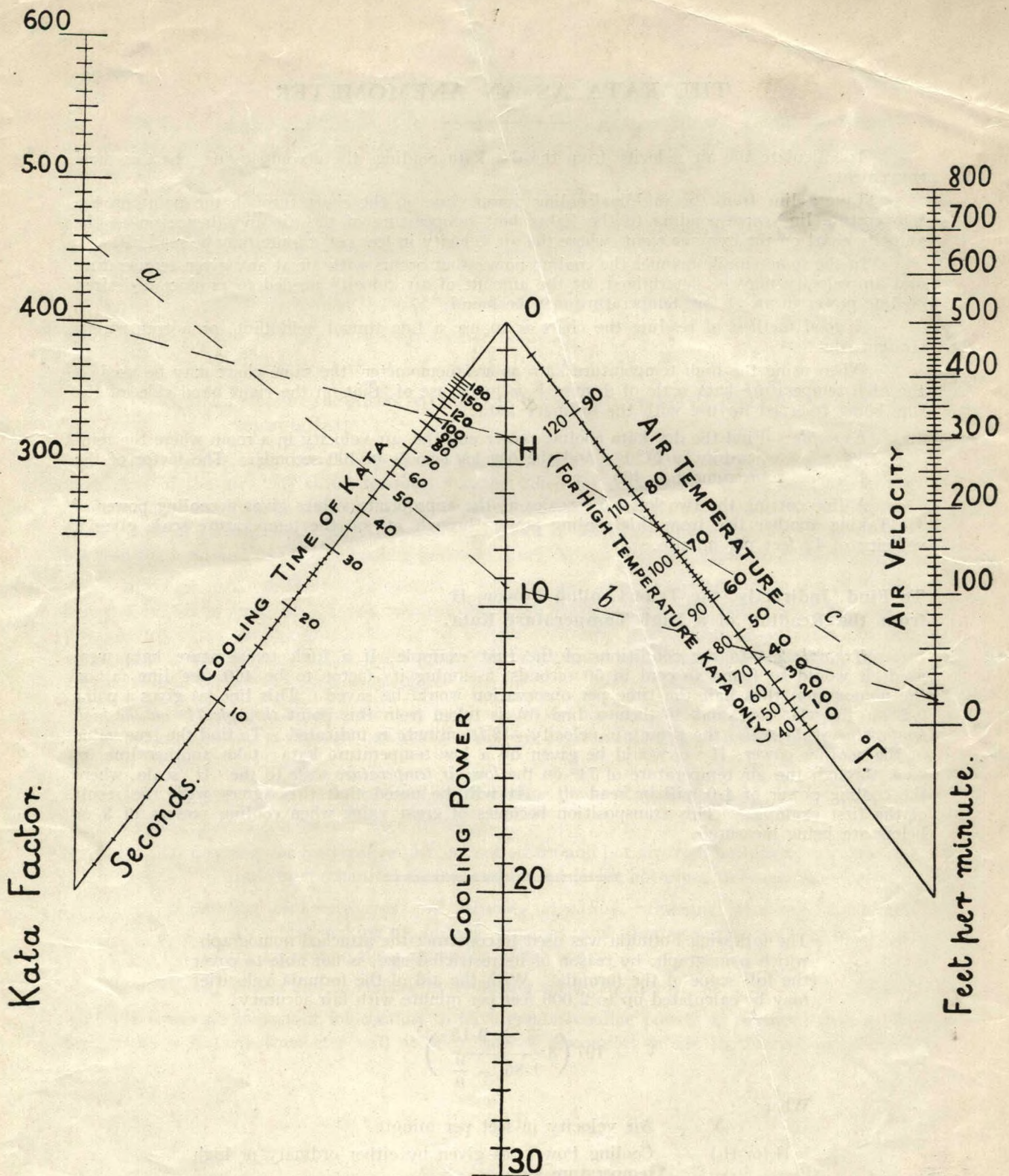
H (or H₂) = Cooling Power, as given by either ordinary or high temperature kata.

θ (or θ₂) = Difference between mean kata temperature and that of the air: or 97.5-t° F. for ordinary kata and 127.5-t° F. for high temperature kata.

To find the cooling power known air velocity and air temperature use:

$$\frac{H}{\theta} = \frac{1.2 + 1.85 \left(\frac{V}{197} \right)^{\frac{4}{5}}}{8 + \left(\frac{V}{197} \right)^{\frac{4}{5}}}$$

N.B.—This nomograph and these formulae must only be used with the dry kata. (See last reference over.)



The Kata-thermometer can now be supplied mounted on a polished wood stand with electric contacts to be used in conjunction with a recording apparatus for taking a permanent record of the cooling power on a chart.

References.

Medical Research Council Reports.

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Millesden Urban District Council.

WHOOPING COUGH.

Symptoms of Whooping Cough.

The main signs of Whooping Cough are :—

Repeated Coughing, accompanied sometimes by vomiting. This is followed by the “whoop,” and the child is left exhausted and the face is often swollen.

If any of these signs appear in any member of the family, you should *at once isolate him, send for a doctor, and pay strict attention to the following rules.*

Rules for the Prevention of the Spread of Whooping Cough.

If Whooping Cough is prevalent, a cough occurring in a child who has not had Whooping Cough, should be considered suspicious and he should be separated from the rest of the family until he is well or it is certain that he is not developing Whooping Cough.

If possible, a room should be set apart for the reception of the patient, all curtains and bed hangings having been previously removed, and no furniture should be kept in the room beyond that which is absolutely necessary.

Under no circumstances should visitors enter a room in which there is a case of infectious illness, without the permission of the Medical Attendant.

The advice of the Health Visitor must be sought with regard to clothes used during the time of illness or in any way exposed to infection.

All bed and body linen as soon as removed from the sick person, and before being taken from the room, should be soaked in a solution of disinfectant for an hour and afterwards boiled in water for fifteen minutes.

Whooping Cough is infectious in the early stages where there is a cough and before the "whoop" appears.

A special set of utensils, as cups, glasses, plates, &c., should be set apart for the exclusive use of the patient, and after use they should be thoroughly washed in boiling water.

The dress of the person attending on the patient should be of washable material, and before leaving the house the attendant must change her clothes.

A case of Whooping Cough should remain in isolation for six weeks from the onset of the "whoop."

Children in the family living together who have previously suffered should continue to attend school.

Children in the family living together who have not previously suffered should be kept away from school and other children for 21 days after the onset of the first case.

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1st January, 1929.

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Willesden Urban District Council.

MEASLES.

Measles is not the trivial disease of childhood it is still so frequently thought to be. It is serious. It kills many children every year.

Symptoms of Measles.

The main signs of measles are :—

Headache, Feverishness, Shivering, Sneezing, Runnings from the Nose and Eyes, Cough, Rash on Face, Body, Arms and Legs.

If any of these signs appear in any member of the family, you should *at once isolate him, send for a doctor, and pay strict attention to the following rules.*

Rules for the prevention of the spread of Measles.

Immediately a case is suspected to be Measles, the sick person should be separated from the rest of the family.

The first three years of life are those most prone to infection and serious complications. It is therefore particularly important that these little ones should be safeguarded.

If possible, a room should be set apart for the reception of the patient, all curtains and bed hangings having been previously removed, and no furniture should be kept in the room beyond that which is absolutely necessary.

It is important that the Sick Room should be well ventilated, good ventilation helps recovery and lessens the risk of infection.

In no circumstances should visitors enter a room in which there is a case of infectious illness, without the permission of the Medical Attendant.

The advice of the Health Visitor should be sought with regard to clothes used during the time of illness or in any way exposed to infection.

All bed and body linen as soon as removed from the sick person and before being taken from the room, should be soaked in a solution of disinfectant for an hour and afterwards boiled in water for fifteen minutes.

The runnings, if any, from the nose, throat, ears and eyes are infectious. Clean rags or cotton wool should be used to wipe them away, and be burned after use.

The patient is in an infectious state before the rash appears, on account of the running from the nose and eyes, and should be isolated from the other members of the family as soon as any symptoms appear and Measles is suspected.

A special set of utensils, as cups, glasses, plates, &c. should be set apart for the exclusive use of the patient, and after use they should be thoroughly washed in boiling water.

The dress of the person attending on the patient should be of washable material, and before leaving the house the attendant must change her clothes.

A case of Measles should remain in isolation 3 weeks.

Children in the family living together who have previously suffered should continue to attend school.

Children in the family living together who have not previously suffered should keep away from school and other children for 21 days after the onset of the first case.

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