

Rules for Bathing.

1894



1.

Every pupil must be bathed at least once each week at such times as shall be designated by the proper officers, and as much oftener as may be necessary to keep the body clean.

2.

Older pupils may assist in bathing others, and when able, should be taught to wash themselves, **BUT NEVER EXCEPT WHEN AN ATTENDANT IS PRESENT. The ATTENDANT MUST KNOW THAT THE TEMPERATURE OF THE WATER IS NEITHER TOO HOT nor TOO COLD** (about 90° F.) before any pupil is permitted to enter it. A thermometer should be used by the attendant until the sense of feeling is educated to distinguish the proper temperature. Never leave the water running into a tub while a child is in the same.

3.

There should be only about three or four inches of water in the tub during the bath, **AND IT MUST BE CHANGED FOR EACH PERSON BATHED.**

4.

Pupils should undress only as they are to get into tubs and never be permitted to stand or sit around naked, either before or after the bath. Attendants should encourage and develop modesty.

5.

The process of washing should be conducted quickly but thoroughly with a sponge and soap, and should last only about **THREE to FIVE** minutes for each child. This must be promptly followed by a brisk wiping which should leave the skin perfectly dry. Enough force should be used to make the skin present a glow, but the greatest caution must be observed not to be harsh or make the operation painful. When wiped, each pupil must be quickly dressed.

6.

EVERY PUPIL'S BODY MUST BE CAREFULLY EXAMINED BY THE ATTENDANT AND ANY BRUISE, SORE, DEFORMITY, TUMOR, OR ERUPTION, NOTED AND REPORTED TO THE MEDICAL OFFICER AT ONCE.

7.

Be careful to keep all clothing, that is to be used, dry and clean and all clothing and wet towels for the laundry must be placed in a basket and taken to the laundry or thrown into the proper chute and a list made of them as directed by the Matron or Clothing Supervisor.

8.

See that all bath-tubs are clean, water cocks closed and wet towels and clothes properly disposed of before leaving the bath-room. This applies also to employes using tubs.

9.

SPECIAL CARE must be exercised in the use of the **NEEDLE BATH** (1) to avoid frightening the child and (2) to avoid injury from using the water too hot. Remember that **BOILING HOT WATER** may follow that which is only **WARM** at first. **TURN ON THE HOT WATER FIRST AND PERMIT IT TO RUN AS LONG AS IT BECOMES WARMER** then turn on the cold water and mix them to the proper temperature. **NEVER LEAVE A CHILD ALONE IN THE NEEDLE BATH UNDER ANY CIRCUMSTANCES.**

10.

At least one hour must follow a meal before bathing.

11.

A brief shower or dash of cool water for ending the bath, applied to robust children, is valuable to prevent "taking cold," but the attendant must never apply this method without special instructions from the Superintendent or Physician.

A. C. ROGERS,
SUPERINTENDENT.