

## Pioneer Hygiene

Name: \_\_\_\_\_

Date: \_\_\_\_\_

**Don't throw the baby out with the bath water!**

Have you ever heard this saying before? Do you know where it came from? Early settlers did not take a shower once a day. They were most likely to clean up in the rain water barrel or by the nearest creek. When they did take a bath, the tub was brought in and the water heated up for the family baths. The usual process was for the oldest man of the house to take his bath first. Then the next oldest and so on. They all used the same bath water so that by the time the youngest in the house had a turn, the bath water was so cloudy that you couldn't see through it! This is where the saying "Don't throw the baby out with the bathwater!" came from.

Poor hygiene habits cause poor health. Below, cross out the poor hygiene habits in the list to show that you know what good hygiene is!

Weekly baths

Daily showers

Brush teeth

Do not wash hands after using the bathroom

Unwashed food

Vacuum the floor

Mop the floor