


LEARNING and GROWING-UP

What parent wouldn't want their children to mature, be healthy, and learn about the world that surrounds them? We want our children to understand the basics of hygiene, proper nutrition, safety when dealing with strangers, and the consequences of their actions. At the same time, every wise parent realizes that these life lessons don't just happen overnight. They have to be patiently taught to our children. The book series LEARNING AND GROWING-UP is intended help parents do a better job at just that.

Those Pesky Bacteria will introduce the elementary principles of personal hygiene to children and help them understand the dangers that come with germs and bacteria in the form of various infections. The youngest readers enjoy returning to books they like and understand. They often ask their parents to read them again and again. Thanks to well developed teaching methods, the book series LEARNING AND GROWING-UP, when read repeatedly, will help our children grasp the important principles we all want them to know, especially at the age when they learn fast.



Piotr Haraszewski

THOSE PESKY BACTERIA



Piotr Haraszewski
Those Pesky BACTERIA





This book is a gift for:

.....

From:

.....

For:

.....



*O noble health
No one will learn,
How good you taste,
Until you fail.*

Jan Kochanowski



Piotr Haraszewski

Those Pesky
BACTERIA

Illustrations by Jakub Kuźma



KEFAS

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Te okropne bakterie

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The sun shone brightly that day, but Sandy was not enjoying it at all. She wasn't feeling well.



*W*hen she returned home from school, her mother put her into bed and took her temperature right away.

“Oh, you’ve got a fever,” she said concerned. “We have to call the doctor.”





Soon the doctor arrived to their house. He had been their doctor for a long time. Sandy's mother knew he was very wise. Before he examined Sandy, he went to the bathroom and washed his hands thoroughly. Then he took his stethoscope and listened to Sandy's lungs. Next he looked at her throat and tummy. Finally he said to Sandy's mother:





*T*his is not good. Sandy has a bad bacterial infection. She will have to stay in bed and take this prescription I'm giving you. It is important that she take every single tablet and not stop, even when she feels better. If she doesn't take all of it, not all the bacteria will be destroyed. They will become resistant to the medication and possibly return in a much worse form.





*T*he worried mother hugged her daughter.

“Don’t worry, honey. When Daddy comes home from work, he will go to the drugstore and buy the medicine that the doctor prescribed. Soon you will be healthy again.”

“This is true,” the doctor agreed. “But you should know where such infections come from so you can avoid them in the future.”





*Y*ou should always remember to wash your hands when you come into the house. This is very important. It is also necessary to wash your hands before eating! There are many bacteria around us that will never harm us as long as they have no way to get into our bodies. But they may come inside through a cut in the skin or through your nose or mouth.



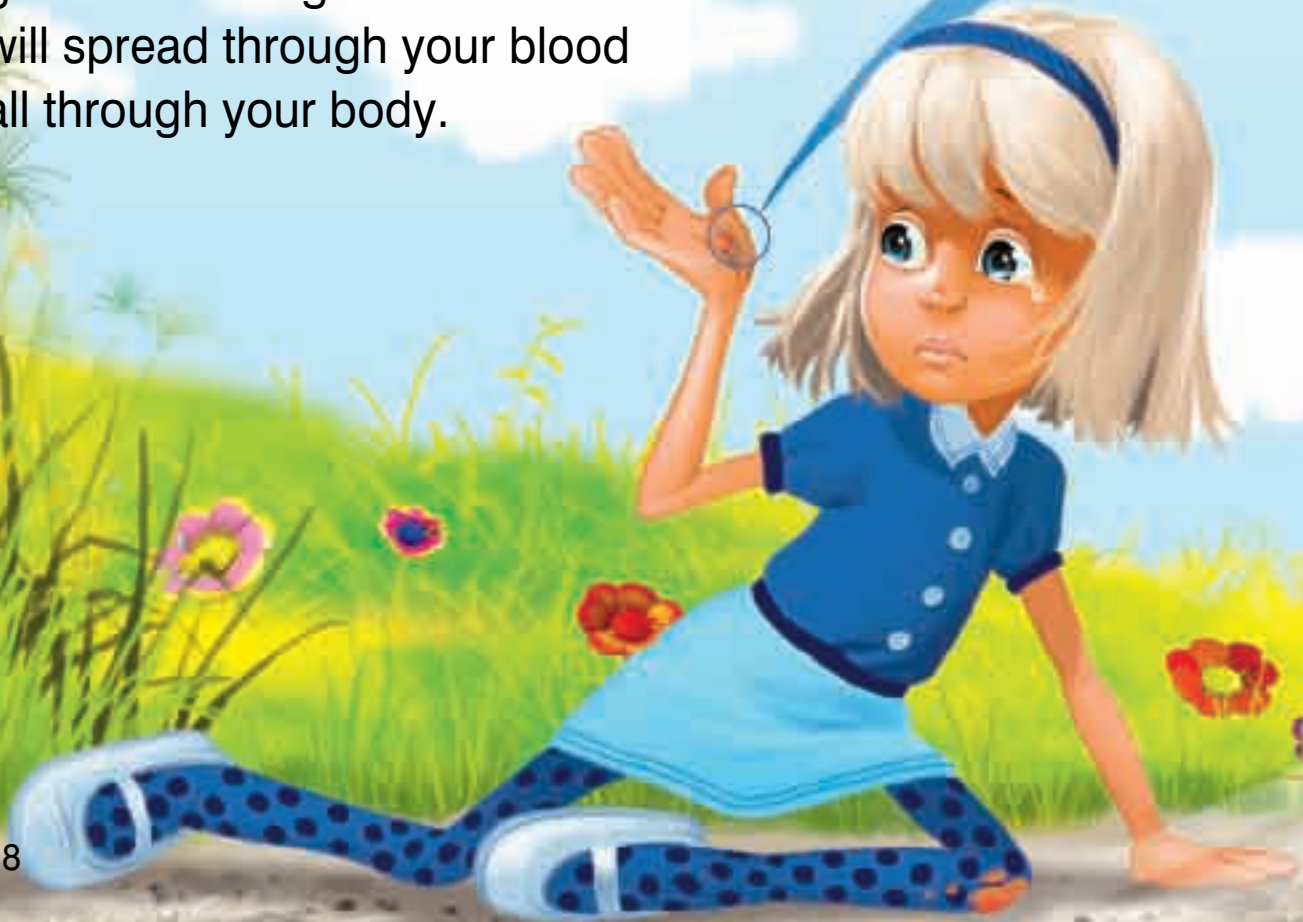


*W*ashing your hands is the best way to get rid of those pesky germs. They are very afraid of soap and water! When you wash your hands, you get rid of them very quickly. The soapy foam and water will remove them from your hands. Then when you eat, no bacteria will go from your hands to get inside your body with your food.





Cuts are another problem. Bacteria and germs may easily get into you through an open wound. So if you cut yourself or scratch your skin anywhere on your body, be sure to clean the wound quickly. First, wash it with soap and water, and then disinfect it with hydrogen peroxide or other anti-bacterial solution. If you don't do this, you leave the door wide open for the germs to get into your body. They will go inside through the smallest wound and will spread through your blood all through your body.





*A*nother way germs may get inside your body is through the air you breathe. This air is made of many little particles called molecules. The germs just love to ride happily on those molecules and get inside your lungs. From there they have just a short way to your blood and may infect your whole body.





*T*hankfully, we have our personal defenders in the blood: the white cells. They capture the bacteria in the blood and destroy them.

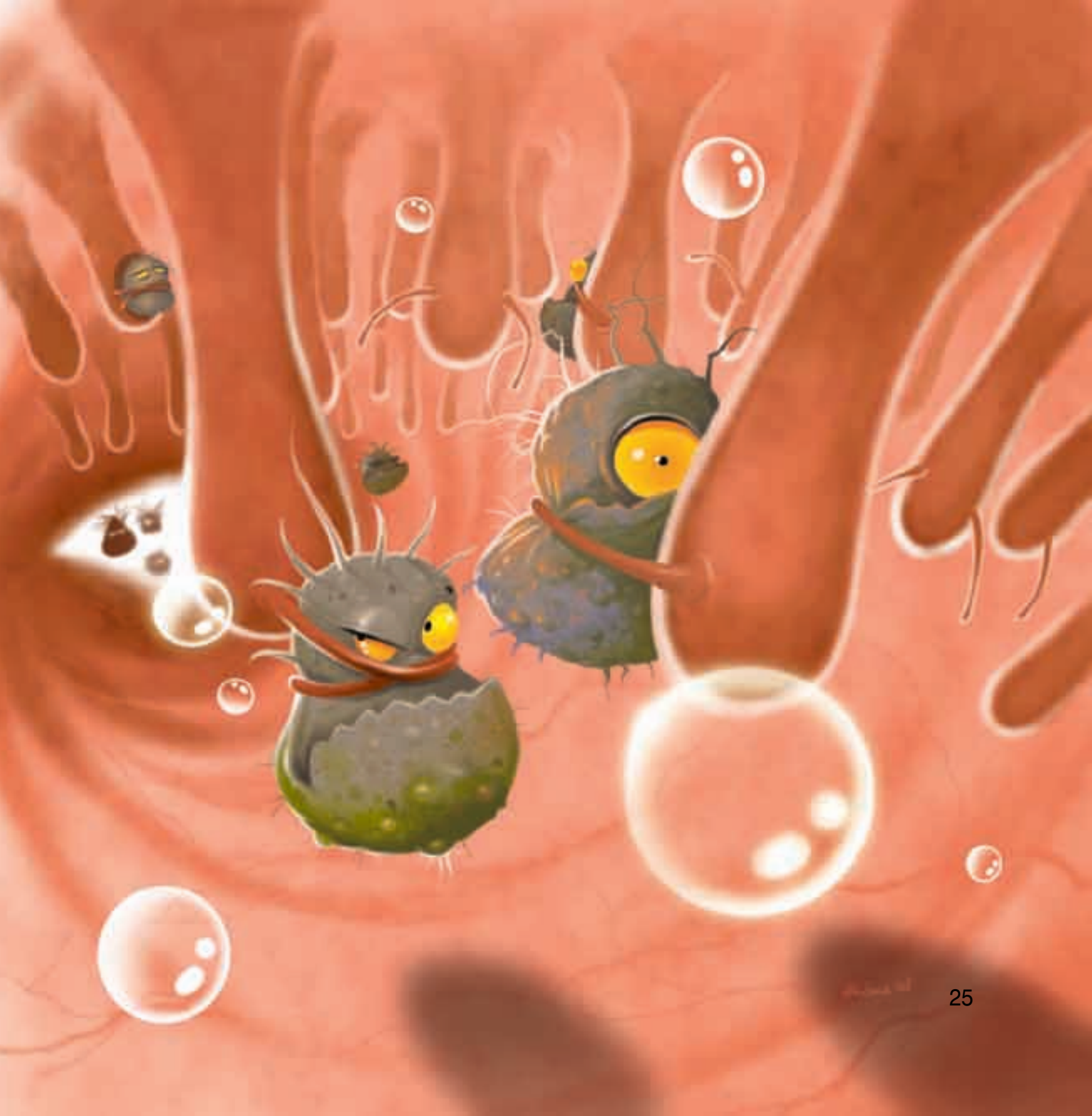




The special tiny hairs, called cilia, in our nose are great barriers against bacteria and germs. That's why they were created. Blowing your nose helps you get rid of dangerous bacteria.

In some cultures people feel ashamed to blow their nose in public. They think that it is not polite. So instead of blowing the bacteria out of their system, they keep them inside by sniffing all the time. This is a very unhealthy thing to do and often leads to serious infections.





*I*t is better to blow your nose into a disposable tissue, then throw it away, so nobody will come in contact with it. And remember to wash your hands afterwards. Besides, breathing through your nose is healthier than breathing through your mouth. There are no special cilia in your mouth to filter the air, so it is easier for germs to get into your body through the mouth than through the nose.

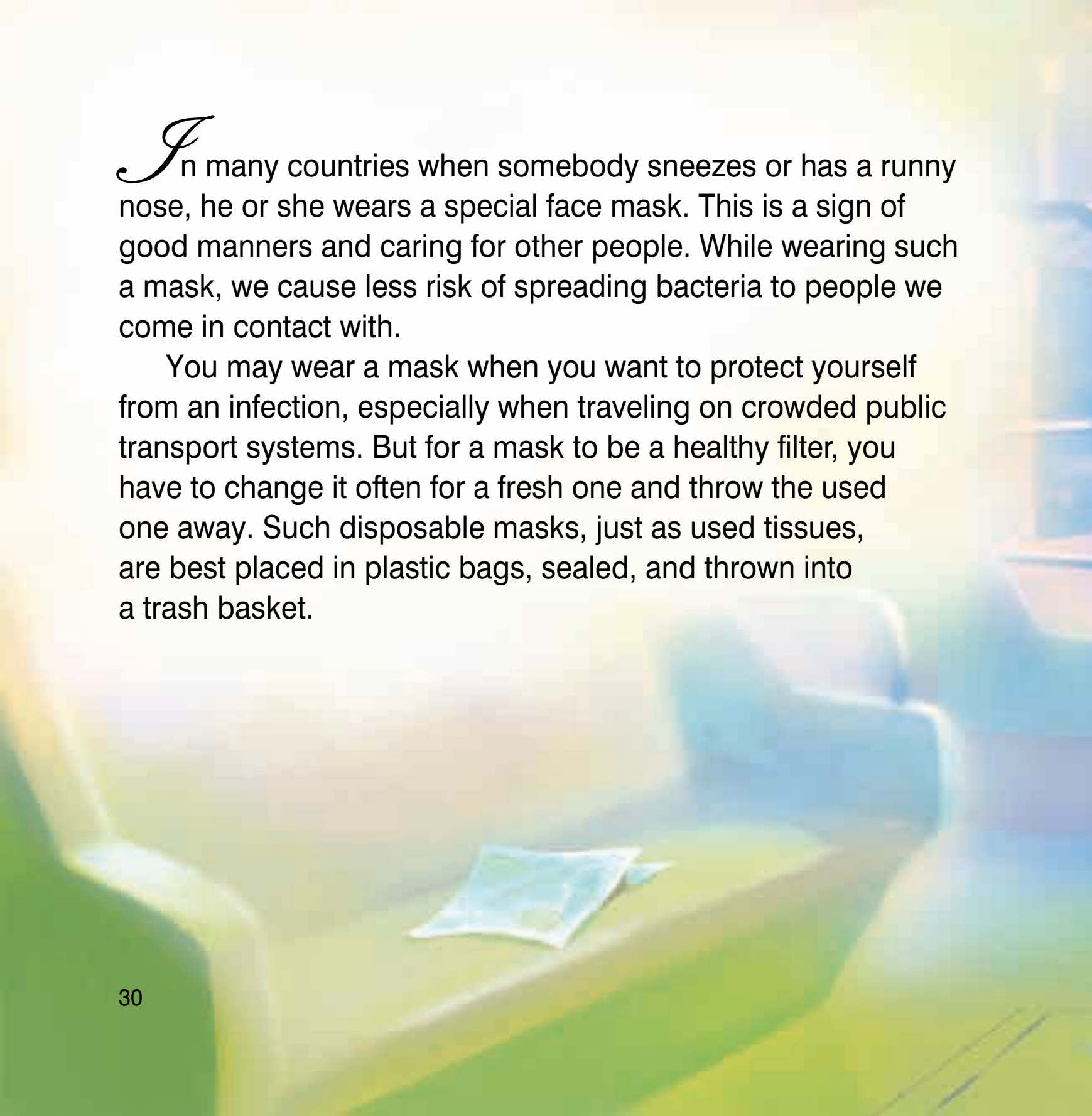




The air that passes through your nose is warmed up by a system of blood vessels, so it is warm when it reaches your lungs. This is important for your health, especially during cold winter weather. When you go outside on a cold day, you should breath mostly through your nose.








*I*n many countries when somebody sneezes or has a runny nose, he or she wears a special face mask. This is a sign of good manners and caring for other people. While wearing such a mask, we cause less risk of spreading bacteria to people we come in contact with.

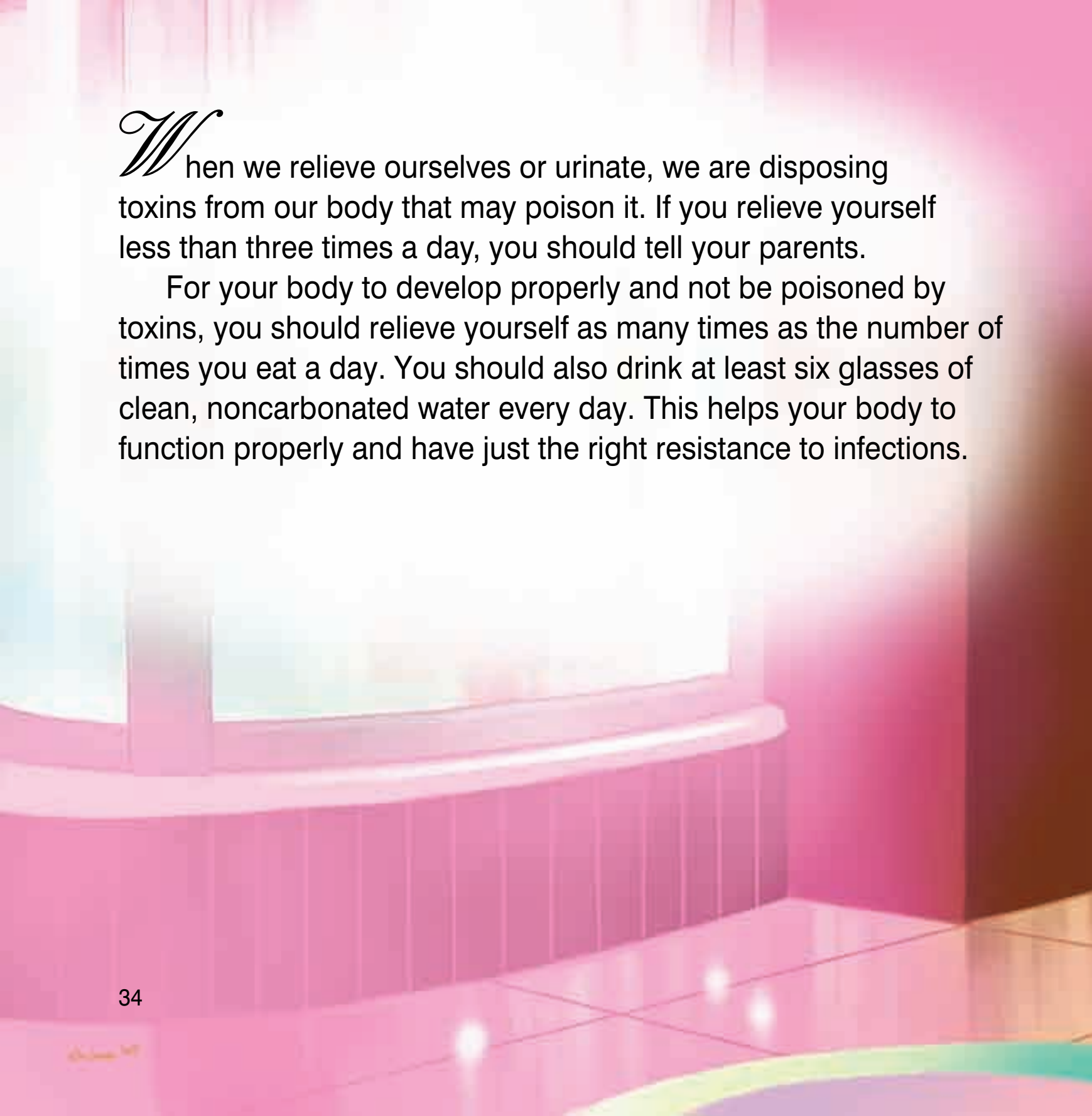
You may wear a mask when you want to protect yourself from an infection, especially when traveling on crowded public transport systems. But for a mask to be a healthy filter, you have to change it often for a fresh one and throw the used one away. Such disposable masks, just as used tissues, are best placed in plastic bags, sealed, and thrown into a trash basket.



A photograph of a bathroom. In the foreground, a white sink with a chrome faucet is visible. To the right, a dark countertop holds various toiletries, including a bottle of soap and a small container. A large mirror with a wooden frame is mounted on the wall above the counter. The walls are covered in light-colored tiles, and the floor is also tiled. A red cup is placed on the floor near the sink.

*Y*ou need to remember one more important thing, and that concerns your bathroom. It is good to know what we may do in the bathroom and what we should not do there. The bathroom is the place for personal hygiene. That's where we wash our hands most often. That's also where we dispose of our body waste. In order to keep our bodies in good health, it is essential to take care of our physiological needs regularly.





*W*hen we relieve ourselves or urinate, we are disposing toxins from our body that may poison it. If you relieve yourself less than three times a day, you should tell your parents.

For your body to develop properly and not be poisoned by toxins, you should relieve yourself as many times as the number of times you eat a day. You should also drink at least six glasses of clean, noncarbonated water every day. This helps your body to function properly and have just the right resistance to infections.

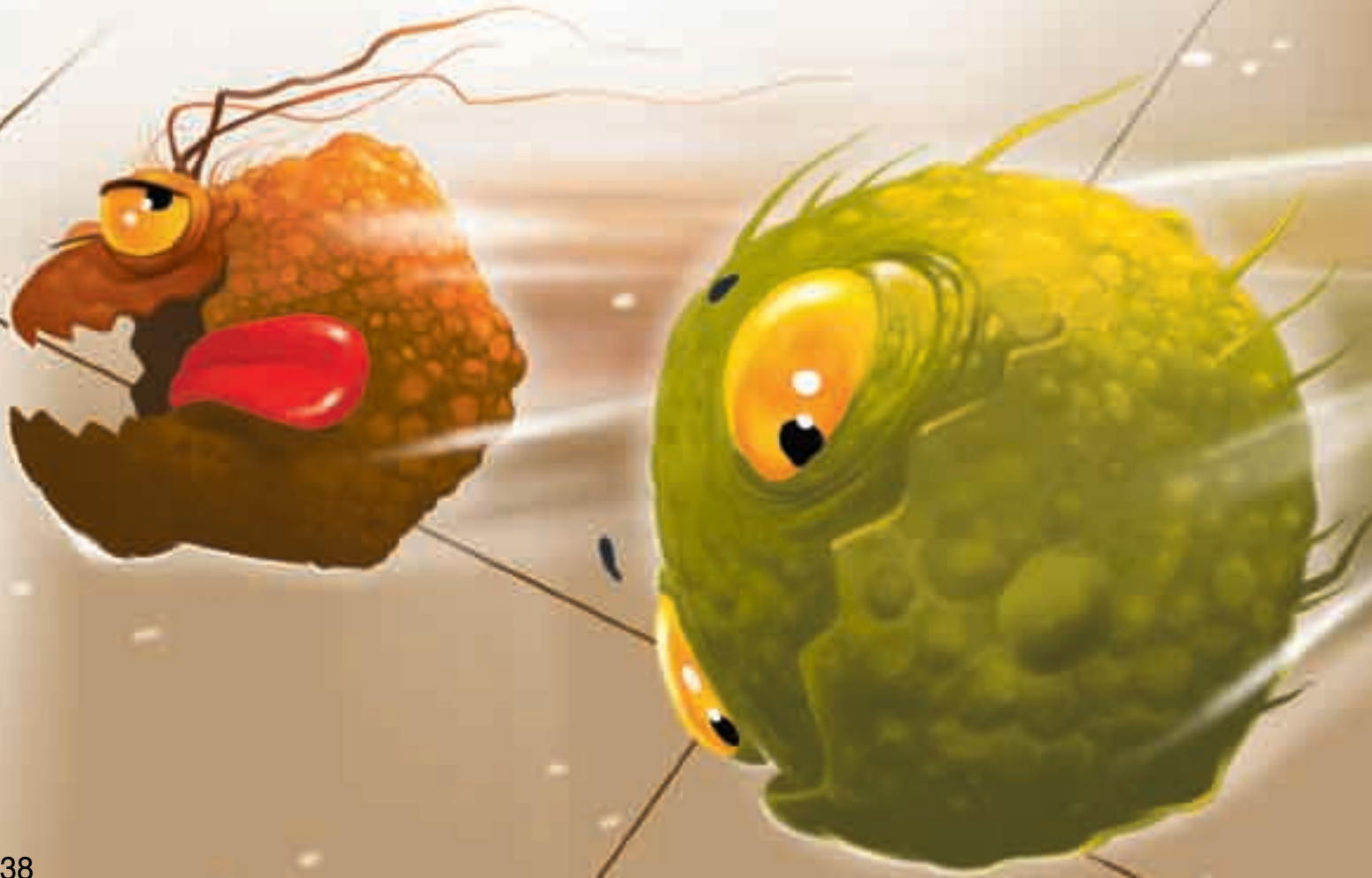


*W*hen I went to your bathroom, I noticed that the toilet seat cover was raised. This is not very hygienic. The cover was designed to protect us from infections. You flush the water after you relieve yourself of your physiological needs, and this is the right thing to do.





*I*f you don't put the toilet seat cover down, little particles of water—so little you cannot see them—are raised up from inside the toilet with germs on them. It is easy to get them inside your body with the air you breathe. Besides, they will settle on your towel and your toothbrush. So before you flush the water down, you should close the cover.





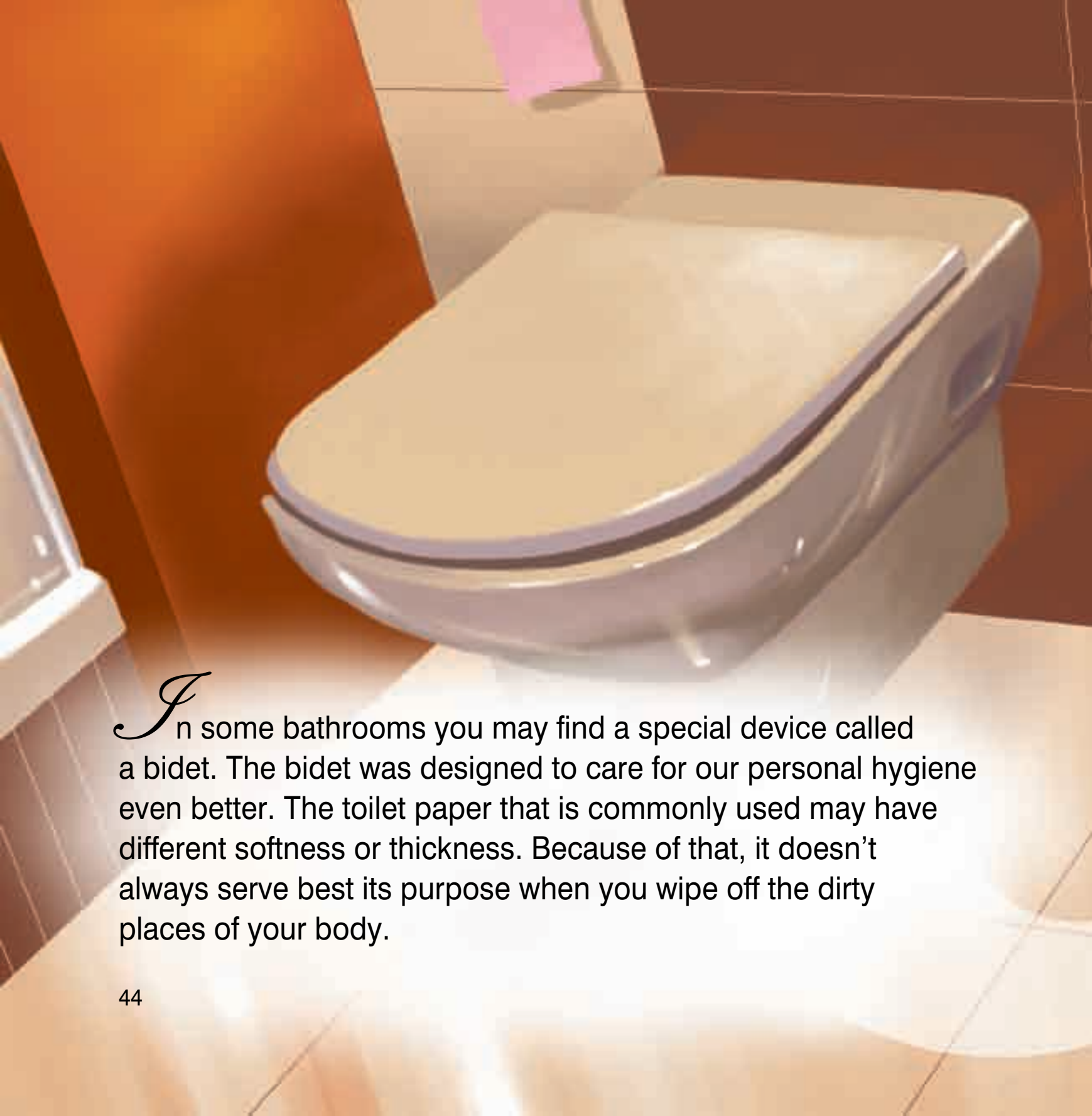
*W*hen the water is flushed down, you have to make sure the toilet is clean. That's what toilet brushes are for. They should be used only to clean the inside of the toilet and not for any other purpose.









A photograph of a white bidet toilet in a bathroom. The toilet is the central focus, with its lid closed. The background shows orange walls and a tiled floor. A pink object is visible on the wall behind the toilet.

*I*n some bathrooms you may find a special device called a bidet. The bidet was designed to care for our personal hygiene even better. The toilet paper that is commonly used may have different softness or thickness. Because of that, it doesn't always serve best its purpose when you wipe off the dirty places of your body.



*A*s I explained to you earlier, there is no better hygienic agent than soap and water. It is good to wash your intimate parts, and the bidet is designed to help you with that.

You may sit on it facing inward or outward and wash your intimate parts with water and soap, quickly and without a hassle.



*S*ome Japanese people use a special device that is a combination of the toilet and the bidet. All of these help us with our personal hygiene.

And it's very important that you develop the habit of **ALWAYS** washing your hands with soap and water before leaving the bathroom.



After finishing his talk, the doctor again washed his hands. Then he said good-bye to Sandy and her mother.

“Mommy,” Sandy said, “that doctor knows a lot! I will do my best to always do what he said. I don’t like being sick and I don’t want any germs to get inside my body. I will not let them do it!”

“Excellent,” the mother answered, hugging Sandy. “That is a very good idea. If you don’t learn to care for your health now, nobody else will do it for you when you grow up.”

