

Hygiene

The word *hygiene* derives from the name of the ancient Greek goddess of healthful living, *Hygieia*. Historical background Hygiene in the earliest sense was not connected to *Cleanliness*.

Indeed popular attitudes in Western Europe and the US held that frequent bathing was dangerous to individual health. Travellers in Europe and Beginning in the early nineteenth century, the repeated of diseases such as cholera began to alter people's understanding of personal hygiene. Many of these alternatives emphasized disease prevention through healthful living, which included diet and clothing reform, daily cold water bathing, exercise, and abstinence from coffee, tea and alcohol For reformers, living hygienically was essential, because it led to physical wellbeing. Florence Nightingale, in her efforts to reform English hospital care, provided the most personal and public hygiene with good health. Nightingale believed that unhealthy living made individuals sick. Nightingale's system for training nurses reflects this belief, and Nightingale nurses cleaned the patient and created order in the hospital.

Hygiene as a system included personal hygiene related to food, clothing, exercise and cleanliness. In US the lessons of hygienic were taught to women, but the most effective taught children in schools. (For example brush their teeth and hair, clean their clothing, wash all of their body and not just the parts, eat balanced meals, and abstain from alcohol and tobacco) students were expected to carry the lessons at home... hygiene has many aspects: personal hygiene (proper living habits, cleanliness of body and clothing, healthful diet, a balanced regimen of rest and exercise); public hygiene (supervision of water and food supply, disposal of garbage and control of air and water pollution); and mental hygiene (recognition of mental and emotional factors in healthful living).

Home and everyday life hygiene

Hygiene in home and everyday life settings plays an important part in preventing of diseases. It includes procedures used in a variety of situations such as hand hygiene, food and water hygiene, genera