

Health – Episode 2 (Garbage, cleaning the house)
Author: Hope Azeda

Learning by Ear

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Intro:

Hello and welcome to Learning by Ear's series on health. Today, Steve, Hassan, Simo and Jimmy argue with Manuel about their dirty home. Out of five boys living in a hostel without their parents so they can finish secondary school, Manuel is the only one who seems to care about leading a healthy life. But when it comes to cleaning, he's just as lazy as the others. Listen to the program to find out why keeping your house clean is crucial for staying healthy. We also have some facts and advice on how you can make sure your home provides a healthy environment for your body.

SCENE 1 *Late evening: Steve, Simo, Hassan, Manuel and Jimmy are outside their room.*

SFX: *Different sounds of crickets, once in a while there are wildcats, African music in the distance.*

Ball bounces and hits the saucepan Steve is holding, which falls on the floor.

1. Steve: Oh Simo, see what you have done? You hit my saucepan with your ball.

3. Simo: I'm sorry Steve.

4. Steve: That is not good enough! You have to clean this mess. I am not going to touch it.

5. Hassan: Come on Steve you started all this...you were the one clinging to the food as if it was some piece of diamond.

6. Steve: Hassan, will you just shut that megaphone mouth of yours and listen to the radio?!

- 7. Manuel:** Eh Steve, take it as a blessing in disguise, Simo's ball just did the right thing, only in the wrong place, isn't that so guys? So Steve...
- 8. Steve:** Don't Steve me now -- remember this is your season to clean, ***(all the boys agree in unison)***
- 9. Manuel:** Come on guys what is going on here? Are you out of your minds? Didn't we agree that the general cleaning takes place every two weeks?
- 10. Jimmy:** Be honest with yourself -- it has now been three weeks and you have been dodging your turn to clean for ages -- this is a good opportunity.
- 11. Manuel:** Thanks Jimmy for your prompt reminder. Okay, guys I will help you restart your brains again. We all know that whatever cleaning is done is done on weekends, and why for justice's sake are you asking me to clean on a weekday? Simo, can you just pick up that food and throw it away?
- 12. Simo:** Manuel, your speech is so rich, it is a forest of words and a desert of points but picking up this food would be a waste of time -- there is nowhere to throw it away.
- 13. SFX: Rats squeaking, wildcats fighting in the distance**
- 14. Hassan:** Steve, just push the food to the side...
- 15. Steve:** Actually, it is getting late -- the rats and cats are already playing hide and seek. Can't you hear them warming up with their music?
- 16. Simo:** Steve, great idea -- soon they will have a party and when the party is over the food will be gone.
- 17. SFX: Sound of a cat**
- 18. Simo:** Can't you hear? ***(Laughs loudly)*** it is party time

(all the boys laugh)

- 19. Jimmy:** Manuel won't you join the party? Come on sometimes life just needs to go in that direction...
- 20. Manuel:** Jimmy my life cannot head in that direction...
- 21. Other boys:** ***(All speak almost at once)*** Why not?
- 22. Manuel:** This is not the way I was brought up. We cannot live like pigs. This is very unhygienic. If there was a cholera outbreak, we would be the first victims to hit the charts.
- 23. Hassan:** I agree with you Manuel...
- 24. SFX:** ***An old car rattles up -- different items bang each other -- dustbins, jerricans and saucepans -- it's a rough road***
- 25. Manuel:** Goodness! Looks like the landlady has bought the whole market and loaded it all on her old pickup.
- 26. Steve:** We are now in serious trouble -- let's get inside the room before she can start demanding her money.
- 27. SFX:** ***The old pickup pulls over -- the old engine cuts -- a door opens***
- 28. Landlady:** I need your help boys. Take one of these dustbins and put it in the corner of your rooms.
- 31. Manuel:** Thanks Madam but I think we need much more than that...
- 32. Landlady:** The rest calls for your senses -- you should start with your room, mop it with soap and water at least four times a week and make sure that all the roads for your garbage lead to that dustbin!

- 33. Simo:** Madam, you forget we are students -- when will we get the time to...
- 34. Landlady:** You have to make a choice my sons -- whether you want to sleep like pigs or like learned human beings. What does it honestly cost to get a wiping cloth and clean your windows...look!
- 35. SFX:** **Hits a window with her keys.**
- 36. Landlady:** Your window has got ten kilos of dust on it.
- 37. All the boys:** (*laugh*)
- 39. Landlady:** Get serious boys! This is not my responsibility -- this is about your health. You should get different wiping cloths for your kitchen utensils, the windows, and the floor. I can set this as a rule if that's the only language you'll understand!
- 40. Hassan:** We will do our best but the list of wiping cloths you want is quite long.
- 41. Landlady:** Do you wear socks?
- 42. Steve:** Yes madam.
- 43. Landlady:** Do you have any mismatched socks?
- 44. Manuel:** Mismatched socks?
- 45. Landlady:** Yes, socks that have lost their mates?
- 46. Simo:** Oh, lots of them.
- 47. Landlady:** Great. You can use them as cleaning rags. It is easy to slip a sock over your hand and begin dusting, and since socks are not valuable without their matches you will not feel bad about throwing them away after a truly messy cleanup.

- 48. Manuel:** Great wisdom -- so guys why don't we start our hunt for matchless socks.
- 49. Landlady:** I want to hear a positive reply from all the boys and not just Manuel.
- 50. All boys:** We agree with you madam.
- 51. Landlady:** Include a cleaning plan in your school timetable, and what seems to be a pigsty ghetto will turn into a paradise state, and this also means paying your rent too! Alright I'm off...
- 52. All boys:** (mumbling -- some in agreement others in disagreement)
- 53. SFX:** **The old pickup's engine starts off**
- 54. Landlady:** (*from a distance*) I will come back to collect my money soon.
- 55. Hassan:** I have got a mismatched sock here in which I normally keep my coins -- I will take them out
- 56. SFX:** **Coins dropping from socks to hands**
- 57. Hassan:** Steve, take this sock and clean up your mess!
- 60. Steve:** I think you should sell your lips and buy some ears. I thought it was clear that all garbage goes into the dustbin.
- 61. Manuel:** Hassan give me that sock and I will slip in my hand -- want to try dusting the window with it?
- 62. Simo:** Good boy.
- 63. Manuel:** (*sneezes loudly*) Damn, this window is totally coated with a blanket of dust (*sneezes*)
- 64. Manuel:** Guys, we must make a cleaning timetable.

- 65. Simo:** Come on Manuel! Timetables are boring and so is cleaning. How can you put the two together? Let's be creative here and make cleaning fun.
- 66. Manuel:** Okay Simo, give us some ideas!
- 67. Steve:** I have an idea guys,
- 68. All boys:** Alright Steve bring it on!
- 69. Steve:** Let's have a cleaning competition.
- 70. Manuel:** Good gracious Steve -- how?
- 71. Steve:** We can turn chore time into a game, having a cleaning or picking up stuff competition. Whoever cleans the most is the winner. And we can always start by saying: "on your marks get set clean"!
- 72. Simo:** Great Steve how about we just pretend we are preparing for our girlfriends' visit?
- 73. Jimmy:** Which girlfriends are you talking about Simo? You forget we were dumped because of our stinking ghetto.
- 74. Simo:** Come on Jimmy are we not brainstorming on how to make cleaning fun? Before you discard my idea suggest one of your own!
- 75. Jimmy:** Okay, how about if we treated ourselves to a good meal after a good clean?
- 76. Steve:** (*shouting*) Yeah...excellent idea Jimmy let's hear from Hassan before Manuel's sermon.
- 77. Manuel:** No, Steve my sermon first. Everything you have said is great -- let's put all the ideas together and just...
- 78. Hassan:** Manuel wait ...music is a great motivator and will make the time go by more quickly, so we should only start cleaning when we have lively and upbeat music.

- 79. Manuel:** Oh come on Hassan...the landlord will be mad.
- 80. Jimmy:** Manuel, forget the landlord...you have started your trick of dodging action again. Hassan switch on the radio!
- 81. SFX:** **Switching on of radio lively music starts**
- 82. Steve:** On your marks guys get set clean!
- 83. SFX:** **Loud music and general cleaning sounds.**

Music fade out

(2 Speakers/ one for headers and one for the rest)

Did you know?

Food is delicious and humans need to eat to survive. But sometimes food can cause illness too, especially if it goes bad. If you have food left over put it in a fridge if possible. You should always heat the food up so it is piping hot. You should never leave it too long before eating leftovers. If food has gone bad, you should always throw it away. Otherwise, it will attract flies and rats. Never leave food on the table or the floor to rot. Try to clean up traces of food immediately. Keep your household as clean as possible so contaminating bacteria do not feel welcome.

It's garbage

Never keep garbage in the house for very long -- dispose of it properly. If garbage festers it will attract vermin, which spread disease. You shouldn't leave garbage on roadsides, on the beach or in rivers because this just spreads more disease. It is crucial to wash hands with soap after handling garbage.

The diseases

Dysentery and cholera are spread by flies, which are attracted to the stench of garbage. Ingesting contaminated food or water can cause these two diseases. When you have dysentery, the lining of the large intestines gets inflamed. You get stomach pains and diarrhea. You might also vomit and

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get a fever. People with dysentery lose important salts and fluid. The symptoms of cholera are copious, painless, watery diarrhea and sometimes vomiting. The body can get severely dehydrated, leading to death if there is not immediate treatment. There are often outbreaks of dysentery and cholera in developing countries with little access to safe drinking water and adequate sanitation. Antibiotics can treat both diseases.

Raising awareness

Health campaigners have called on governments to do more to make people aware of the dangers of not disposing of garbage correctly and to provide better waste disposal facilities. They argue that there could be epidemics of disease if governments don't tackle the problems of garbage and waste disposal immediately.

Outro:

And that's all for today's Learning by Ear series on health written by Hope Azeda. Thanks for listening to us. And remember if you want to hear today's program again or any other one, or tell your friends about it, please visit our website on www.dw-world.de/lbe. Good bye.