

Learning by Ear

Health Episode 4 – Personal Hygiene

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Intro:

Hello and welcome to Learning by Ear's series on health. Today, you'll hear about how the search for a pair of socks starts a huge discussion about personal hygiene among the five boys at Mandela Hostel. Manuel, Steve, Jimmy, Simo and Hassan have come to the city to do their A-levels as there aren't any secondary schools in their home villages. That's why they're living in a hostel. And as you are about to hear -- life without parents can be a bit dirty when it comes to doing the laundry and taking baths. At the end, we'll also give you some information on how to look after your health by making sure you take care of personal hygiene.

Scene One

Hassan, Manuel, Steve, Jimmy and Simo in the morning at Mandela Hostel

SFX: **Brushing shoes. The boys are getting ready for school, they turn the household inside out.**

1.Hassan: I will not take a bath today, the bathroom's packed. Guys, who has taken my socks?

2.Manuel: Hey Hassan! Don't let your socks become an issue in our lives -- let me finish brushing my shoes! We have enough to carry on our shoulders.

3.Hassan: Oh really? Manuel, I'm not surprised at you...

4.Manuel: Don't start now!

5.Hassan: Why? Are you feeling guilty?

- 6.Steve :** Are you guys bored?
- 7.Manuel:** Steve, this is something serious, Hassan is accusing me of stealing his socks.
- 8.Hassan:** Don't put words into my mouth Manuel! But you did trigger all this so you should bring my socks.
- 9.Manuel:** Get lost! I don't have your socks. Why are you on my case today?
- 10.Hassan:** Enough is enough Manuel. We are tired of your preaching to us about health matters, when you can hardly wash your socks or even take a bath.
- 11.Jimmy:** Preach it brother...
- 12.Hassan:** Thanks Jimmy...honestly speaking Manuel when was the last time you took a bath? Tell us...last week? Last month?
- 13.Manuel:** What does that have to do with socks?
- 14.Hassan:** Okay, okay I will switch back to socks, when was the last time you put on a clean pair of socks?...
- 15.Manuel:** (*mimicking*) Last week?...Last month? Now stop this nonsense Hassan.
- 16.Hassan:** Honestly speaking Manuel, the stench of your rotten socks is becoming unbearable -- it's so toxic, if you threw your socks into the garbage, all the creeping creatures would die on the spot.
- (Laughter from the rest of the boys)**
- 17.Hassan:** Rats inclusive.

- 18.Manuel:** So you guys have decided to gang up against me? Hassan, if you dare spit any more poison, we will flex muscles.
- 21.Steve:** Hassan, just leave Manuel alone.
- 22.Simo:** Thanks Steve.
- 23.Hassan:** And you two, while we are on the topic, your pants are also becoming unbearable.
- 24.Simo:** Hassan, you sound like a sweet angel. When I go back home to pick up my remaining school fees, I will get you a pair of wings so you can fly to a world without stinking socks.
- 26.Hassan:** Bring Manuel some new underwear too. But I don't understand how you can wear underwear for a month without washing it -- until it starts hanging from a thread.
- 27.Jimmy:** *(laughing)* You guys are magic, you start the term with underwear that fits and after two months of neglecting it, it diminishes to a G-string.
- 28.Hassan:** Jimmy this is not a laughing matter, can you imagine how many lice live with Steve and Simo? Where do you get the courage to talk to girls?
- 29.Steve:** Don't even open that chapter, girls can never be attracted to boys who take too much care of socks or other details like underwear, they care for themselves 100%
- 30.Hassan:** Ah Steve wait till you become a centre of attraction for flies -- your girls will be jealous and make a permanent exit.
- 31.Manuel:** Steve...guys...I can't stand this... I'm off to school, but I'll exit through the window. I don't feel like discussing the rent-matter with the landlady again...
- SFX:** *steps on to a metallic trunk to climb out of the window*

32.Hassan: Where do you think you are going with my socks, Manuel?

33.Manuel: Stop pulling my leg Hassan -- I might fall.

34.Hassan: Bring my socks to me! Look guys aren't those my socks? If I hadn't seen under your trousers when you climbed out of the window I would never have noticed my socks.

35.Manuel: Stop it Hassan *(there is laughter in the room)* you will make me fall...

SFX: *(Bang! Manuel falls on the trunk and his hand slaps Jimmy's head)*

36.Jimmy: *(groans in pain)* auuchi Manuel...you hurt my head...

37.Manuel: It was Hassan,

38.Hassan: It was you Manuel.

39.Jimmy: If you don't stop this noise, the landlady will launch another attack on us...Hassan, here you can borrow my socks, I have only put them on three times.

40.Hassan: Okay I will stop, but I think it's high time we paid attention to our bodies. Otherwise we will become a haven for ringworms, lice, you name it -- all sorts of parasites.

41.Manuel: Hey, let's put our money together and buy some soap and do the laundry.

42.Hassan: Before buying soap we have to sell our laziness!

43.Simo: Manuel and Hassan please stop all this! You know I'm going home to pick up my remaining school fees, I will make sure I bring back soap with me.

Scene Two

Simo and mum at home in village

44.SFX: It is evening, sound of pounding groundnuts, once in a while a goat is heard, some chickens fight...

45.Simo's Mum: Oh Simo what happened? I was expecting you yesterday.

46.Simo: I had a basketball game so I cancelled my trip and went to the match.

47.Simo's mum: That is strange you know. Does tha mean this year, you play games instead of sitting exams?

48.SFX: Stops pounding.

49.Simo: Not really but ...you can't understand, mum, but sport is also really important at school.

50.Simo's mum: (*Laughs*) Sit down

51.SFX: Cracking old wooden chair

52.Simo's mum: So now you're going to start telling me about things I don't understand. Here, have some nuts and eat!

53.SFX: Eating nuts -- a soft slap is heard

54.Simo's mum: (*Laughing*) I will slap your hand again if you eat without washing your hands first -- get a piece of soap on that stone...there is also water in that calabash, use some to wash your hands.

55.SFX: Water pouring from calabash and washing hands

59.Simo's mum: Eh? Simo what is that insect walking on your shirt?

60.Simo: (*Chewing nuts*) what insect?

61.Simo's mum: Goodness, it's a louse...Simo, do you sleep in a bush?

62.Simo: No, why?

63.Simo's mum: Looks like you have not been taking care of yourself. Look at the color of your school uniform, isn't it supposed to be white instead of brown? Goodness look ...more lice in your hair, let me check your neck...good gracious...Simo?

64.Simo: Mum, I have hardly sat down and you are already accusing me of...

65.Simo's mum: (*angry*) Just shut up Simo, look at your neck -- the ringworms have now written the map of the world on it and your nails look like those of your father's old chicken...this I can't stand.

66.Simo: Mum, please don't embarrass me...our neighbors will...

67.Simo's mum: You are the one embarrassing me -- all the village people here know that my son attends school in the city. If they came here now they would mistake you for your father's sick goat!

68.SFX: Domestic animal sounds goats, pigs...

69.Simo's Mum: Now bring those nuts, and then go and take a decent bath and change your clothes. And you know what? You obviously can't take care of yourself -- I will not give you the school fees. You will stay and dig in my garden.

70.Simo: Mum, please listen to me...

71.Simo's mum: What? Did I not give you any soap to take to the city?

72.Simo: Mum, you did but it was just not enough, if you give me enough soap I promise I will wash my clothes regularly.

73.Simo's mum: Not only your clothes -- your body too.

74.Simo: Everything from head to toes.

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75.Simo's mum: If next time you don't look like proper city schoolboy, I'll really keep you here to dig the garden. You had better stick to that promise!

77.SFX: *Begins to chew his nuts*

78.Simo: Ah mum that was a hot welcome!

79.Simo's mum: *(laughs)* You clearly need a hot bath instead AND a hot welcome.

End Episode 4

Music

(2 Speakers/One for Headers, one for the rest)

Did you know?

Personal hygiene means doing everything to be healthy and clean. If a body is clean it won't attract parasites.

Parasites

A parasite is an organism that lives in or on another organism, which is called a host, and usually causes it harm. A parasite is generally smaller than the host and of a different species. Parasites are dependent on the host for some or all of their nourishment. Body lice are a type of parasite, which are attracted to unwashed or infested people, as well as their clothes and bedding. The lice lay eggs in the seams of material and sometimes they attach themselves to body hair. Body lice can also transmit disease.

The diseases

Body lice have triggered deadly epidemics of typhus and relapsing fever. Such epidemics might for example occur after a natural disaster. They are most likely if people live in unsanitary and crowded conditions. If you have body lice, your body will get an allergic reaction. You might get rashes and you will itch like mad! Try not to scratch as this can cause sores, which can get infected. Wash yourself and your clothes and bed-sheets thoroughly.

Prevention

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Body lice are spread through direct contact with somebody who has body lice, or indirectly through shared clothes, bed linen or towels. If you wash regularly, you have the best chances of avoiding lice and other parasites. Take a regular bath or a shower and use soap. Wash clothes and bed sheets frequently. Hands should always be washed after urinating or defecating. They should also be washed between contact with animals and eating.

Outro

And that's all for today's Learning by Ear series on health written by Hope Azeda. Remember you can stay in good health just by making a small effort. Thanks for listening to us. And 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.