Abstract
This paper examined air and environmental pollution, prevention measures in secondary boarding schools in Nigeria. It spelt out air and environmental pollutants which were found to be human activities and are detrimental to human health resulting in deadly diseases. However, measures to control and eliminate possible ones were suggested and recommended but emphases on human activities that can bring about positive health habit, and health behavioural change in the entire school community, through intensive health education and informations.

Introduction:
Students in the Schools with boarding facilities spend and enjoy their lives in the school environment which is made up of the hostel, dining halls and the classrooms. They are in other words confined to the school environment except at the end of each term and mid-term breaks when they are on holiday.

It is therefore a thing of concern to the students, teachers and school management to study the school environment and have a good knowledge of free or polluted air and environment and preventive measures of disease to give parents confident of their children stay at school. Educating students in the area of health behavior and life skills, is important because through the teaching methods, there are reflection of these skills in their active participation in healthful activities which bring about development of positive health habits. The school is a learning environment and (Emuji and Okoi 2007) referred to any factor or condition that affect the learner or learning process in this view are a sort of distraction on the student future achievement in life.

The frequency in hospitalization of students in the boarding schools and the rate with which student are sent home for one ill-health or the other is a move for this work it is also expected that students ill-health should be properly handled at the school health centers as student equally pay for medical health care. Management of the school environment does not end up with reading and writing, but acceptable environment and free air is essential, as generally accepted among educators, that human comfort is necessary for effective teaching and learning.
The focus of this paper therefore is to look into the part the school management play when there are common ill-health such as air borne diseases, and environmental health problems among student in their custody.

Air:

This is the most vital resource needed to sustain life in the biosphere. Nwajei (2004) advance that if man is deprived of it, he can not survive for more than a few minutes. Pollution occurs when materials accumulate where they are unwanted, and when the atmosphere is polluted, it becomes unhealthy. Faith and Atkinson (1972) in Ogundele (2004) defines air pollution as the presence of one or more contaminants such as moisture, odour, smoke, dust, fumes, gas in quantities and of duration that can be injurious to man, plant, animal or property while Agree (2004) in the same vein opined that air pollution is anything which either by purpose or act of nature goes into the atmosphere and reduces its oxygen content.

One of the serious environmental problems in our boarding schools today is inability to educate students on management of solid waste. Ogundete (1986) referred to environmental pollution as the abandonment of solid waste from human habitation, such things that are considered useless by the user and therefore discarded. These could be material that has been used and no more serviceable or raw materials left-over from some other utilitarian pursuit.

The above problem is a growing issue in Nigeria today especially boarding secondary schools that has caused environmental pollution which exist in form of municipal garbage, industrial and commercial waste, sewage sludge, waste of agricultural and animal husbandry, demolition waste, water flowing from spoil pipe or tap, The school environment is sure to be unhealthy with the presence of such materials having the potential of disease infection.

Disease:

On the other hand, disease means not at ease, more formally it is any deviation from the normal, situation in mind and body. Ademuwagum (1996) sees it as the disturbance of an organ as well as breaking of bones and other injuries. Achalu (1998) sees diseases as the antithesis of health. Disease seems not to be welcomed by man but it can be invited through our activities and failure of good health habits thus Gibson (1976) enumerated diseases that affect man when air and the environment is contaminated, diseases such as Tuberculosis whooping cough, common cold, respiratory diseases, cerebral meningitis and small pox. Moronkola (1998) also highlighted, the experiment carried out on cigarette smoke has been found poisonous and causes coronary cancer of the lung, which is as well dangerous when emitted into the air for others to inhale. Owojaiye (2001) pointed at some of the effects as causative factor of sore throat, asthma and pneumonia related diseases, while waste
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Money (1997) pointed at pneumoconiosis diseases of the lung resulting from the inhalation of silica dust by workers in glass industry while nail injuries result in tetanus. Most inhalants result in alteration of the mind. Otinwa and Moronkola (1999) gave detailed effect as causing nausea, cough, nose bleeding, fatigue, lack of coordination, loss of appetite and unusual sneezing and that when inhaled in larger quantity, leads to disorientation, violent behaviour, unconsciousness and death.

Diseases that are most rampant among students are measles, chicken pox, malaria, typhoid, skin rashes and are communicable, they are however most causes of morbidity and mortality today.

Lederberg (1996) and Tanxe (1997) exerted that refuse and debris left in conspicuous places emit offensive odour and hiding pests and rodents, he further stress on post traumatic stress experienced by students such fear, anxiety and violence resulting from cultist activities / attacks on students after classroom reading at night, sometimes in the classroom or on their way to the hostels especially on female students.

Preventive Measure

It is a common knowledge that habits and misconceptions acquired by people when they are young tend to stick to them for long period later in life. Therefore there are no better places than the secondary schools for the children to acquire good habits of environmental health. Out of ignorance, many students do not know about good health and all it takes let alone know how to acquire it except the curriculum and teachers have emphasis on it. This is where the school health programme comes in, which undoubtedly provides all the health learning experiences that positively influences the knowledge, attitude and subsequent practices of individual on health mailers.

The paper will therefore look into the following and suggest better way on how the boarding secondary school students, staff and the school management can be free from being victims of air and environmental hazards:

1) Adequate sanitary waste disposal (both liquid and solid waste)
2) Building
3) Workshop and health seminar for students
4) Good lighting and ventilation
5) Health Education staff
6) School health centre
7) Accepted health habit and behaviour
8) Adequate water supply

In many schools, facilities for sanitary wastes disposal like simple toilets, dust bins and simple incinerators are not provided. Students then resorts to the insanitary and primitive method of using surrounding bushes as toilets. The boarding schools should ensure adequate provision so as not to create room for the student to indulge in these unsafe acts that can be dangerous to their health. Ademunvagun and Oduntan (1986) opined that students in boarding school without
sanitary facilities litter the school premises with waste pieces of paper, leaves and other refuse items.

1) Adequate water supply:
   The school tap should flow regularly in the hostels, toilets, bathrooms, school kitchen and the school clinics because these areas cannot function properly without water. Where it fails, alternative of well water be provided.

2) Health Education Staff:
   Capable Health Personnel and knowledgeable health teachers should be employed into boarding school and should be given the responsibility of managing the hostels and should be allowed to teach their course and area of specialisation.

3) Workshop and Health Seminar:
   This group of qualified teachers should invite resource persons to speak to students on the danger of fire, good environmental sanitation, different methods of waste and sewage disposal, evil in smoking, drug addiction and many other relevant topics that will benefit the students and the entire school.

4) Building:
   The classrooms and hostels must be adequate in area, well ventilated and lighting. Ogbe (2004) highlighted preventive measures such as good lighting, laying emphasis on employing experts to get electrical appliances well fitted to avoid errors and possible electrical burns and the need to address, students on a regular basis on the need for safer use of electrical appliances. Ademunwagu and Oduntan (1986) supported the ideal classroom environment, conducive for learning, free from excessive noise, attractive and that dangerous and dilapidated buildings should be removed completely to avoid student using them as hiding places for smoking and other evil activities. All broken desk, tables should be repaired or converted to other useful materials.

5) Weekly Inspection:
   Weekly inspection of hostels should be carried out by the staff incharge to encourage good personal hygiene, by these, the beds will be arranged regularly to allow free and good space for easy movement and avoid overcrowding. School cooks must be medically examined and food cooked must be honestly inspected by the staff in charge of the meal with the dinning hall prefect.

6) School Health Centre:
   Boarding school health centres should be situated in a convenient position where the activities of nurses, doctors and patients will not interfere with academics, hostel and other activities that may not encourage students. This should be as neat as possible, the surroundings should be free from vector like mosquitoes, flies, rats by clearing the bush around it. Nets to prevent mosquitoes and insects should be provided in the doors and windows. It is very important that all kind of waste from the Health Centre should be well disposed off, using the landfill and burning method
for the syringes, cotton wools and empty bottles.

7) School Security and Cleaners:
   In many boarding schools where the facilities for these offices are provided, these people incharge take little or no interest in maintaining the hostels. Most security men are in collaboration with rapist and sometimes allow indiscriminate movement of students out of the hostel without permission because students offer them money. Cleaners abandoned (he work of toilet flushing when there is failure / or inadequate supply of pipe borne water, despite the fact that an alternative such as well is provided. Izevbigie 2004 states that the highest security outfit provided by the boarding schools, is a fence and iron gate.

8) Accepted Health Habit and Behaviour:
   Most students and staff with very poor health behavioural background influence others especially in the boarding schools. Izevbigie (2004) emphasized misconduct as behaviours that lack diligence, criminal and non-criminal acts that are disgraceful in nature, serious offences, all acts of unethical, moral, dishonest or destructive behaviour as well as violation of boarding regulation terminates most students career and detrimental to their health. Such students should be invited specially for spiritual counsel to allow peace reign in the school.

Recommendations:
Most boarding secondary school today are not functioning properly because of lack of subvention from the government. They are left into the hands of few selected and interested staff who in one way or the other try to manage the boarding system with very minimal finance, which causes the removal of some students to private secondary schools.
(i) The situation should be improved to reduce and minimize the frequency in hospitalization of students. School health competition should be organized that will enhance the standard of personal - health among the students.
(ii) Films and dramas on importance of healthful environment should be organized for the students and staff.
(iii) The seriousness and negative effects of Air and Environmental pollution, should be reemphasis weekly, monthly and yearly as the case may be.
(iv) W. A. I. War Against Indiscipline with regards to environmental health introduced by Buhari / Idiagbor regime should be reemphas in boarding secondary schools, (v) Pit lalrinc should be discouraged inschools.
(vi) Boarding school health centres should be well equipped to take care of minor ill-health to avoid sending students home.
Conclusion:
Air and Environmental Pollution is a global issue in the boarding secondary school today despite the fact that students pay and are charged exorbitantly but provides neither the needed health facilities nor the good environment that promotes health or take actions' that preserve such environment. Awareness of pollutants have been discussed in this paper, and their effect on students and staff. Security and cleaner should be aware of their roles in provision and maintenance of school environment making it conducive for learning as most students do not know the causes of most disease affecting them. There should be joint effort to change student health behavioural pattern for good.

References


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