**Unit 11: Hygiene**

**Miasma theory** is the belief that smelly gases from decaying matter gave rise to illness, and explained the epidemics that flared up in the filthy, stinking places inhabited by the poor.

 - **Anton Van Leeuwenhoek** (1632-1723) developed microscopes, he introduced the world to micro-organism and their role in disease, and prepared the way for the **modern Germ theory.**

- **Germ theory** is considered as one of the single most important contribution by the science of microbiology to the humanity. It led to the development of public sanitation and antibiotics.

- **Florence Nightingale** demonstrated how hygiene rules, clean sewers, and ventilated wards could dramatically reduce hospital deaths.

-In 1945 **Alexander Fleming** warned that the misuse of antibiotics could lead to a situation in which modern medicine would be unable to treat common infectious diseases.