

**A MANUAL OF HEALTH SCIENCE:
ADAPTED FOR USE IN SCHOOLS AND
COLLEGES AND SUITED TO THE
REQUIREMENTS OF STUDENTS PREPARING
FOR THE EXAMINATIONS IN HYGIENE OF
THE SCIENCE AND ART DEPARTMENT, ETC**

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A Manual of Health Science: Adapted for Use in Schools and Colleges and Suited to the Requirements of Students Preparing for the Examinations in Hygiene of the Science and Art Department, Etc by Andrew Wilson

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HEALTH SCIENCE

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TO
ANDREW COATES
AND TO
JAMES COATS, JUNIOR

THIS VOLUME IS DEDICATED

AS A SLIGHT MARK
OF
FRIENDSHIP AND ESTEEM

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PREFACE.

THE modern revival, or rather development, of public interest in all matters relating to sanitary science, renders needless any apology for adding the present Manual of Health to the list of works dealing with hygiene in its various aspects. The object of this Manual is that of presenting to the student, and to the general reader as well, a popular and comprehensive account of the leading facts and features of sanitary laws. With this view, I have sought, as far as possible, to avoid undue technicality, and to lay stress on those phases of hygiene and its teachings which possess the most intimate bearings on public and personal health. I would fain hope that the Manual will possess some attraction for those who are desirous of acquiring information regarding the general scope of sanitary teaching, without reference to further utilisation of such knowledge than is comprised in the intelligent regulation of their health—details as individuals and as householders. For those who care or require to make the subject of hygiene a special study—as indicated, for example, in the *Syllabus of that topic issued by the Science and Art Department*—and

for students in health-classes at large, this Manual may also be found useful. For the benefit of the latter class of readers, a series of questions, suitable for testing their progress in sanitary instruction, has been added as an Appendix to the work.

A. W.

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