

GRADED LESSONS IN HYGIENE

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Graded lessons in hygiene by William O. Krohn

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WILLIAM O. KROHN

**GRADED LESSONS
IN HYGIENE**



AN X-RAY PHOTOGRAPH OF THE HAND (SHOWING TWO
NEEDLES IMBEDDED IN THE FLESH)

GRADED LESSONS

IN

HYGIENE

BY

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"PRACTICAL LESSONS IN PSYCHOLOGY," AND EDITOR OF "THE CHILD-STUDY MONTHLY"

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EDUCATION DEPT.

PREFACE.

The keynote of this book is *health*. There has been no attempt to prepare an extended treatise on anatomy and physiology. It has been the purpose of the author to present in simple language to the children in the intermediate grades a knowledge of the conditions which tend to preserve and strengthen the body.

While the facts of anatomy and physiology in this book have been made in a sense secondary to the main theme—hygiene—yet they embrace the results of the latest investigations in these departments of research, and are ample for a clear understanding of the central subject. The lessons are designed throughout to come within the comprehension of young pupils, as well as to meet the wants of those in the more advanced classes, in emphasizing the common laws of health. This steady progression from the simple to the more difficult is made by easy, natural, well-gradated steps.

The author regards it not only the most logical arrangement, but also in harmony with the best pedagogy, to embrace the main discussion of the effects of alcohol and tobacco in separate chapters. Connected discussion is better than scattered fragments.

In the teacher's edition of this book, more specific directions are to be found for presenting the subject-matter of these lessons. This supplement for teachers also includes suggested exercises for use in gymnastic drill, as well as a series of tests for hearing, vision, memory, and the methods of making physical measurements. There is also contained in the teachers' edition a more extended discussion of the effects of narcotics and alcohol upon the human system, and the methods of teaching the same.

WILLIAM O. KROHN.

Chicago, May 1, 1900.

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"For what will it profit a child if he gain the whole world of knowledge and lose his own *health*?"

G. STANLEY HALL.