

**PATHFINDER PHYSIOLOGY NO. 1.  
CHILD'S HEALTH PRIMER FOR PRIMARY  
CLASSES; WITH SPECIAL  
REFERENCE TO THE EFFECTS OF  
ALCOHOLIC DRINKS, STIMULANTS, AND  
NARCOTICS UPON THE HUMAN SYSTEM**

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649547050

Pathfinder Physiology No. 1. Child's Health Primer for Primary Classes; With Special Reference to the Effects of Alcoholic Drinks, Stimulants, and Narcotics upon the Human System by Mary Hannah Jane Andrews

Except for use in any review, the reproduction or utilisation of this work in whole or in part in any form by any electronic, mechanical or other means, now known or hereafter invented, including xerography, photocopying and recording, or in any information storage or retrieval system, is forbidden without the permission of the publisher, Trieste Publishing Pty Ltd, PO Box 1576 Collingwood, Victoria 3066 Australia.

All rights reserved.

Edited by Trieste Publishing Pty Ltd.  
Cover @ 2017

This book is sold subject to the condition that it shall not, by way of trade or otherwise, be lent, re-sold, hired out, or otherwise circulated without the publisher's prior consent in any form or binding or cover other than that in which it is published and without a similar condition including this condition being imposed on the subsequent purchaser.

[www.triestepublishing.com](http://www.triestepublishing.com)

**MARY HANNAH JANE ANDREWS**

**PATHFINDER PHYSIOLOGY NO. 1.  
CHILD'S HEALTH PRIMER FOR PRIMARY  
CLASSES; WITH SPECIAL  
REFERENCE TO THE EFFECTS OF  
ALCOHOLIC DRINKS, STIMULANTS, AND  
NARCOTICS UPON THE HUMAN SYSTEM**



CHILD'S HEALTH PRIMER.



**WASTING MONEY.** (See page 128.)

PATHFINDER PHYSIOLOGY No. 1

---

CHILD'S  
HEALTH PRIMER  
FOR PRIMARY CLASSES

WITH SPECIAL REFERENCE TO THE EFFECTS OF ALCOHOLIC DRINKS,  
STIMULANTS, AND NARCOTICS UPON THE HUMAN SYSTEM

---

COPYRIGHT, 1885

A. S. BARNES & COMPANY  
NEW YORK AND CHICAGO

△  
Educ T 392 85 144  
~~645~~

HARVARD COLLEGE LIBRARY  
BY EXCHANGE

JAN 8 1933

PATHFINDER SERIES  
OF TEXT BOOKS ON  
ANATOMY, PHYSIOLOGY, AND HYGIENE.

With Special Reference to the Influence of Alcoholic  
Drinks and Narcotics on the Human System.

I.

FOR PRIMARY GRADES.

THE CHILD'S HEALTH PRIMER.

12mo. Cloth.

An introduction to the study of the science, suited to  
pupils of the ordinary third reader grade.

Full of lively description and embellished by many apt  
illustrations.

II.

FOR INTERMEDIATE CLASSES.

HYGIENE FOR YOUNG PEOPLE.

12mo. Cloth. Beautifully Illustrated.

Suited to pupils able to read any fourth reader.

An admirable elementary treatise upon the subject.

The principles of the science more fully announced  
and illustrated.

III.

FOR HIGH SCHOOLS AND ACADEMIES.

HYGIENIC PHYSIOLOGY.

12mo. Beautifully illustrated.

A MORE ELABORATE TREATISE,

Prepared for the instruction of youth in the principles which  
underlie the preservation of health and the  
formation of correct physical habits.



# PREFACE

As this little book goes to press, Massachusetts, by an act of its legislature, is made the fourteenth state in this country that requires the pupils in the primary, as well as in the higher grades of public schools, to be taught the effects of alcoholics and other narcotics upon the human system, in connection with other facts of physiology and hygiene.

The object of all this legislation is, not that the future citizen may know the technical names of bones, nerves, and muscles, but that he may have a *timely* and *forewarning* knowledge of the effects of alcohol and other popular poisons upon the human body, and therefore upon life and character.

With every reason in favor of such education, and the law requiring it, its practical tests in the school-room will result in failure, unless there shall be ready for teacher and scholar, a well-arranged,

simple, and practical book, bringing these truths down to the capacity of the child.

A few years hence, when the results of this study in our Normal Schools shall be realized in the preparation of the teacher, we can depend upon her adapting oral lessons from advanced works on this theme, but now, the average primary teacher brings to this study no experience, and limited previous study.

To meet this need, this work has been prepared. Technical terms have been avoided, and only such facts of physiology developed as are necessary to the treatment of the effects of alcohol, tobacco, opium, and other truths of hygiene.

To the children in the Primary Schools of this country, for whom it was prepared, this work is dedicated.



CHAPTER	PAGE
FRONTISPIECE . . . . .	2
TITLE-PAGE . . . . .	3
PREFACE . . . . .	5
CONTENTS . . . . .	7
I.—JOINTS AND BONES . . . . .	9
II.—MUSCLES . . . . .	19
III.—NERVES . . . . .	25
IV.—WHAT IS ALCOHOL? . . . . .	37
V.—BEER . . . . .	43
VI.—DISTILLING . . . . .	47
VII.—ALCOHOL . . . . .	50
VIII.—TOBACCO . . . . .	53
IX.—OPICUM . . . . .	59
X.—WHAT ARE ORGANS? . . . . .	61