

**THE GULICK
HYGIENE SERIES;
HEALTH AND SAFETY**

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The Gulick Hygiene Series; Health and Safety by Frances Gulick Jewett

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FRANCES GULICK JEWETT

**THE GULICK
HYGIENE SERIES;
HEALTH AND SAFETY**

THE GULICK HYGIENE SERIES

EDITED BY

LUTHER HALSEY GULICK, M.D.

THE GULICK HYGIENE SERIES

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The Body and its Defenses

THE GULICK HYGIENE SERIES

HEALTH AND SAFETY

BY

FRANCES GULICK JEWETT



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ATLANTA • DALLAS • COLUMBUS • SAN FRANCISCO

PREFACE

The pages of this small volume are rather strictly devoted to matters of personal health. They discuss the care of the eyes, the ears, the hair, the finger nails, the teeth, etc. At the same time they also give reasons why cleanliness and care are important and why uncleanness and neglect are dangerous. They not only show in a general way that health and cleanliness go hand in hand but they make it plain that we clean our teeth to save them from the microbe, that we keep dust and flies out of our homes because disease microbes may come in with them, that we breathe pure air and ventilate our homes because clean air is best for health. In all this, however, care is taken not to alarm the reader more than enough to forearm him against his worst foe—the microbe.

Attention is called to the nature of air and to things that may spoil it—the breath of human beings, decaying substances, burning oil and gas, flying dust, etc. Methods of ventilation are discussed and experimental investigation is encouraged.

Facts about sleep are given, with clear reasons why sleep is imperative. Other facts show what may be

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done for health by means of the skin — through the cold bath, through friction, exercise, and the like. Then too there are rules for the protection of the eyesight and still others for the guidance of everyday eating.

In presenting the subject of alcohol — as required by state law — the picturesque history of Bum and Topsy is brought direct from the records of scientific investigation. Rarely has a man made a stronger appeal against alcohol than Dr. Hodge has done in these experiments carried on in Worcester, Massachusetts.

In preparing *Health and Safety*, there has seemed to be every reason for retaining the material of *Good Health*. There are also very real reasons why — in addition — accidents and emergencies should be discussed in condensed form. This, therefore, has been done in the two closing chapters of the book. The new material covers the treatment of such everyday accidents as bruises, cuts, broken bones, sprains, etc., and such emergencies as fainting, clothes afire, and nosebleed, with directions as to what to do to secure artificial respiration. The rules for action in case of accident are easily understood, and once they are mastered the children will apply them with the enthusiasm of the expert. It is indeed the intent of this book to trust young people with such facts of experience as will increase their efficiency for the entire span of the years of life.

F. G. J.

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