

# **PERSONAL HYGIENE**

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649184170

Personal hygiene by Maurice Le Bosquet

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**MAURICE LE BOSQUET**

# **PERSONAL HYGIENE**





VENUS DE MILO

# PERSONAL HYGIÈNE

EDITED BY  
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AMERICAN SCHOOL OF HOME ECONOMICS

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## EDITOR'S NOTE

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Arrangements were originally made to have this series of lessons on Personal Hygiene prepared by Professor Thomas D. Wood of Columbia University. An operation for appendicitis, resulting seriously, compelled him to abandon all work for nearly two years, consequently the preparation of the lessons was turned over to his co-worker, Dr. George L. Meylan, whose manuscript followed after some time. Meanwhile, the whole course had developed in length, breadth, and depth and the work on Personal Hygiene was found to be too elementary and not to fit into its particular niche in the enlarged scheme. As Dr. Meylan could not give the time for revision, he asked to be released from further responsibility of authorship.

After endeavoring in vain to induce half a dozen others to write the book in the time set, the editor was compelled to undertake the difficult task himself, with such assistance as could be obtained. Dr. Meylan's material has been drawn upon, especially in Part I, but the subject-matter has been rearranged and for the most part rewritten. All the up-to-date books on the subject—a meager list—have been consulted, and ideas borrowed freely.

For the latest facts in physiology I have depended mainly on *A Text-Book of Physiology* by Professor William H. Howell of the Johns Hopkins University, *Recent Advances in Physiology and Bio-chemistry*, edited by Leonard Hill, Pawlow's classic book, *The Work of the Digestive Glands*, and the lately published college text-book, *The Human Mechanism*, by Professors Hough and Sedgwick.

I wish to make grateful acknowledgment for help and suggestions given by Mrs. Ellen H. Richards and Miss S. Maria Elliott, to Miss Helen Louise Johnson for assistance in editorial work, and to Dr. Frank W. Allin of Rush Medical College for checking the technical statements in the text.

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