

**SCHOOL HYGIENE: OR,
THE LAWS OF
HEALTH IN RELATION TO
SCHOOL LIFE**

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649517183

School Hygiene: Or, The Laws of Health in Relation to School Life by Arthur Newsholme

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Cover @ 2017

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ARTHUR NEWSHOLME

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BY

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SOUTHLANDS TRAINING COLLEGES FOR TEACHERS.



BOSTON :

D. C. HEATH & CO., PUBLISHERS.

1889.



PREFACE.

THE importance of the subject here discussed must be evident to all who have bestowed even a cursory attention on the subject of popular education. As a matter of fact, it has engaged the serious attention of School Boards and Committees, and been made the subject of repeated legislation by the Education Department. The result of all this is seen in the improved character of the school-buildings which are everywhere being erected. In these, we find that greater attention is paid, not only to the space demanded for each pupil, to which a few years ago the official legislation was almost exclusively confined, but educationists have come to see that lighting, warming, ventilation, and general sanitary conditions, are of prime importance in their bearing on the health and progress of the children gathered in these schools.

Much still remains to be learnt in regard to these matters, and it is of the highest importance that school-managers and all who are concerned in the erection of school premises—or what is perhaps equally important, the modification of already existing schools—should be well acquainted with the principles which determine the sanitary condition of all school premises and arrangements.

But, however healthful the sanitary conditions of school-premises, it is evident that the health of the school must depend

also largely upon the routine, the distribution of work in relation to age, the amount of exercise and rest, and other matters which concern the personal treatment of the scholars.

This branch of School Hygiene is necessarily more exclusively in the hands of the teacher, and it is therefore important that he should be well instructed in the general laws of health as applied to school-life. It is gratifying to observe that, after repeated references to the subject in their Official Reports, this has been finally recognised by the Education Department in their last Syllabus for Training Colleges, where a knowledge of the "laws of health as applied to school premises, scholars, and teachers," is made an essential part of the professional training of teachers.

The present manual has been written to supply accurate information on these two branches of School Hygiene, and it is hoped that it will be useful to all interested in the subject, and especially to those engaged in studying it in Training Colleges or elsewhere.

My own official experience as Medical Officer of Health, and as medical referee to two Training Colleges, as well as to several large private schools, has frequently forced the study of this subject upon me, and given the opportunity of becoming acquainted with its practical details. The entire subject may be regarded as a particular application of the general Laws of Health, which I have already treated in detail in my Manual of Hygiene. The large circulation which this book has had, and its favourable reception by teachers and scientific authorities, encourage me to hope that the present work will be found equally useful and acceptable.

ARTHUR NEWSHOLME.

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