

# **PHYSIOLOGY AND HYGIENE FOR CHILDREN**

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Physiology and Hygiene for Children by Robert Eadie & Andrew Eadie

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**ROBERT EADIE & ANDREW EADIE**

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HYGIENE  
FOR CHILDREN**



# PHYSIOLOGY AND HYGIENE

FOR CHILDREN

BY

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EDUCATION DEPT.



## PREFACE

It is important that every boy and girl shall become familiar, while at school, with the primary laws of health. A knowledge of the structure of the body, its parts, and their uses, is the foundation for an intelligent understanding of these laws. Anatomy and physiology are, therefore, treated here chiefly as an aid to the teaching of hygiene.

In order that children may readily understand the story of their bodies, it is told in clear, simple language, and with a minimum of technical terms.

Great care has been taken in the treatment of each chapter and topic to observe the relative importance of the various organs. Those which have more important functions are described in greater detail than those whose functions are less important. The interdependence of organs has also been kept prominently in view, in order that the pupil may realize that he is learning about an active living body, and not about isolated parts.

The value of this book as a teaching instrument is greatly enhanced by the best illustrations that could be obtained. The authors were given *carte blanche* by the publishers, and instructed to spare no expense in securing pictures that would illustrate the text in the best possible manner. Color has been used to make the illustrations more attractive, and also to make

it easier to differentiate parts, but there has been no uniform attempt to imitate the natural color of the parts.

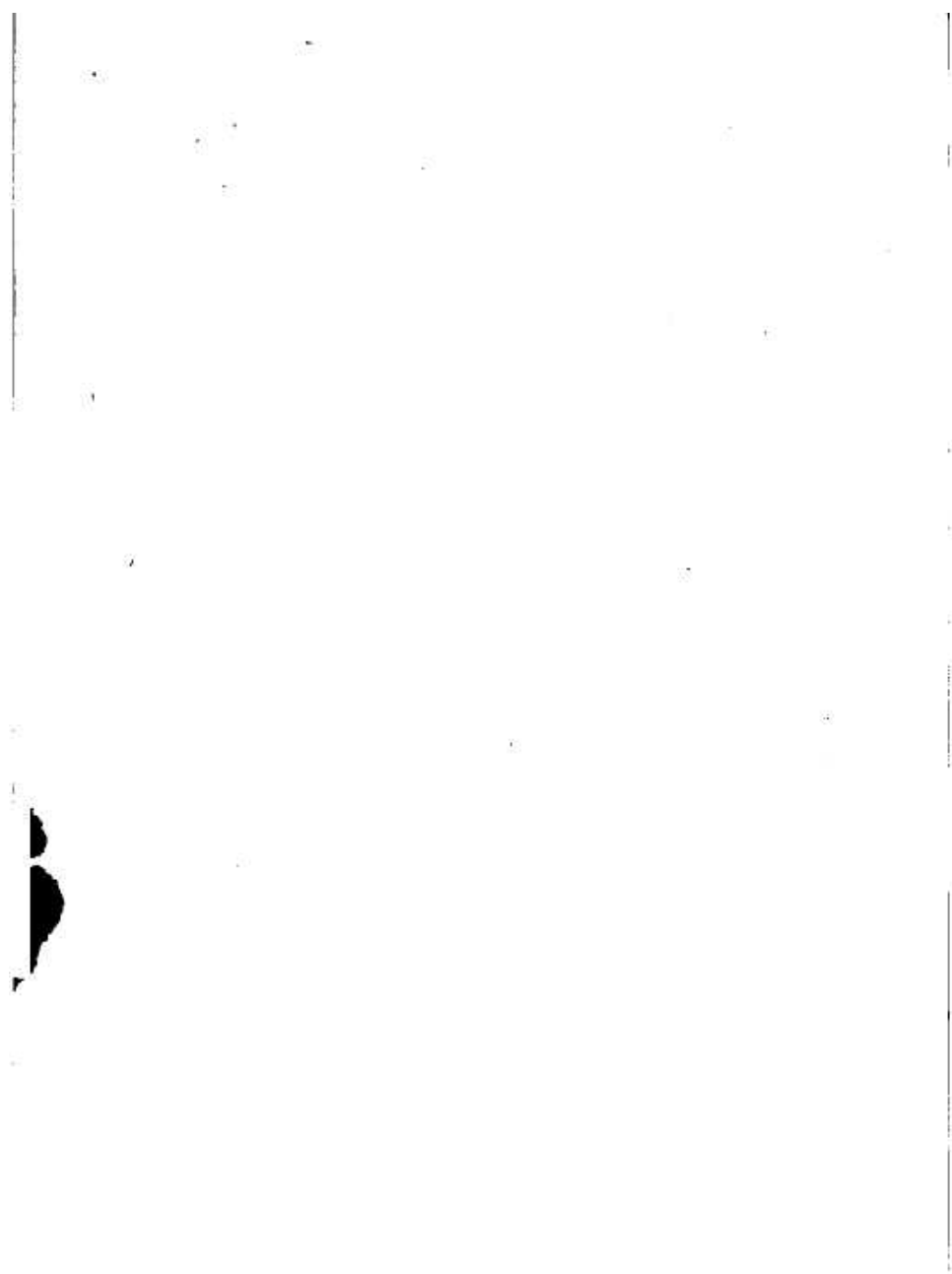
The law requiring that twenty-five per cent. of the text matter shall treat of "the nature and effects of alcoholic drinks and other narcotics" has been complied with. The injurious effect of alcohol upon different organs is stated plainly and concisely; and, in addition to that, as much emphasis as possible has been placed upon the positive benefits in improved health and strength which arise from abstinence from the use of alcoholic drinks and tobacco. In order that this lesson may make a deep and lasting impression, it is presented in the concrete form of letters written by men whose opinions will at once be accepted as worthy of confidence.

The authors take pleasure in acknowledging their obligations to the gentlemen who kindly furnished the letters contained herein, and also to Mr. M. Anagnos, Director of The Kindergarten for the Blind, in Boston, Mass., for annual reports containing the story of Thomas Stringer.



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## CHAPTER I

### THE BODY

A LITTLE boy whose name was Charles lived in a great city. In the hall of his father's house stood a tall clock, and little Charles used to stand before it and watch the heavy pendulum swing back and forth, and listen to the regular tick-tock, tick-tock, like a voice speaking to him. At times he would hear a sudden click, and then out would ring a bell, clear and sweet, telling that another hour had passed.



THE OLD HALL  
CLOCK.

What made the pendulum swing? What made the hands go round? What made the bell ring at exactly the right time every hour? Little Charles could not tell. So day after day he would stand and watch the old clock and wonder about it.