

**LESSONS IN PHYSIOLOGY FOR  
BEGINNERS INCLUDING BRIEF AND  
PLAIN DESCRIPTIONS OF THE  
MOST IMPORTANT PARTS OF THE  
HUMAN BODY AND THE ACTION OF  
ALCOHOL AND OTHER STIMULANTS**

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Lessons in Physiology for Beginners Including Brief and Plain Descriptions of the Most Important Parts of the Human Body and the Action of Alcohol and Other Stimulants by George D. Lind

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**GEORGE D. LIND**

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AND OTHER STIMULANTS

BY

GEORGE D. LIND, M.D.  
AUTHOR OF "LESSONS IN PHYSIOLOGY," ETC.

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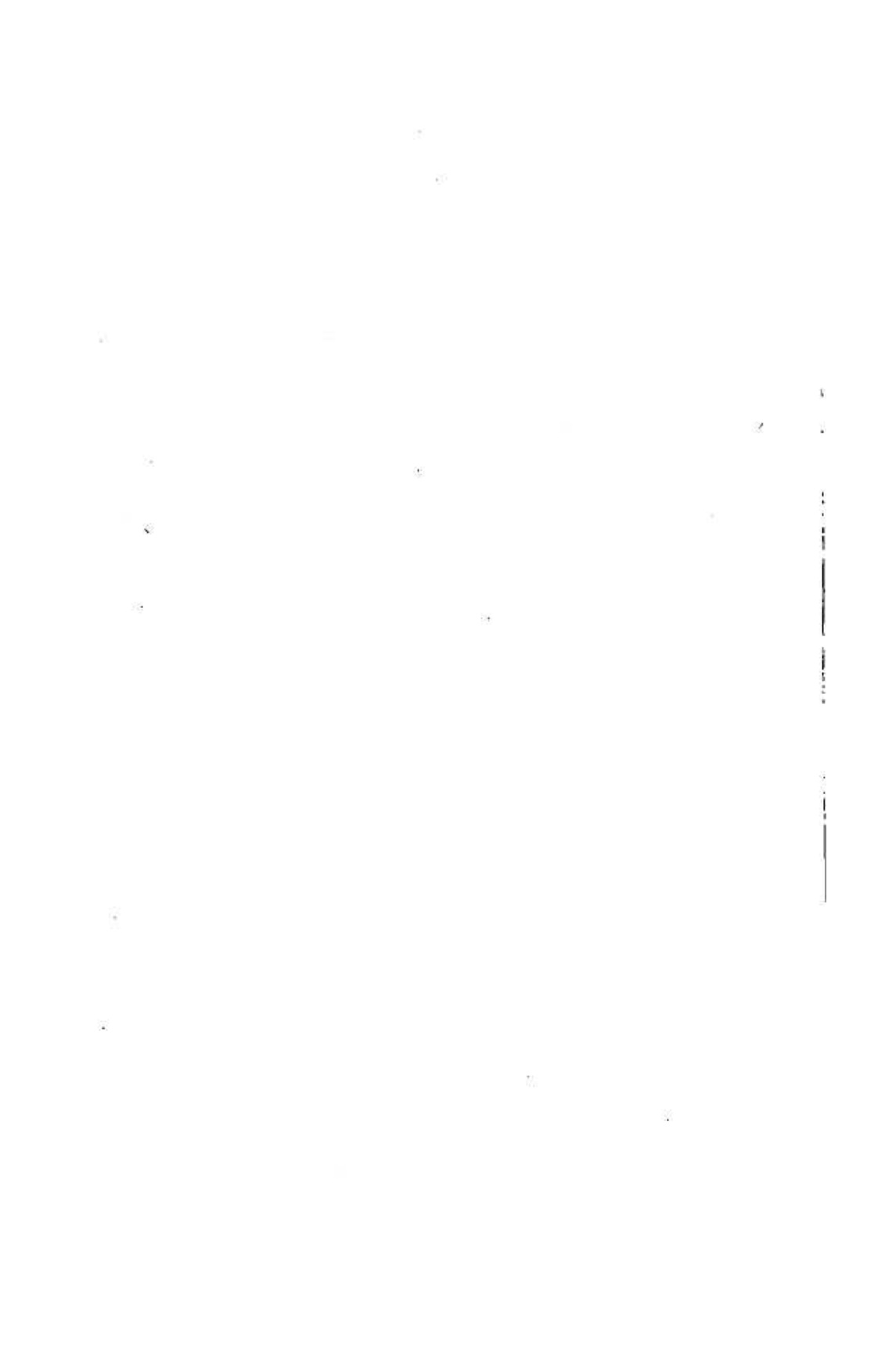
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To write a book for beginners in any branch of knowledge is no easy task. The author realizes the difficulties in the way, and freely admits his inability to produce a *perfect* work in this line. Years of experience, however, in teaching Physiology to all grades of pupils, from the child of ten years to the medical student of twenty-five, have qualified him, in part, for a task of this kind. Therefore, without further apology, this little book is submitted to the public to stand on its intrinsic merits.

The author believes that the following lessons will not only interest boys and girls and lead them to a further study of this important subject, but will help them to form habits in youth that stand for health and strength of body and mind in manhood and womanhood.

GEORGE D. LIND.

St. Louis, U.S.A., April, 1892.





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# LESSONS IN PHYSIOLOGY

FOR BEGINNERS.

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## LESSON 1.

### Introduction.

[NOTE. — This lesson may be simply read as an exercise, and not assigned for study, if the teacher think proper.]

1. **What is Physiology?** — You have already, no doubt, some idea of the meaning of the word. You suppose it is in some way connected with a knowledge of the human body. You have seen the word **Anatomy**. It means the study of the *parts of the body*, how it is put together, and what it is made of. The word **Physiology** is properly applied to a knowledge of how the *parts of the body act*, or the working of the machine, if we may so call the body. The word **Hygiene** has also probably met your eyes. It refers to the art of *taking care of the body* and preserving its health. For the sake of simplicity we generally call the study of Anatomy, Physiology, and Hygiene by one name, — “Physiology.”

2. **A Bit of History.** — The ancients knew very little about the human body. Hippocrates lived 400 years before the birth of Christ, and because he knew a little about bones and muscles and advised the sick, he was called the “Father of Medicine”; but in a few months of study you may be able to know a great deal that Hip-