

**NEW PATHFINDER NO. 2;
PHYSIOLOGY FOR YOUNG
PEOPLE ADAPTED TO
INTERMEDIATE CLASSES AND
COMMON SCHOOLS**

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Common Schools by Various

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VARIOUS

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INDORSEMENT.

BOSTON, *June 20*, 1889.

The Pathfinder Series of Text-Books on Anatomy, Physiology, and Hygiene consists of the following volumes :

- I. *Child's Health Primer* (for Primary Grades).
- II. *Hygiene for Young People ;* } (for Intermediate Classes).
or, Young People's Physiology. }
- III. *Hygienic Physiology* (for Advanced Pupils).

The above are the series originally prepared (as their general title indicates) to supply the demand created by the laws for temperance instruction in public schools in the United States. They were written by experts under the supervision of the Scientific Department of the National Woman's Christian Temperance Union, published by the instigation of the same, and have been carefully revised from time to time, under the same supervision, to keep them abreast with the latest teachings of science.

Being both teachable and well adapted to grade, their educational value, as proven by school-room tests, is of the highest order. We therefore cordially indorse and highly recommend the Pathfinder Series for use in schools.

MARY H. HUNT,

*National and International Superintendent of the Scientific Dep't
of the Woman's Christian Temperance Union ; Life Director
of the National Educational Association.*

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151
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PREFACE

This book has been prepared to meet the demands of intermediate grades of schools. It does not aim to give the teaching in anatomy and physiology which is required by the medical student, but presents only such obvious facts of these as are needed to render intelligible the lessons deemed most important—those on hygiene and temperance.

Since the laws of many States and Territories require that these subjects, including special reference to the effects of alcoholic and other narcotics, shall be studied by all pupils in the public schools, careful scientific teaching on the latter topic is here presented. Further information in regard to distillation, etc., and helps in illustrating the lessons, will be found in the appendix.

Eminent physicians and teachers have contributed helpful suggestions in the preparation of this work. Among the former, are the late Prof. Palmer, M.D., LL.D., Dean of the Medical Department of Michigan University; Dr. Ezra M. Hunt, A.M., M.D., President

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of the section of the American Medical Association on State Medicine and Public Hygiene, Vice-President of the American Public Health Association, etc., and author of "Alcohol as a Food and Medicine."

Of the teachers who have helped in shaping these truths into a suitable form for young minds, first mention should be made of Miss Alice M. Guernsey, of Chicago, Ill.

The aid of Dr. Mary V. Lee, of the Oswego, N. Y., Normal School; Prof. Jones, Supt. of Public Instruction, Erie, Penn.; D. B. Hagar, Ph.D., Principal of the State Normal School, Salem, Mass.; Mr. E. P. Church, Supt. of Public Instruction, Greenville, Mich., and other practical instructors, is also gratefully recognized.

INTRODUCTION.

I have examined the manuscript of this book, and find it covering more matter that I think should be taught in the elementary lessons on life and health in the schools, than I have found in the other works, with similar objects, which I have had occasion to examine.

It is free from the errors which have been noticed and objected to in several other works on this subject designed for school use.

I also think it free from such overstatements as are likely to be produced by ardent zeal.

If all the facts contained in this little work are firmly lodged in the minds of the pupils in our public schools throughout the country, an immense work for good will be accomplished.

Being profoundly impressed with the enormous evils to our race produced by the habitual use of narcotics, including alcohol, opium, and tobacco, I can but rejoice at the promising efforts to make obligatory in the public schools the teaching of Physiology and Hygiene, with special reference to these

narcotics, and I know of no work which is a better introduction to the subject than the present textbook.

Of the diseases, the degeneracy, the vices, and the general ill-being produced by the alcohol habit, all observers must be aware.

The evils of the opium habit are scarcely less, in proportion to its more limited extent, and the habit is, if possible, even less likely to be broken up when once established.

The tobacco habit, though less disastrous to individuals and in its moral and social effects upon communities, still, by its greater prevalence, is doing an amount of mischief, especially with boys, which none so fully know as those physicians who have given special attention to the subject.

The influence which indulgence in one narcotic has upon the resort to others, should be more fully recognized, and the great importance of abstinence from all of them will, by these teachings, it is hoped, be more fully understood and appreciated.

It therefore gives me great pleasure to say this much, and in this place, in favor of the objects and the execution of this work, and in commendation of the efforts of those who have had the labor of its preparation.

A. B. PALMER.

ANN ARBOR, Sept. 1, 1884.