

**NEW-WORLD HEALTH SERIES.
BOOK I. PRIMER OF HYGIENE:
BEING A SIMPLE TEXTBOOK ON
PERSONAL HEALTH AND HOW TO
KEEP IT**

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JOHN W. RITCHIE & JOSEPH S. CALDWELL

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NEW-WORLD HEALTH SERIES

BOOK I

PRIMER OF HYGIENE

BEING A SIMPLE TEXTBOOK ON PERSONAL
HEALTH AND HOW TO KEEP IT

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PREFACE

IN comparatively recent years there has come into the world a new knowledge that is able to save man from a great part of the sickness that has heretofore afflicted him. Up to the present time, however, no way of getting this knowledge to the mass of the people has been found, and according to the estimate of Professor Irving Fisher, we have in the United States at all times about three millions of persons who are seriously ill.

The writers of this little book have felt that the greatest immediate service our schools can perform is to put their pupils into possession of those facts that will relieve the people of the great burden of preventable disease which they are now carrying. They believe that hygiene should be faithfully taught in every schoolroom in the land, that the purpose in teaching it is to prevent sickness, and that any text on hygiene that fails to emphasize the facts that modern medicine has shown to be vital in health preservation is an inferior book for school use.

For the valuable suggestions made by those who have read and criticised the proofs of this book, acknowledgment is here made. It is impossible to name all who have aided in this way, but among those whose help has been especially valuable are the following: Leonard P. Ayres, Dr. L. B. Bibb, Dr. H. M. Bracken, Dr. William H. Burnham, Dr. C. Ward Crampton, Dr. S. J. Crumbine, Dr. Martin

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PRIMER OF HYGIENE

CHAPTER ONE

THE IMPORTANCE OF KEEPING THE BODY IN HEALTH



FIG. 1. When we have health we find the world a beautiful place in which to live.

ALL of us know that this is a beautiful and a pleasant world. We enjoy the songs of the birds and the beauty of the flowers. It gives us pleasure to feel the soft winds of spring and to watch the green come back on the trees. We love to watch the clouds sail through the sky and the snowflakes fall through the air. Everywhere we turn we find many things that give us happiness and contentment, and make the world a beautiful place for us to live in.

Why is it that we cannot spend all our time enjoying the pleasant and beautiful things of life?