

**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 1

PRIMER OF HYGIENE

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

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"Our national health is physically our greatest asset. To prevent any possible deterioration of the American stock should be a national ambition." These words of Theodore Roosevelt express the idea that has actuated authors and publisher of New-World Health Series. The texts explain the means by which young Americans can lay the foundations for sane and vigorous lives. They stand preéminent among Books That Apply the World's Knowledge to the World's Needs. This particular volume, which comes first in the series, teaches the lower-grade pupil what he himself can do to keep his body in health,—personal hygiene. The conservation of individual and national health is the purpose of the series

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PREFACE

FOR the most effective health work in our schools, there must be thorough classroom instruction in hygiene; the teachers must exert every effort to see that the knowledge acquired in the classroom finds expression in the lives of the pupils; and the school authorities must provide medical supervisors competent to prevent the spread of infections and to correct remediable physical defects.

On the importance of laying a sound educational foundation for our health work, there is little disagreement at the present time. Those who know human history in its wider phases understand the certainty with which ideas unloosed express themselves in time in the lives of men. The culmination in recent days of systematic campaigns of education and propaganda in our own country and elsewhere in the world has demonstrated anew that the beliefs of men profoundly influence their actions, and that the future belongs to those who can secure the acceptance as truth of the ideas they advocate.

The authors, therefore, venture to express the hope that in our schools we shall not only insist on the present application of hygiene to the pupils' lives, but shall also give to every pupil that sound instruction in hygiene which, in the end, conditions all our health work.

In this text they have tried to encourage the formation of habits of right living, and to assist medical supervisors by showing the importance of their work. But their chief concern has been to provide a body of authoritative information in such form that it may be used for the instruction of the pupils in the more important facts and principles of hygiene.



REFERENCES

THE teacher who uses this text will find Rosenau's *Preventive Medicine and Hygiene* (Appleton, New York) and Jordan's *Principles of Bacteriology* (W. B. Saunders Company, Philadelphia) excellent advanced books to consult for information pertaining to bacteriology or public health. The subject of nutrition is treated in Lusk's *The Science of Nutrition* and Sherman's *Chemistry of Food and Nutrition*, both published by W. B. Saunders Company, and in McCollum's *The Newer Knowledge of Nutrition*, published by The Macmillan Company, New York. Ritchie's *Primer of Physiology* and *Human Physiology* contain much additional matter concerning the nutrition of the body, and this very important subject is well covered by Farmers' Bulletins issued by the United States Department of Agriculture. They may be obtained by application to the Secretary of Agriculture, Washington, D.C., and the following numbers will prove helpful:

No. 391, on the Economical Use of Meat in the Home; No. 34, on Meats, Composition and Cooking; No. 121, on Beans, Peas, and Other Legumes as Food; No. 256, on Preparation of Vegetables for the Table; No. 565, on Corn Meal as a Food and Ways of Using It; No. 717, on Food for Young Children; No. 808, on How to Select Foods; and Department Bulletin 468, on Potatoes, Sweet Potatoes, and Other Starchy Roots as Food. At the same time obtain for use with the next two chapters, Farmers' Bulletin No. 142, on Principles of Nutrition and Nutritive Value of Food; No. 342, on Cooking Beans and Other Vegetables; No. 363, on the Use of Milk as Food; No. 375, on Care of Food in the Home; Nos. 389 and 807, on Bread and Breadmaking; No. 712, on School Lunches; Nos. 817 and 824, on How to Select Foods; Nos. 839 and 853, on Home Canning; and No. 984, on Home Drying of Fruits and Vegetables. All of these will be sent free on application. For a complete list of the analyses and comparative costs of foods, see Bulletin No. 28 of the United States Department of Agriculture, which may be obtained for ten cents from the Superintendent of Public Documents, Washington, D.C.

Other references are given at the ends of chapters.

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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.

Year after year the world remains the same; it is always beautiful. Why do we sometimes enjoy