

THE HYGIENE OF THE SCHOOLROOM

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BY

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REVISED EDITION



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UNIVERSITY OF
CALIFORNIA

“What will it profit a child to gain the whole world of knowledge and lose his own health?”



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PREFACE

THE aim of the author in writing this book is to place in the hands of educators and others interested in child life trustworthy knowledge of the means of conserving the health of those entrusted to their care. Compulsory education, in this country, is almost universal, and it should be the duty of the authorities to see that in the schools which children are required to attend nothing of an unhygienic nature exists. It is the truth, however, that until very recently little attention was given to the physical side of the child's nature, and that in the school-room the fundamental principles of hygiene were very little understood—at least were not practised. Some matters, to be sure, that concern the pupil's health, such as the need of proper diet, of proper clothing, and of eye-glasses, are beyond the province of the school authorities, and can be reached only by advice to parents and

guardians. But many of the evils growing out of a common public school system are remediable: there can be, for example, better treatment of the problems of heating, ventilating and lighting. Upon these and kindred topics this book offers suggestions which the writer trusts will be of value to whoever is interested in improving the physical condition of the children in our schools.

A work of this nature is essentially for teachers, superintendents and school governing boards, and aims in all parts to be practical rather than to quote countless pages of statistics usually as various as the individual opinions of the writers. The author hopes to combine the consensus of the best opinion with personal knowledge and investigation and make clearer the much discussed subject of *School Hygiene*.

Preface to Second Edition

THE encouraging manner in which the first edition of "The Hygiene of the Schoolroom" was received has importance, principally, in showing a lively interest in all that tends to the pupil's physical well being.

School officials, generally, are evincing commendable concern in the modern construction of school buildings, ventilation, heating, lighting, school diseases, medical inspection and kindred subjects.

In many cities through their efforts medical supervision has been adopted, and, its benefits being so apparent and immediate, it has always found lasting favor.

Teachers have appreciated this volume as a reference book, as it makes their duty much clearer in many perplexing points of a scientific nature, which they must decide upon, yet which demand almost an expert's understanding.

As promised in the prospectus at the beginning of the year, the book was to be a practical treatise on all that

pertains to the health of the pupil. Upon its appearance it was eagerly taken up by educators throughout the country, many of whom have expressed their gratitude for the helpfulness it affords in the field it covers. Many, too, have added to the value of the second edition by timely suggestions and comment.

It is hoped that this book will help to keep alive the interest that is being felt in the preservation and promotion of the pupil's physical welfare.

The author trusts that it will be received with the same favor and appreciative criticism that was accorded the first edition.

WOONSOCKET, R. I., Nov. 1, 1904.

Preface to Third Edition

THE author is glad of this opportunity to offer an enlarged "Hygiene of the Schoolroom" in the third edition.

In six years school hygiene has taken life and energy in such measure as has been accorded no other department of child life study. If this work has been helpful in this impetus, the author counts himself well repaid, and if one child has been spared disease, he feels that his life work has not been in vain.

WOONSOCKET, R. I., June 1, 1909.