

**HEALTH STUDIES:
APPLIED PHYSIOLOGY
AND HYGIENE**

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Health studies: applied physiology and hygiene by Ernest Bryant Hoag

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APPLIED PHYSIOLOGY AND HYGIENE

BY

ERNEST BRYANT HOAG, A.M., M.D.

DIRECTOR OF HYGIENE AND PHYSICAL EXAMINATIONS IN THE
POLYTECHNIC INSTITUTE AND THE CITY SCHOOLS OF PASADENA
LECTURER IN HYGIENE, UNIVERSITY OF CALIFORNIA

WITH PREFATORY NOTE BY

DAVID STARR JORDAN, Ph.D., M.D.

PRESIDENT OF LELAND STANFORD JUNIOR UNIVERSITY

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Gift of Dr. Moore

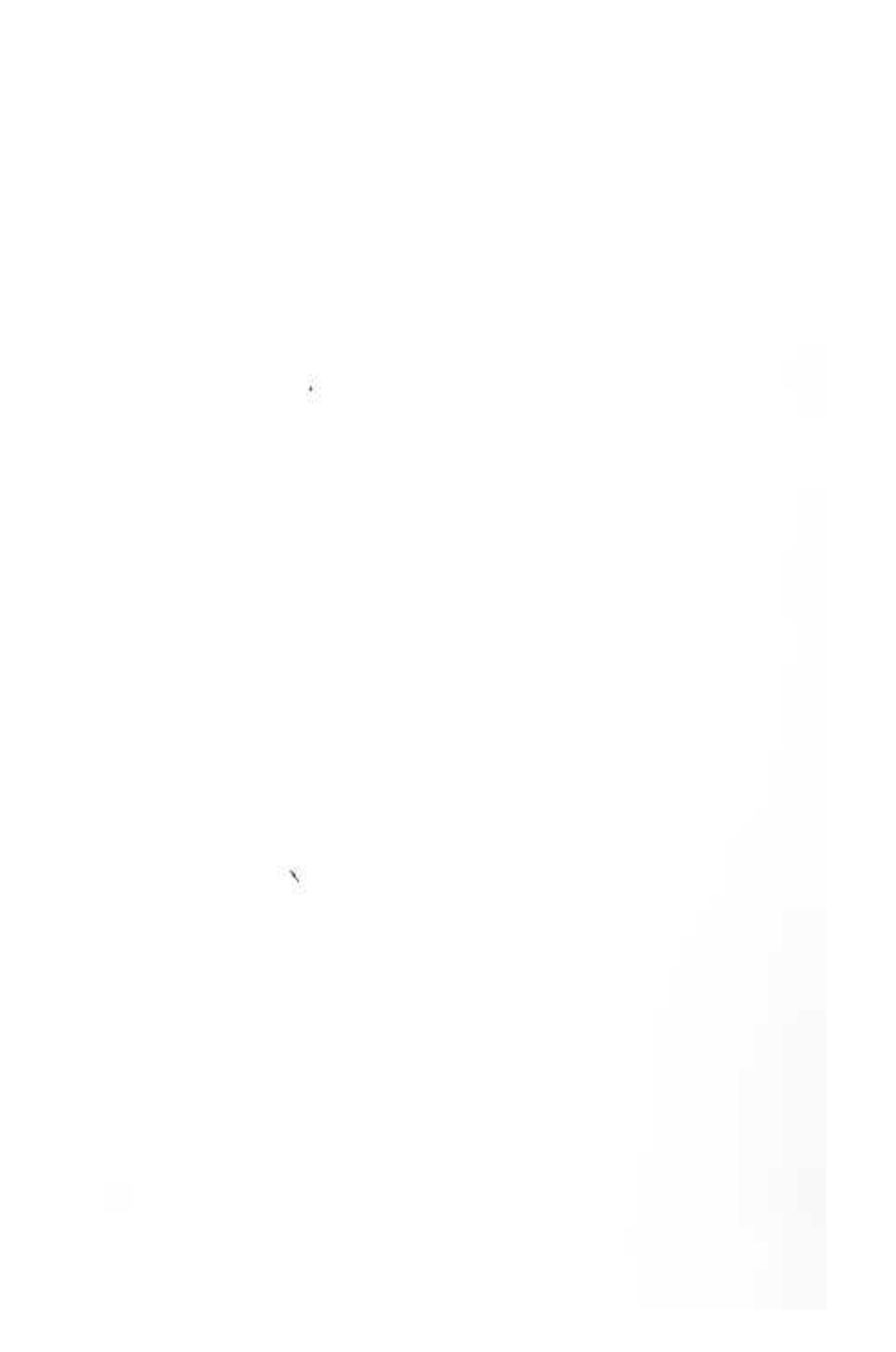
PREFATORY NOTE

This little book of Health Studies is the work of a wise and earnest man who is also a successful physician. Doctor Haag has tried to tell young people, in plain and direct language, how to take care of themselves and thus to take the ordinary course of their lives out of the hands of himself and other physicians. For the most that the doctor is called on to do, in our day, is to relieve his patients from the necessary results of carelessness or ignorance, on their part or on the part of others. When carelessness and ignorance can be avoided, we call it criminal not to do so. It was long ago said about other forms of wickedness, "It is their condemnation that light is come into the world." Much light as to sickness and health has come of late years through the advance of scientific research. It is nowadays the "condemnation" of ignorance that truth is so easy of access. Men and women who "ought to know better" than to do unwholesome things must be taught to do better. To help the young people in our schools, who will be men and women before very long, to know the truth about common living and to act on such knowledge is the purpose of this book. And having read the book in manuscript, and having known the author as one of my own students, I feel sure that it is well fitted to fulfill its purpose.

David Starr Jordan

STANFORD UNIVERSITY.

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PREFACE

ANATOMY and physiology, except in their simple elements, are of doubtful value for young pupils. But the study of how to keep well, or hygiene, is something that every boy and girl, man and woman, must learn or else must suffer for his ignorance. Hygiene, properly presented, deals with things of everyday life. No pupil in the schools is too young to begin to learn how to adjust himself successfully to his surroundings. This learning how to meet our environment, as Professor Huxley long ago said, constitutes a liberal education.

Many of the school texts have been based too exclusively on physiology, or have dealt largely with elementary anatomy, and have been difficult of comprehension to the pupils. HEALTH STUDIES differs materially from such books. It makes hygiene the primary study, and introduces only a sufficient amount of physiology to form a sound basis for the study of health principles.

If this small book succeeds in helping its readers to think for themselves; if it encourages them in making their own definitions; if it leads them to realize that it is not ignorance but knowledge which leads to health, and therefore happiness; and finally, if it helps to prepare them to meet practical life as they will find it, — then its appearance will have been justified.

These studies are not intended for memorizing. They are meant to encourage thought and a little original work on the part of the pupil. The text, to be successful, must be taken as a basis for simple discussions about the things

which the pupils find around them every day, and not merely as lessons to be learned. The lessons should be made a pleasure rather than a duty. Any pupil can be interested in the things of real life.

The criticism will perhaps be made by some that the lessons are not presented in the usual way, and that many things are introduced which are difficult for young students. The writer believes that this subject is no more difficult than arithmetic, much less difficult than grammar, and considerably more important in life than either of these subjects.

The topics on each chapter (pages 181-198) are intended as an outline for discussion, but not as demands upon the pupil to be rigidly insisted upon. If the pupils, after reviewing these topics, will make out from them a written outline of each chapter, it will prove a helpful exercise.

The suggestions for teachers, which are found in the appendix (page 205), present many topics for class discussion, give ideas of how to start pupils on a little original observation, and furnish a bibliography of interesting articles on health subjects which are available in almost every community.

Suggestions and criticisms from teachers who are really interested in health work and in trying to make hygiene and physiology teaching something more than lessons to be finished by the pupil will be greatly appreciated by the writer, who has here ventured into a comparatively new field.

Many friends in the medical and educational world have given useful suggestions during the preparation of the manuscript. Cordial thanks are due Dr. David Starr Jordan, President of Stanford University; Professor D. R. Jones of the San Francisco Normal School; Dr. N. K. Foster, Secretary of the California State Board of Health, Sacramento; Dr. G. F. Reinhardt, Professor of Hygiene, University of

California; Dr. Ernest A. Sweet of the Public Health and Marine Hospital Service, San Diego; Dr. D. D. Whedon, San Diego; Mr. Edward Hyatt, Superintendent of Public Instruction, Sacramento; Dr. William F. Snow, Professor of Hygiene, Stanford University; Miss M. Henderson of the State Laboratory of Hygiene, Berkeley; Miss Grace Fisher, head of the Department of Domestic Economy, Manual Training School, Menomonee, Wisconsin; Mr. A. L. Hamilton, Superintendent of Schools, Mr. W. H. Holland, Principal of the Garfield School, and Miss Virginia Pease, Principal of the Elementary Polytechnic School, — all of Pasadena.

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