

**A HEALTHY BODY. A TEXT-BOOK ON
ANATOMY, PHYSIOLOGY, HYGIENE,
ALCOHOL, AND NARCOTICS, FOR
USE IN INTERMEDIATE GRADES IN
PUBLIC AND PRIVATE SCHOOLS**

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A Healthy Body. A Text-Book on Anatomy, Physiology, Hygiene, Alcohol, and Narcotics, for Use in Intermediate Grades in Public and Private Schools by Charles H. Stowell

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CHARLES H. STOWELL

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A HEALTHY BODY.

A TEXT-BOOK ON

ANATOMY, PHYSIOLOGY, HYGIENE,
ALCOHOL, AND NARCOTICS.

FOR USE IN

*INTERMEDIATE AND GRAMMAR GRADES IN
PUBLIC AND PRIVATE SCHOOLS.*

By CHARLES H. STOWELL, M.D.,

LATE PROFESSOR OF HISTOLOGY AND MICROSCOPY AND ASSISTANT PROFESSOR OF
PSYCHOLOGY, UNIVERSITY OF MICHIGAN; AUTHOR OF "STUDENT'S MANUAL OF
HISTOLOGY," "THE HUMAN EYE," "MICROSCOPICAL DIAGNOSIS,"
"PRIMER OF HEALTH," "ESSENTIALS OF HEALTH," LATE
EDITOR OF "THE MICROSCOPE," EDITOR OF "THE
NATIONAL MEDICAL REVIEW,"
"FOOD," ETC.

Fully Illustrated

WITH ORIGINAL SKETCHES BY THE AUTHOR.

REVISED EDITION.

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CHICAGO.

INDORSEMENT.

We have examined the school text-book, entitled "A Healthy Body," by
Doctor CHARLES H. STOWELL.

As it faithfully teaches the nature of alcoholic drinks and other narcotics in
connection with relative physiology and hygiene, and in language well adapted
to grade, we heartily commend and indorse it for INTERMEDIATE or GRAMMAR
GRADE pupils or schools.

MARY H. HUNT,

*National and International Supt. Dept. of Scientific Instruction of the
Woman's Christian Temperance Union.*

Advisory Board for U. S. A.

ALBERT H. PLUMB, D.D.,
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EDUCATION DEPT.

PREFACE.

THIS book has been written to meet the demand for the study of the human body in the intermediate and grammar grades of the public schools. Especial attention has been given to the effects of alcoholic drinks on the organs and tissues of the body. In this respect no statement has been made that is not capable of positive proof. The author has also strongly insisted on the injury to young men and boys caused by the habit of smoking tobacco, which in too many cases prepares the way for more disastrous habits. Good health is one of the safeguards not only against suffering, but also against crime. Vicious habits often result from a lack of knowledge of the laws of health, while both physical and mental health are frequently impaired by

conditions which a proper understanding of hygiene would obviate. Therefore, special attention has been given to general hygiene. It is believed that the study of the human body, together with a knowledge of the effects of alcohol upon it, will do much to make the coming generation wise, temperate, and moral.

CHARLES H. STOWELL.

UNIVERSITY OF MICHIGAN,
December, 1888.

PREFACE TO THE REVISED EDITION.

So short a time has elapsed since the first appearance of this book that radical changes are not required. Some slight alterations have been made in the text, a number of new illustrations substituted, and a list of questions added to each chapter.

CHARLES H. STOWELL.

WASHINGTON, D. C.
December, 1893.

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A HEALTHY BODY.



CHAPTER I.

WHAT IS ALCOHOL?

What is Alcohol? Alcohol is that part of all spirituous drinks which intoxicates. It is lighter than water, colorless, and has a sharp, stinging taste. It burns readily, gives very little light, and no smoke, but a great deal of heat. When taken into the stomach it acts as a powerful poison.

How it was discovered. It is not known when fermented liquors were first used. But about seven hundred years ago chemists (or alchemists, as they were then called) were continually trying to discover two things. One was to find something that would turn all the common metals, as iron, into gold, and thus make the discoverer very wealthy. Another object was to find something that would prevent sickness and death, bring back youth to the aged, and keep the young from ever growing old. When this last should be found, it was to be called "the elixir of life."

Was Alcohol this Elixir? It happened that about this time one of these chemists succeeded in distilling some