

**HUTCHISON'S PHYSIOLOGICAL
SERIES. OUR WONDERFUL BODIES
AND HOW TO TAKE CARE OF THEM.
SECOND BOOK - FOR INTERMEDIATE
AND GRAMMAR GRADES**

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649665433

Hutchison's Physiological Series. Our Wonderful Bodies and How to Take Care of Them. Second Book - for Intermediate and Grammar Grades by J. C. Hutchison

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J. C. HUTCHISON

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Our Wonderful Bodies

and

How to Take Care of Them

J.C. Hutchison

*Second Book—For Intermediate and
Grammar Grades*

New York
Maynard, Merrill, & Co., Publishers

1904

P. n.

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Preface

THIS work has been designed for use in Intermediate and Grammar Schools for the purpose of teaching the first rudiments of physiology and hygiene. The aim has been to present in an attractive and simple manner the fundamental principles by which health is maintained. Necessarily, in a work so elementary as this, only an outline-sketch of anatomy and physiology can be presented, but enough of these sciences will be found to make the subjects clear and comprehensible. All scientific terms have been avoided, and only familiar language has been used, so that the youngest pupil may read and understand it.

The effects of alcohol and narcotics have been most carefully considered, and the facts presented in this connection are in accordance with the latest scientific conclusions. The requirements of all state laws relating to the teaching of these subjects have been fully met. One fourth of the entire text of the book has been devoted to

the consideration of alcohol and narcotics. At the end of each chapter will be found a statement of the effects of alcohol, tobacco, and other narcotics on the different organs or parts of the body.

Acknowledgments are due Miss Clara F. Hall of Brooklyn, N. Y., for her valuable aid in the preparation of this book.

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LESSONS IN PHYSIOLOGY AND HYGIENE

FIRST BOOK

CHAPTER I

THE FRAMEWORK OF THE BODY

1. THE HUMAN BODY.—The human body is the dwelling-place upon earth of that part of us that lives and loves forever and ever,—the soul. Is that difficult for you to understand? You know that you have arms, hands, feet, eyes, ears, and many other parts of the body. You know if you lose a finger, an arm, or a leg that *you* remain. A part of the body may be lost because of an injury; but the part that makes you *you* and *no one else*, the *soul*, remains in the body as long as it is a suitable dwelling-place for it.

2. The body is full of wonders, full of beauty. There are the strong, hard parts, and the delicate,