

**NEW-WORLD SCIENCE SERIES.
PERSONAL HYGIENE AND HOME
NURSING, A PRACTICAL TEXT
FOR GIRLS AND WOMEN FOR
HOME AND SCHOOL USE**

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New-World science series. Personal hygiene and home nursing, a practical text for girls and women for home and school use by Louisa C. Lippitt

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LOUISA C. LIPPITT

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HOME AND SCHOOL USE**

NEW-WORLD SCIENCE SERIES

Edited by John W. Ritchie

PERSONAL HYGIENE AND HOME NURSING

A Practical Text for
Girls and Women for
Home and School Use

by

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THE HOUSE OF APPLIED KNOWLEDGE

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The aim of the World Book Company is to publish practical texts, "books that apply the world's knowledge to the world's needs." It gives the editor and publisher unusual pleasure, therefore, to be able to issue at this time of great scarcity of physicians and nurses, a volume of such immediate help as Lippitt's *Personal Hygiene and Home Nursing*. The author is at present with the colors in France

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TO
MY FATHER AND MY MOTHER
DR. WILLIAM FONTAINE LIPPITT
AND
MARY LOUISA LIPPITT

whose wisdom and care brought me from
delicate childhood to healthy womanhood,
and whose teachings have served as a
guide to me in the preparation of this work

INTRODUCTORY NOTE

As I look back over years spent in a medical practice confined largely to patients suffering from a moderate degree of chronic invalidism and nutritional disorders, certain facts present themselves in a striking way. First, that the cause of this depleted health is almost always the result of a lack of knowledge and consequent failure to conform to natural laws. Second, that whatever measure of success results from the treatment of such cases is due, almost entirely, to the establishment of a scheme of living suited to the individual case. The patient is entered upon a course of progressive upbuilding, being instructed as to diet, bathing, exercise, rest, and amount and character of work. With careful and explicit instruction and with guidance from week to week, the results in most cases are excellent, the patient gaining in weight and strength. Little or no medicine is required, and it is gratifying to see the interest of the average person in the plan of treatment and his enthusiasm in carrying it out.

The results secured in such cases clearly indicate that great benefits would follow general instruction of our people in the art of right physical living, and there is now, especially since the outbreak of the great war, an increasing desire for knowledge of this kind. It is wholesome and encouraging that it should be so, and it is especially gratifying that many of our girls and women are receiving instruction in how to preserve their own health and the health of those dependent on them. It is a move in the right direction, and great good will come of it.

The author of this book is unusually well qualified to write for girls and women in regard to matters of health, as I from personal acquaintance know. She is writing her own first-hand knowledge and experiences, and the book should fill a greatly felt need and be of unusual value to those desiring to know how best to live and how to keep well.

WILLIAM EARL CLARK, M.D.

WASHINGTON, D.C.

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