

**ELEMENTARY
HYGIENE FOR
THE TROPICS**

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Elementary Hygiene for the Tropics by Azel Ames

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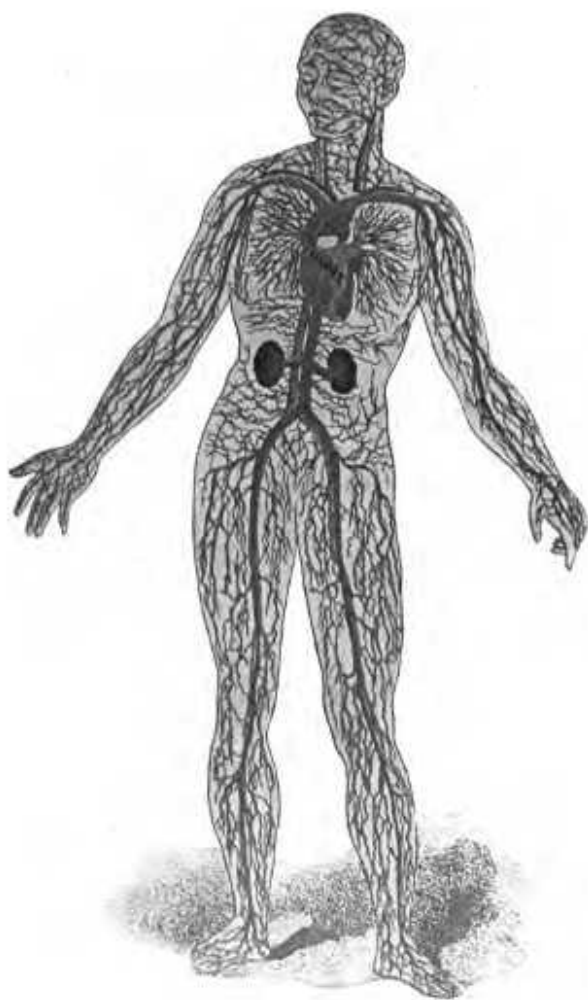
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AZEL AMES

**ELEMENTARY
HYGIENE FOR
THE TROPICS**



THE HUMAN BODY

Showing the Heart, Lungs, Kidneys, Arteries, and Veins.

**ELEMENTARY HYGIENE
FOR THE TROPICS**

BY

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INTRODUCTORY

EVERY one wishes to be well, because the sick cannot work or find pleasure. They often suffer pain, are burdens to their friends, and are no comfort to themselves. They enjoy nothing, their lives are in danger, and many die. If a man is too ill to work he cannot earn anything for himself or his family, and he and they are often poor, hungry, and wretched.

The bad effects of sickness

To be well is to be able to earn, and to have the things one needs, such as food, clothing, and home comforts, — to be able to go about as one likes; to be free from pain and distress, and to enjoy life.

Then it is certainly worth while to *keep well*. If one has sound health he can have almost everything else. He can earn money, learn something, do more work, thrive better, and enjoy his life more. With good health one is more likely to be prosperous, contented, and happy, and to be just and kind. In fact, one is likely to be a happier man or woman, neighbor or citizen, — a better and happier boy or girl.

It is important to keep well

Health then is, on every account, the first thing for every person to get and to keep.

Every one should care for his health

The care of health must begin with each person, and at home. The first and greatest dangers to health are found in the home, — where it should have the first and best protection. Every person should know and do what is best for health, and every home should be healthful.

Many are sick who should be well

Many more people are sick, and there are many more deaths every year, than there should be, or than there would be if the simplest laws of health were obeyed.

Sickness and death bring suffering and the loss of friends. These are heavy burdens for even well people to bear. As each person when well can usually earn something, the loss to a family, and to a community, of all the earnings of those who are sick, is very great.

The purpose of this little book is to help to teach the young how to be well, so that they may have the good things that health brings.

It is called a book on *Elementary Hygiene for the Tropics*, because the study of all that promotes health is called hygiene, and this word has

come to be but another word for health. The putting together of some of the first and simplest facts and rules for healthy living is called elementary hygiene, because these facts, rules, etc., are its elements or beginnings, — the first things one must know to live rightly and keep well. As in hot climates there are many things which cause sickness that are not found in colder countries, the first or elementary things of hygiene in the tropics call for such special thought and study as are given in these pages.

This book
tells the
first things
one must
know in
order to
keep well

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