

**HOW TO KEEP WELL; A TEXT-BOOK OF
HEALTH FOR USE IN THE LOWER GRADE
OF SCHOOLS, WITH SPECIAL REFERENCE
TO THE EFFECTS OF STIMULANTS AND
NARCOTICS ON THE BODILY LIFE**

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How to Keep Well; A Text-Book of Health for Use in the Lower Grade of Schools, with Special Reference to the Effects of Stimulants and Narcotics on the Bodily Life by Albert F. Blaisdell

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ALBERT F. BLAISDELL

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NARCOTICS ON THE BODILY LIFE**

Laura Jacobi.
HOW TO KEEP WELL

A TEXT-BOOK OF HEALTH FOR USE IN THE LOWER GRADE OF
SCHOOLS WITH SPECIAL REFERENCE TO THE EFFECTS
OF ALCOHOL, DRINKS, TOBACCO AND
OTHER NARCOTICS ON THE
BODILY LIFE

BY

ALBERT F. BLAISDELL, M.D.

AUTHOR OF "OUR BODIES, AND HOW WE LIVE," "CHILD'S BOOK
OF HEALTH," ETC., ETC.

REVISED EDITION



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PREFACE

REVISED EDITION

THE author has aimed in this little book to present clearly and tersely the simplest facts concerning our bodily life.

Physiology is of little value to pupils in the lower grade of schools merely as a scientific study: it is of interest only so far as it treats in an attractive style of simple matters of every-day health. Yet, to understand even the plainest rules of health, we need to know something about the structure and use of the various parts of "the house we live in."

To this end, a few facts about anatomy and physiology have been presented in each chapter. To make the book more attractive and interesting, the author has used a familiar style, weaving into the text such incidental matter as will serve to arouse the interest and rivet the attention of the young pupil.

The real object of studying physiology in our schools is to teach young folks how to keep well and strong; and to avoid evil habits that destroy character as well as health. Hence special emphasis has been laid upon such points as have a practical bearing upon the personal care of health.

Special reference has been made to the nature and effect

of alcoholic drinks, tobacco, and other narcotics upon the human system. Such facts concerning their physiological action have been discussed as can be easily understood by those for whom these pages have been written.

This book has been thoroughly revised. A new chapter on the subject of alcoholic drinks and other narcotics has been added, together with much additional material on the same subject.

The new chapter on Practical Experiments will commend itself both to the teacher and the pupil. Nothing can take the place of a systematic series of practical experiments in teaching physiology, even with the youngest class of boys and girls.

In the preparation of this revised and enlarged edition, the author and publishers are under deep obligations to Mrs. Mary H. Hunt, the Superintendent of the Department of Scientific Instruction of the National Woman's Christian Temperance Union, who has carefully revised the work.

ALBERT F. BLAISDELL.

PROVIDENCE, R.I., November 1891.

CONTENTS

	PAGE
CHAPTER I.	
INTRODUCTION	I
CHAPTER II.	
THE BONY FRAMEWORK	II
CHAPTER III.	
THE MUSCLES	31
CHAPTER IV.	
WHAT WE EAT AND DRINK	46
CHAPTER V.	
ORIGIN AND NATURE OF FERMENTED DRINKS.	56
CHAPTER VI.	
DIGESTION, AND HOW IT GOES ON	65
CHAPTER VII.	
THE BLOOD, THE RIVER OF LIFE	89
CHAPTER VIII.	
HOW AND WHY WE BREATHE	103

	PAGE
CHAPTER IX.	
HOW OUR BODIES ARE COVERED	116
CHAPTER X.	
THE NERVOUS SYSTEM: HOW IT GOVERNS THE BODY . . .	132
CHAPTER XI.	
THE FIVE GATEWAYS OF KNOWLEDGE	153
CHAPTER XII.	
HELP AT HAND: OR, WHAT TO DO IN ACCIDENT OR ILL- NESS	166
CHAPTER XIII.	
PRACTICAL EXPERIMENTS	182
TEXT QUESTIONS FOR REVIEW	215
GLOSSARY	229
INDEX	233

HOW TO KEEP WELL

CHAPTER I

INTRODUCTION

1. What the Book is about. — When we get used to any common event, as, for example, to seeing a boy or girl moving, talking, and breathing, we forget to wonder at it, simply because it is so common a sight. But, when one does think about it, how very wonderful it is to be alive!

One begins to ask, How do we manage to move our bodies? When one has hurt his foot, how does his head know that he has done so? Why do we breathe and eat? How do we think? and how do we speak?

All these things this little book will try to explain to you. There will not be room to tell you about all the wonders of our bodies, but you will be able to learn the beginning of the story. There is much more to learn. When you have learned all that is told you here, you will feel so much interested, we hope, that you will wish to learn more.

The study of our bodies will not only make us acquainted with many wonderful things, but will also tell us how to get good health and how to keep it.

1

