

# **PHYSIOLOGY FOR BEGINNERS**

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Physiology for Beginners by Walter Moore Coleman

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**WALTER MOORE COLEMAN**

**PHYSIOLOGY  
FOR BEGINNERS**



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# PHYSIOLOGY

FOR BEGINNERS

BY

WALTER MOORE COLEMAN, A.B.

AUTHOR OF "ELEMENTS OF PHYSIOLOGY," ETC.

WITH AN APPENDIX ON NATURE STUDY

New York

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**COLEMAN'S PHYSIOLOGICAL SERIES.**

**PHYSIOLOGY FOR BEGINNERS.** For Intermediate and Lower Grammar Grades. Illustrated with many half-tone engravings and figures. 181 pages.

**THE ELEMENTS OF PHYSIOLOGY.** For an extended course in Graded Schools and Rural Schools, and for a review course in High Schools, Academies, and Normal Schools. With 248 illustrations, including colored plates and manikin. xi + 358 pages.

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## TO THE TEACHER

THIS book is taken up chiefly with inculcating practical truths concerning the health, most of the difficulties of the important science of physiology being deferred for later study.

Correct and practical ideas about health cannot be safely deferred, however; for it is probable that the mistakes made in the physical life of fast-developing children form one of the chief causes of failure of health in adult life. The cigarette habit alone warns us that boys should be taught at an early age reverence for their bodies. That girls should grow up with better ideas of taking care of themselves than they usually have, is shown by the widespread ill health existing among women. Dr. Cyrus Edson stated in the *North American Review* that he and a friend wrote out a list of four hundred and twenty ladies of their acquaintance in New York City, and that only twenty-seven of them possessed what could be called sound health. Lack of exercise and the wearing of deforming clothing are probably the chief causes of this deplorable state of affairs; the only hope of remedying

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the evil is to instill correct ideas into the minds of girls of ten or twelve years of age before injurious habits of life are formed and before the rapid development of the adolescent period begins.

Want of respect for the body is even more prevalent among boys than among girls. In some communities half of the boys smoke cigarettes and weaken themselves for life. Teachers often find it best to supplement the instruction with a private talk with a boy who has begun this suicidal habit; not only for his own good, but because, owing to the popular indifference and recklessness about health, the habit may spread from one boy to a whole private or public school. Prevention is a hundred times better and easier than cure. A private talk often convinces the boy of the teacher's personal and unselfish interest in his welfare and prepares his mind to receive the instruction in class.

The purpose in writing this book has been to bring the study of physiology near to the life of the community and especially to the life of the child; for no other study presents so good an opportunity to connect school and society. Nevertheless, it is hoped that every statement, even when made apparently in the most informal manner, will be found to have been as carefully weighed as if written for older minds. No attempt has been made to avoid

the warmth and friendliness of style that is natural in addressing the pupils for whom this book has been written; neither has there been an attempt to use childish language, although the language is simple.

The book contains innovations in method which it is unnecessary to discuss with professional teachers. The changes had their origin in those fundamental principles of pedagogy which are universally accepted; as to the skill with which they have been carried out, it remains for the teacher and for use in the school to decide. The language used is as simple as that of fourth readers. While intended for recitation in the two grades next higher, it is believed that the book is likewise well adapted for use in the fourth school year as supplementary reading, accompanied by the oral instruction of the teacher. Thus it may supply work in three years of the graded school course.

Work in elementary natural history is included in order that the book may in part supply a connecting link between the nature study of the primary grades and the biology of the high school, the author's "Elementary Physics" and his "Elements of Physiology" (with the usual books in geography) completing the science work for the grades below the high school.