

**PUBLIC SCHOOL
PHYSIOLOGY
AND TEMPERANCE**

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Public school physiology and temperance by William Nattress

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WILLIAM NATTRESS

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PUBLIC SCHOOL

Physiology and Temperance

BY

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PREFACE.

IN preparing this text-book, much difficulty was experienced in dealing with a subject of a somewhat technical character without using too freely the technical terms incident to Anatomy and Physiology. The practice of the authors of the best text-books published has, however, been followed. The introduction of a limited number of the simpler scientific names, while partly a necessity, nevertheless affords an opportunity for pupils to become early acquainted with the various parts of the human frame under names which are more correct and more suitable than many of the familiar terms in common use; besides, experience shows it is impossible to fix in the memory a knowledge of any subject, except by the use of its own appropriate nomenclature.

The object of the author has been to put clearly before the teachers and pupils the leading facts concerning the structure and functions of the various organs of the body, and, at the same time, to associate with these facts the physiological action and effects of alcoholic stimulants and narcotics. The pupil is, in this way, at every turn confronted with the evil effects of alcohol and tobacco, the dangers accompanying their use, and the tremendous risk of tampering with such powerful agents of destruction.

The benefits to be derived from a proper observance of the laws of health cannot be over-estimated, and while teachers inculcate abstinence from stimulants, they should impress upon their pupils the observance of such practices with regard to all the functions as would promote the highest possible development of mind and body.

The author acknowledges his indebtedness to the following for valuable hints: Martin's "Human Body," Starling's "Human Physiology," Blaisdell's "Young Folks' Physiology," Steele's "Hygienic Physiology," "Manual of Hygiene," Toronto, Sir B. W. Richardson's "Cantor Lectures on Alcohol," besides frequent reference to Gray, Foster, Huxley, Hare, Sijous, Nettleship, Lees, and many others.

WILLIAM NATTRESS.

Toronto, *October, 1896.*

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FIG. 1.—THE SKELETON.