

**HYGIENE: OR, THE PRINCIPLES OF
HEALTH, ADAPTED TO THE
REQUIREMENTS OF THE SCIENCE
AND ART DEPARTMENT, SOUTH
KENSINGTON**

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Hygiene: Or, The Principles of Health, Adapted to the Requirements of the Science and Art Department, South Kensington by John J. Pilley

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JOHN J. PILLEY

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ADAPTED TO THE REQUIREMENTS OF

The Science and Art Department, South Kensington.

BY

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Science and Art.*



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1884.

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P R E F A C E .

IN July, 1883, the Science Department of the Committee of Council on Education issued a syllabus of Hygiene. Having been appointed to prepare students for the examinations to be held by the South Kensington authorities in this subject, I soon found that, in spite of the many manuals and smaller text books which have been published on Health, no one was quite adapted to the Science Department's requirements, or built upon the lines of the South Kensington syllabus.

A special book would be hardly necessary if all students were regular in attendance at class, and if they took notes of the lessons and mastered the details of the same. Again, if students all answered the questions which are set on the lessons given, then teachers would be able to learn more of their difficulties and shortcomings.

Unfortunately, in large classes of adult students, many are frequently irregular; some take only few and imperfect notes of the lessons, which they themselves even cannot afterwards understand. As a rule, too, it is found that adult members of classes do not trouble to answer the questions which are set on the subject. These, and other facts of a similar nature, have induced me to publish for the use of students the notes of my lectures with some extended explanations. The *primary object* in view, therefore, in writing the following pages, is to provide such information as will aid those who are preparing

for the South Kensington Examination. A *second object*, but by no means a subordinate one, of these "Elements of Hygiene" is to explain, in a simple manner for the general reader, some of the great natural laws connected with the subject of health, taking as a guide the systematic outlines of the syllabus recently issued by the Science Department.

In such limited space, where one has to deal with so many important and vital questions, full of the very deepest interest to us all, it must necessarily follow that much remains unsaid. For example, in treating of the questions of "Food" and "Breathing" I have not dealt with the structure and functions of the digestive and respiratory organs, not because such knowledge is not important nor that the study of Physiology can be separated from that of Hygiene, but because, in the first place, space will not allow of such treatment, and in the second, the Science Department indicates by its syllabus that students must have some knowledge of Physiology before the study of Hygiene is taken up. Such information with respect to Human Physiology, as is necessary to the study of Hygiene, may be derived from my "Elementary Physiology."

I am indebted to *Messrs. Boyle, Banner, Buchan, Maignen, Doulton*, and the *Spongy Iron Filter Co.* for some of the illustrations, and to the *Royal Humane Society* for their instruction as to their mode of treating the apparently dead.

JOHN J. PILLEY.

DULWICH,

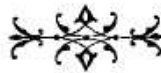
March, 1884.

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