

**HYGIENE AND HEALTH
SERIES. HYGIENE AND
HEALTH. BOOK ONE**

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Hygiene and Health Series. Hygiene and Health. Book One by Charles P. Emerson & George Herbert Betts

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CHARLES P. EMERSON & GEORGE HERBERT BETTS

**HYGIENE AND HEALTH
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HEALTH. BOOK ONE**

HYGIENE AND HEALTH



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Strike One! This young athlete has three things all boys and girls need—health, strength and skill

HYGIENE AND HEALTH SERIES

UNIV. OF
CALIFORNIA

Hygiene and Health

BOOK ONE

By

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Illustrated

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INTRODUCTION

The distinguishing feature of **HYGIENE AND HEALTH** is its outstanding aim and plan of causing the pupils to *form right habits of physical living*. In order to achieve this end, they must be led from day to day to *do* the things that lead to health and vigor, and to *avoid* the things that injure and weaken.

Each lesson therefore provides for certain suitable activities to be carried out. The children are asked to *learn by doing*, which is not only good pedagogy, but even better hygiene. The exercises provided are an integral part of the text, and are of the practical sort that find a setting in the daily life of every child. A skilful carrying out of the many simple experiments and projects given will not only bring zest and motive to the work, but will serve to carry the facts learned over into everyday practise. The wise teacher will, therefore, bend every effort to make the lessons *take hold* from day to day as they are taught. She will measure her success by the extent to which the children *live better* physically, here and now, because of the lessons learned, and by the extent to which they are forming *right hygienic habits* as they are passing through the text.

Those familiar with the texts in this field will note the avoidance in the present volume of two extremes: *first*, the over-emphasis on physiology and anatomy which characterizes the older type of text; and, *second*, the equally dangerous method of certain more recent texts, which offer a collection of mere stories and illustrations combined with sets of hygienic rules. This book stresses hygienic practise above all else, but does not fail to give the underlying facts and explanations for which the child's mind is at this stage ready, and which his curiosity demands. While immediate habits of right living are the great aim sought, the pupil is, step by step, led to an intelligent understanding of his own body and the laws which govern its welfare. The authors offer this volume as one small contribution to the present national movement to build up a better physical basis of life for our nation.

The material in Chapter XXXI, on Good Health Games at end of book, should be used throughout the school term.

THE AUTHORS.

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THE AUTHORS.

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RULES OF THE HEALTH GAME

- 1.** A full bath more than once a week.
- 2.** Brushing the teeth at least once every day.
- 3.** Sleeping long hours with windows open.
- 4.** Drinking as much milk as possible, but no coffee or tea.
- 5.** Eating some vegetables or fruit every day.
- 6.** Drinking at least four glasses of water a day.
- 7.** Playing part of every day out-of-doors.
- 8.** A bowel movement every day.