

**THE CHILD'S BOOK OF
HEALTH IN EASY
LESSONS FOR SCHOOLS**

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The Child's Book of Health in Easy Lessons for Schools by Albert F. Blaisdell

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ALBERT F. BLAISDELL

**THE CHILD'S BOOK OF
HEALTH IN EASY
LESSONS FOR SCHOOLS**

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SERIES OF PHYSIOLOGIES**

By ALBERT F. BLAISDELL, M.D.

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THE CHILD'S BOOK OF HEALTH

IN EASY LESSONS FOR SCHOOLS

BY

ALBERT F. BLAISDELL, M.D.

AUTHOR OF "OUR BODIES AND HOW WE LIVE," "HOW TO KEEP WELL,"
"LIFE AND HEALTH," AND "PRACTICAL PHYSIOLOGY"

REVISED EDITION

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PREFACE TO REVISED EDITION

In this revision, as in the previous editions of this book, the author has aimed to present, in a manner interesting and intelligible to the youngest reader, the simplest facts about our bodily life. The book is simple and terse in its wording, familiar and suggestive in its style. Its aim is to interest and stimulate little folks to learn a few things about everyday matters of health.

The author believes that the real object in introducing physiology into the lower grades of schools is to teach young people how to keep well and strong. Hence special emphasis has been laid, in the several lessons of this book, upon such points as concern the personal care of health.

The teacher must not rest content with merely having the pages of the text read. Each and every topic in the lessons should be so explained and illustrated that the facts will be fastened in the pupil's memory. Interesting material from other sources,

simple experiments, blackboard sketches, writing exercises upon the blackboard and in the notebook, should supplement the use of the text-book.

This book complies with the laws of those states which require in their public schools the study of the nature and effect of alcohol, tobacco, and other narcotics upon the human system.

A. F. BLAISDELL

WINCHESTER, MASS.

July, 1905

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THE
CHILD'S BOOK OF HEALTH

LESSON I

WHY WE SHOULD TRY TO KEEP WELL

Did your father or mother ever give you a pretty watch? If so, you know what pains you took to learn how to take good care of it. You were told when and how to wind it. You opened it, perhaps, and learned a few things about it by watching the wheels and springs. If you took good care of it, you found, even after you had carried the watch for several months, that it was not a bit the worse for use.

Now your own body, the house in which you live, is in many ways like a delicate machine,—like a watch or a steam engine for instance,—with many parts, both inside and outside, that need your best care. The Creator has given this most wonderful