

**PATHFINDER PHYSIOLOGI NO. 1;  
CHILD'S HEALTH PRIMER FOR  
PRIMARY CLASSES WITH SPECIAL  
REFERENCE TO THE USE OF  
ALCOHOLIC DRINKS AND NARCOTICS**

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# CHILD'S HEALTH PRIMER



WASTING MONEY. (See page 123.)

PATHFINDER PHYSIOLOGY No. 1

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CHILD'S  
HEALTH PRIMER

FOR PRIMARY CLASSES

WITH SPECIAL REFERENCE TO THE EFFECTS OF ALCOHOLIC DRINKS  
STIMULANTS, AND NARCOTICS UPON THE HUMAN SYSTEM



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**PATHFINDER SERIES**  
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# PREFACE

As this little book goes to press, Massachusetts, by an act of its legislature, is made the fourteenth state in this country that requires the pupils in the primary, as well as in the higher grades of public schools, to be taught the effects of alcoholics and other narcotics upon the human system, in connection with other facts of physiology and hygiene.

The object of all this legislation is, not that the future citizen may know the technical names of bones, nerves, and muscles, but that he may have a *timely* and *forewarning* knowledge of the effects of alcohol and other popular poisons upon the human body, and therefore upon life and character.

With every reason in favor of such education, and the law requiring it, its practical tests in the school-room will result in failure, unless there shall be ready for teacher and scholar, a well-arranged,

simple, and practical book, bringing these truths down to the capacity of the child.

A few years hence, when the results of this study in our Normal Schools shall be realized in the preparation of the teacher, we can depend upon her adapting oral lessons from advanced works on this theme, but now, the average primary teacher brings to this study no experience, and limited previous study.

To meet this need, this work has been prepared. Technical terms have been avoided, and only such facts of physiology developed as are necessary to the treatment of the effects of alcohol, tobacco, opium, and other truths of hygiene.

To the children in the Primary Schools of this country, for whom it was prepared, this work is dedicated.



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