

**HYGIENE FOR YOUNG PEOPLE: A
READER FOR PUPILS IN FORM III OF THE
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HYGIENE

FOR YOUNG PEOPLE

A READER FOR PUPILS IN FORM III
OF THE PUBLIC SCHOOLS

*Richard
Henson*
BY
A. P. KNIGHT, M.A., M.D.

PROFESSOR OF PHYSIOLOGY
QUEEN'S UNIVERSITY, KINGSTON

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PREFACE

This book is intended as a health reader for pupils of ten or eleven years of age. It is assumed that those who study it will have previously received, as provided by the school programme of study, a series of oral lessons in physiology and hygiene, somewhat similar to those indicated in the author's little book, "Introductory Physiology and Hygiene," Parts I, II and III.

The Introductory book consists of a series of lessons, most of which were taught to public school children in presence of the teachers-in-training at the Kingston Model School, during the session of 1904. In it, emphasis was laid upon anatomy and physiology as the proper basis for understanding hygiene, but the instruction in hygiene was limited to sets of rules which were placed at the end of each chapter. It was expected that teachers would express these rules in simple language, write them upon the blackboard and that pupils would learn them by heart.

After the Introductory book was published, R. H. Cowley, M.A., Inspector of Continuation Schools, and W. I. Chisholm, M.A., Public School Inspector, Kincairdine, both pointed out that if the hygiene parts of the book

were to be made at all effective, they would need to be expanded into the form of a reader. The present book is, to some extent, the result of their suggestion. Physiology still forms the foundation of the teaching, but the emphasis is here laid upon the hygiene. In short, the Introductory is a teacher's manual, this is a pupil's book.

It is almost impossible for me to make adequate acknowledgment of the help which I have received from a large number of skilled educators, and from medical gentlemen who have read either the MSS. or the proofs of this book. To W. I. Chisholm, M.A.; John Dearness, M.A., Vice-principal of the London Normal School; the Rev. W. H. G. Colles, Inspector of Public Schools, Chatham; J. Russell Stuart, Esq., Instructor in Methods, Faculty of Education, Queen's University; N. W. Campbell, B.A., Public School Inspector, Durham; A. A. Jordan, Principal, Victoria School, Kingston; J. W. Plewes, Principal, Central School, Chatham; T. A. Reid, Principal, Public School, Owen Sound; J. J. Rogers, Principal, Separate School, Lindsay; A. E. Attwood, M.A., Principal, Osgoode Public School, Ottawa; and Miss Lovick, Principal of Louise School, Kingston, I am particularly indebted either for valuable criticism, or for help in reading the proofs.

J. C. Connell, M.A., M.D., Dean of the Medical Faculty, Queen's University, has read the chapters on the Eye

and the Ear; while a committee of the Ontario Dental Association has read the one on the Teeth, and supplied for it a number of valuable illustrations. Professor James Third, M.B. (Tor.), Professor Edward Ryan, B.A., M.D., and Professor W. T. Connell, M.D., M.R.C.S., (Eng.), L.R.C.P. (Lond.), all of Queen's University; E. H. Young, M.B. (Tor.), of the Staff of Rockwood Hospital, Kingston, and T. H. Middlebro, M.B. (Tor.), F.R.C.S. (Eng.), Owen Sound, read the proofs and suggested improvements as the book was passing through the press.

The sources from which I have drawn material in writing this book have been very various. The standard physiologies of Howell, Ott, Schäffer, Stewart, Hall, Halliburton, and Hough & Sedgwick have been freely consulted. But on special topics I have made use of original monographs, or reports.

I am especially indebted to Sir Michael Foster's chapter on *Sunlight*; Professor C. F. Hodge's article in *The Physiological Aspects of the Liquor Problem*; Sir Victor Horsley and Dr. Sturge's *Alcohol and the Human Body*; Sedgwick's *Principles of Sanitary Science and Public Health*; J. W. Seaver's *Effects of Nicotine*; Reports of the Massachusetts' State Board of Health, 1888 to 1895; *Milk and its Relation to the Public Health*; being bulletin 41, Public Health and Marine Hospital Service, Washington, D.C., 1908; Abbott, A. C., *The Hygiene of Transmissible Disease*; and *The Life of Pasteur*, by René Vallery-Radot.

Lastly, I am indebted to Miss Margaret King, Kingston, for the drawings for nearly all the half-tone illustrations.

