

THE CHEMISTRY OF LIFE AND HEALTH

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The Chemistry of Life and Health by C. W. Kimmins

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C. W. KIMMINS

**THE CHEMISTRY OF
LIFE AND HEALTH**

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OF
LIFE AND HEALTH

*Charles
William* BY
C. W. KIMMINS, M.A., D.Sc.,

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1911 Staff Lecturer in Chemistry, Cambridge University Extension Scheme.
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P R E F A C E.

THE vast importance of the study of the Laws of Health is becoming so generally recognised that in the future no System of Education will be considered complete which does not embrace this subject in its curriculum.

Great difficulties, however, present themselves to the average reader of works on Hygiene, because an acquaintance with various branches of Natural Science is necessary in order to follow intelligently certain portions of such books. Thus it is impossible to understand clearly the important changes going on in respiration without some knowledge of the structure of the lungs, and the nature of the gases taking part in the process.

I have endeavoured in this little book to remove these difficulties by giving sufficient information on the particular portions of the sciences involved to enable readers, other than experts, to appreciate fully the fundamental principles of Hygiene.

Considerable prominence has been given to the chemical changes which play such an important part in questions of Life and Health, and also to the impurities which occur in air, water, and articles of diet, and the methods which should be adopted for their detection.

For a more detailed account of the subject I must refer my readers to Parkes' "Manual of Practical Hygiene"

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(7th Edition); Louis Parkes' "Hygiene and Public Health;" Smith's "Foods" (International Series); and Yeo's "Food in Health and Disease."

I must, in conclusion, thank Dr Major Brown of Spondon for suggestions and assistance in correcting proofs, and Messrs Whittingham & Co. for a few of the illustrations in Professor Lewes' excellent book on "Air and Water," published in this series.

DOWNING COLLEGE, CAMBRIDGE,
October 1892.

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