

**THE BUILDING AND CARE OF
THE BODY; AN ELEMENTARY
TEXT-BOOK IN PRACTICAL
PHYSIOLOGY AND HYGIENE**

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The Building and Care of the Body; An Elementary Text-Book in Practical Physiology and Hygiene by Columbus N. Millard

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THE BUILDING AND CARE OF THE BODY

*AN ELEMENTARY TEXT-BOOK IN
PRACTICAL PHYSIOLOGY
AND HYGIENE*

BY

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PREFACE

TEACHING pupils to develop strong, healthy bodies should be one of the chief aims of our schools. That unwise habits of eating and breathing are often the cause of weakening the body and sowing the seed of future ill health is a well-known fact. That daily habits as to cleanliness, exercise, rest, and protection of the body are also very important factors in gaining and preserving health and strength is an equally familiar truth.

Habits in all these respects are formed early in life, and the longer incorrect ones are practiced, the more difficult it is to change them. Unfortunately, too, knowledge gained after the formation of incorrect bodily habits often effects few changes, unless chronic invalidism compels thereto. It naturally follows, then, that Physiology and Hygiene, the study in the school curriculum which especially has to do with the development and care of the body, should deal with topics that are vital to the formation of good health habits, and should present them in a way that will both interest and impress children. The statement that it is right or best to do or not to do certain

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things often makes little or no lasting impression upon young folk. If they can be led to see, however, that certain practices are likely to make them better looking, abler in play and in work, and generally happier, more comfortable, and more useful, the information may be both retained and applied, for these benefits appeal to the child mind as well worth while.

As the title of this book, "The Building and Care of the Body," suggests, it has been written to fulfill the above stated conditions. Its aim throughout is to influence children to form habits likely to result in the development of strong, healthy bodies. The fact that bodily weakness is attended by discomfort and handicap, and that vigorous health results in improved appearance, more enjoyment, higher efficiency, and greater usefulness, is strongly emphasized. That each individual child is largely responsible for the health and efficiency which he will enjoy in manhood is also made prominent. In each chapter emphasis is placed upon the points vital to health. For example, under foods and digestion, the value of the various foods to the body, and the importance of the wise selection of foods, thorough mastication, and the daily evacuation of the waste products of digestion, are among the topics made especially prominent. Under respiration, the value of pure air, breathing through the nose, and rhythmic, deep breathing are

among the points especially emphasized, as are also the evil effects of adenoids and improper posture. The benefits of bathing, the importance of keeping the kidneys well flushed, the necessity for protecting the brain and spinal cord, the bad effects of obstructing the circulation, and the wisdom of guarding against contagious diseases, especially tuberculosis, is each made prominent in its respective chapter. An earnest endeavor has also been made to impress children with the great value of the eyes, ears, and teeth to the body, and to state the directions for protecting and preserving each so simply and clearly that they will appeal even to the youngest as both easy to follow and directly beneficial. The chapter on the care of little children should prove a valuable feature, since so many school children assist in the care of little ones at home.

Facts concerning anatomy and processes are given, if they can be readily understood, and will help children to see the need of forming habits conducive to health; otherwise they are omitted. After each chapter Points for Special Study are given, and these are printed so that they can be studied with the least possible strain to the eyes. Questions for use in study and recitation also follow each chapter.

Like the basic information in other studies, the essential facts of Physiology and Hygiene need con-