

A MANUAL OF PERSONAL HYGIENE

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A Manual of Personal Hygiene by George D. Bussey

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GEORGE D. BUSSEY

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PERSONAL
HYGIENE**

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BY

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PREFACE

To present the most important facts of personal hygiene briefly is the object of this Manual. The information which it contains has been gathered from a variety of sources, and, while opinions may differ as to some of its statements, it is believed in all essentials to be correct. As it has been prepared from notes which came gradually into existence through the teaching of classes in hygiene, it is impossible to give individual credit to those whose ideas have been utilized. Therefore the author takes this opportunity of thanking them all. He desires especially to thank Mr. Samuel F. Tower of the Boston English High School, Miss Laura S. Plummer of the Boston Normal School, and Dr. Franklin B. Dyer, Superintendent of Schools, Boston, for valuable criticisms and suggestions; Mr. Francis J. Conlin of the Boston English High School, Miss Lillian J. MacRae of the South Boston High School, Edward J. Grainger, M. D., of East Boston, and Eugene Lyman Fisk, M. D., Medical Director of the Life Extension Institute, New York, for reading the manuscript; and Louis Faugeres Bishop, M. D., Secretary of the Society for Instruction in First Aid to the Injured, New York, who has so generously placed at his disposal the society's handbook, from which Chapter XXI is drawn.

G. D. B.

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