

**THE HEALTH SERIES OF
PHYSIOLOGY AND
HYGIENE. HEALTH HABITS**

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The Health Series of Physiology and Hygiene. Health Habits by M. V. O'Shea & J. H. Kellogg

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HEALTH AND CLEANLINESS
THE BODY IN HEALTH
MAKING THE MOST OF LIFE

THE HEALTH SERIES
OF
PHYSIOLOGY AND HYGIENE

HEALTH HABITS

BY

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INTRODUCTION

It is the aim in "The Health Series of Physiology and Hygiene" to present in an attractive form for pupils in the elementary school the latest and most accurate knowledge relating to physiology, and especially to the hygiene of daily life. The constant effort of the authors has been to make scientific knowledge so simple, so concrete, and so captivating that pupils can hardly fail to take an interest in the problems of preserving health for the purpose of making the most of life.

Throughout the series, the aim has been kept in view of awakening in the young a normal desire to live in such a manner as to develop strength and preserve health; because in this way the individual will have the greatest success in securing the things which he desires, and in avoiding the disabilities and pains which otherwise are likely to occupy a considerable part of his life. Comparatively little attention is given to anatomy, and only sufficient physiology is presented to constitute a basis for the facts of health which are discussed.

Very extensive use is made of photographs and diagrams illustrating every-day life in the city and in the country. There is at least one interesting and practical original exercise suggested for every principle of health presented

in any lesson, and it is the plan that each pupil should work out each exercise and report upon it during the recitation period. In order further to assist the teacher and the pupil, a list of questions, fully covering the text, has been given at the end of each chapter.

PREFACE

THIS first book of the "Health Series of Physiology and Hygiene" will not be found too difficult for children in the lower intermediate grades of the elementary school. The purpose of the book is to lead young pupils to see that their habits of living determine whether they shall be sick or well much of the time and whether or not they will have strength to do the various things which they want to accomplish.

In the preparation of the book, the authors have studied the typical child from nine to twelve years of age in his daily life. They have noted his tendencies in matters involving health, and they have studied particularly his problems in adapting himself to present-day conditions in the country and in the city. These observations have suggested the subjects pertaining to health which will interest a child and which will be of practical value for him in every-day life. These are the subjects which are discussed in this book.

The authors have further studied children in respect to their attitude toward different methods of presenting facts of health, with a view to determining the child's habits. They have found that the typical child is not much influenced by exhortations simply to live in a healthful way; but he is deeply influenced by everything which promises to increase his energy for his games and plays and which will help him