

**GRADED OUTLINES
IN HYGIENE, BOOK
ONE**

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Graded Outlines in Hygiene, Book One by Walter Frank Cobb

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WALTER FRANK COBB

**GRADED OUTLINES
IN HYGIENE, BOOK
ONE**

UNIVERSITY OF
CALIFORNIA

**GRADED OUTLINES
IN HYGIENE**

BOOK ONE

By

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THE HOUSE OF APPLIED KNOWLEDGE

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In the belief that oral instruction in the laws of hygiene can be given with profit to children too young to read and study a textbook in the subject, this book has been written and published. It is hoped that teachers will find it a helpful guide to a progressive and unified series of lessons that will have a lasting effect on children's health habits. Certainly in no field can knowledge be applied with greater results than in that of hygiene

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TO
ALL LITTLE PEOPLE
AND ESPECIALLY
TO
VIVIEN EVELYN COBB

other kinds of medicine, these doses must be given regularly, frequently, intelligently, and persistently. Their efficacy must depend also in a large degree upon the personality of the teacher. She must believe in the potency of her prescriptions. What is more, she must follow up her professional advice with sufficient interest to see that the information is translated into action. She must "teach lessons in hygiene, not merely hear lessons in hygiene."

An effort has been made to develop these lessons so that interests which arise from a well-taught lesson in hygiene will be constantly finding expression in the other subjects of the curriculum. A period devoted to the consideration of some historical incident may unexpectedly (to the child) lead to discussion of a hygienic principle that finds its application in the history lesson. A lesson about the voyage of the Pilgrims, in which the political and religious motives for making the adventure are briefly explained, may easily lead to a discussion of liberty and give opportunity for pointing out that freedom from disease is one form of liberty that can be secured only at the cost of continual battle with our disease enemies. Other lessons find their application in mythology, nature study, fiction, industry, care of animal pets, etc. Many of these lessons are so closely related to other topics and subjects that it does not appear evident to the pupil that hygiene as a required study is being considered. The larger interests of the child are made the approach to lessons in health.

The author finds it impracticable to acknowledge individually his indebtedness to all who have con-

tributed, directly or indirectly, to the preparation of this book. Many texts have been consulted; numerous magazines and journals have been searched for useful material; some most valuable suggestions have come from papers presented at meetings on health and physical education. Much help has also come from conferences with specialists in the field of health education. Among those who have contributed most freely with their expert knowledge and who have been of inestimable assistance with their suggestions and kindly criticism, are: Dr. Thomas A. Storey, Executive Secretary, United States Interdepartmental Social Hygiene Board; Francis T. McSherry, formerly superintendent of schools, Holyoke, Massachusetts; Dr. Willard S. Small, Chief of the Division of Hygiene, Federal Bureau of Education (now on leave of absence with the United States Interdepartmental Social Hygiene Board); Prof. John W. Ritchie, author of the New-World Health Series and other books on health education; and Miss H. P. Gorman, of the Boston public schools.

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WALTER F. COBB

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