

**CALIFORNIA STATE  
SERIES. PRIMER OF  
HYGIENE**

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California State Series. Primer of Hygiene by John W. Ritchie & Joseph S. Caldwell

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**JOHN W. RITCHIE & JOSEPH S. CALDWELL**

**CALIFORNIA STATE  
SERIES. PRIMER OF  
HYGIENE**





Open air school, San Diego County.

CALIFORNIA STATE SERIES

# PRIMER OF HYGIENE

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*Revised by the State Text-book Committee and approved  
by the State Board of Education*

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## PREFACE

IN comparatively recent years a new knowledge that is able to save man from a great part of the sickness that has heretofore afflicted him has come into the world. This knowledge reaches the people but slowly, however, and there are yet at all times in the United States three millions of people who are seriously ill, one-half of them suffering from ailments that are easily preventable.

The writers of this text have felt that the greatest immediate service our schools can render is to teach the facts that will enable the people to shake off the great burden of preventable disease that they are now carrying. They believe that hygiene should be faithfully taught in every schoolroom in the land, and that the object of teaching it should be the prevention of sickness. He who would seek the motive of this small volume will therefore easily find it; for the single purpose of the authors has been to select those facts that have been shown by modern science to be vital in health conservation, and to present these facts in the simplest form possible.

It is believed that those familiar with our crowded school curricula will appreciate the slim compass into which the matter has been brought, and it is hoped that this little book may serve a useful purpose in the hands of those earnest teachers who are leading their pupils and their communities into the Era of Health that lies before us.



## TO THE TEACHER

THE teacher who uses this text will find Allen's *Civics and Health* (Ginn & Company, Boston), Shaw's *School Hygiene* (The Macmillan Company, New York), McVail's *The Prevention of Infectious Diseases* (The Macmillan Company), Lloyd and Bigelow's *The Teaching of Biology* (Longmans, Green & Company, New York), and Hutchinson's *Preventable Diseases* (Houghton, Mifflin & Company, Boston), most useful in giving a background for the teaching of the subject. McKenzie's *Exercise in Education and Medicine* (W. B. Saunders Company, Philadelphia), Harrington's *Practical Hygiene* (Lea and Febiger, Philadelphia), and Jordan's *Principles of Bacteriology* (W. B. Saunders Company), are books of a more advanced nature, but they can be profitably consulted by even the non-technical reader. Ritchie's *Primer of Sanitation and Human Physiology*, the second and third books of the series which includes this text, will furnish more detailed information in regard to many of the topics discussed, and the *Gulick Hygiene Series* (Ginn & Company), will be of service to the teacher. These or other similar books should be at the command of the teacher, for there can be little doubt of the truth of Spencer's dictum that hygiene is the most important subject in the schools and that it should yield to no subject in the care with which it is taught or in the time devoted to it.

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