

**LESSONS ON THE HUMAN BODY. AN  
ELEMENTARY TREATISE UPON  
PHYSIOLOGY, HYGIENE, AND THE  
EFFECTS OF STIMULANTS AND  
NARCOTICS ON THE HUMAN SYSTEM**

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Lessons on the Human Body. An Elementary Treatise upon Physiology, Hygiene, and the Effects of Stimulants and Narcotics on the Human System by Orestes M. Brands

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**ORESTES M. BRANDS**

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THE HUMAN BODY.

*An Elementary Treatise*

UPON PHYSIOLOGY, HYGIENE, AND THE EFFECTS  
OF STIMULANTS AND NARCOTICS ON  
THE HUMAN SYSTEM.

BY

ORESTES M. BRANDS,

PRINCIPAL OF GRAMMAR AND PRIMARY SCHOOL No. 4,  
PATERSON, N. J.

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## P R E F A C E.

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THE formidable size and ponderous character of many books placed in the hands of children have been prolific sources of discouragement of effort, and, not infrequently, causes for dislike and neglect of important and interesting studies.

These simple Lessons on the Human Body are specially designed to present subject-matter in such quantity and of such quality as shall make it *possible and probable* that the young student may "make its acquaintance."

It is confidently believed that the arrangement of the material will at once commend itself to the teacher. Attention is respectfully directed to the following features; viz., —

1. Short, complete lessons.
2. The systematic division of each lesson that describes an organ into three distinct topics, — *Position, Construction, Work.*
3. The arrangement of the entire text in short, numbered paragraphs, each stating an important fact briefly.

4. The adaptation of the text to oral instruction, *the teacher's work being already arranged.*

While in manuscript form, these lessons were used, with much success, in large schools.

Thanks are due to LeRoy F. Lewis, Principal of School No. 11, Brooklyn, who unites with his high qualifications as a teacher special scientific and professional knowledge, for valuable suggestions; and to Dr. Albert Day of the Washingtonian Home, Boston, an eminent writer and authority on alcoholic diseases, who has read the manuscript on alcohol, and gives it his unqualified approval.

The author believes it to be unnecessary to waste time and space in presenting the importance of an *early* acquaintance with the structure and functions of the principal organs of the human body, and of a general knowledge of the laws governing their well-being. No intelligent person of to-day questions the importance of such knowledge. If this little book should merit the approbation of my fellow-teachers, I shall feel fully repaid for the labor attending its preparation.

O. M. B.

Dec. 22, 1883.

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