

**SANITATION FOR PUBLIC
HEALTH NURSES
(THE FUNDAMENTALS
OF PUBLIC HEALTH)**

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Sanitation for public health nurses (the fundamentals of public health) by Hibbert Winslow Hill

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HIBBERT WINSLOW HILL

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SANITATION FOR PUBLIC HEALTH NURSES

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(THE FUNDAMENTALS OF PUBLIC HEALTH)

BY
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Author of "The New Public Health"*

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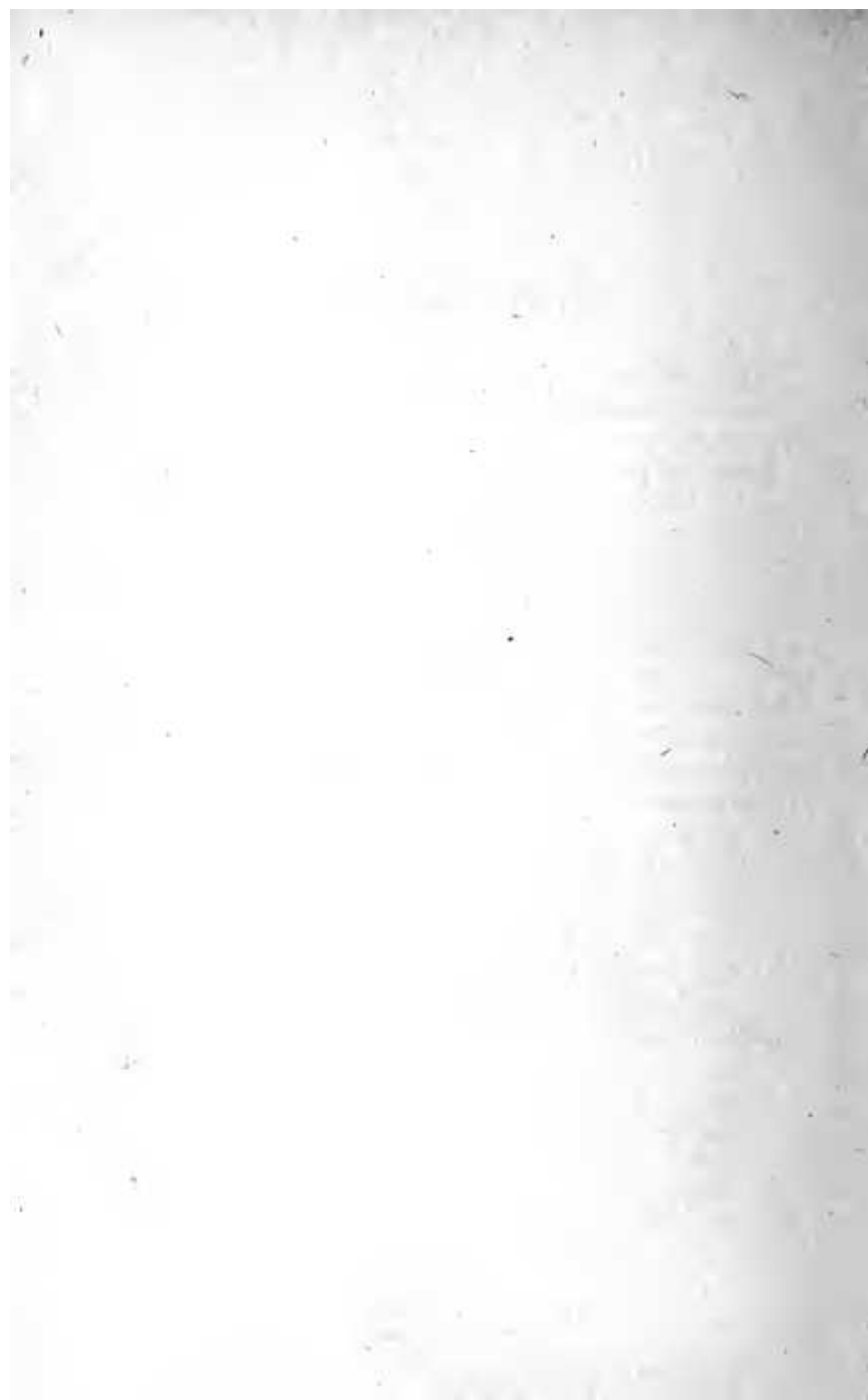
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EDITOR'S PREFACE

The development of Public Health Nursing in the United States has naturally created a demand for literature. Not only must material be available for the hospital training schools and the rapidly developing post-graduate courses in Public Health Nursing, but also for the nurses throughout the country who are realizing that to read is as necessary in the nursing profession, as in the medical profession already rich in literature. The general public too is beginning to feel an increasingly intelligent interest in this form of health work. To meet these needs, it is proposed to publish a series of books dealing with the various aspects of Public Health Nursing. The authors selected will be recognized authorities and each subject will be so treated as to bring out the underlying principles and broad possibilities of development, and also the practical working details, which together will make the books of value to nurses.

Each volume will be complete in itself, but it is hoped that, through careful editing, duplication and omission will be avoided and that the series as a whole will make possible a comprehensive study of the entire field of Public Health Nursing.

MARY SEWALL GARDNER.



PREFACE

THIS book was written to give to Public Health Nurses a concise view of the fundamentals of modern Public Health as it is to-day; more particularly of such aspects of modern Public Health as may be conveniently listed under Sanitation.

Public Health deals with all the physical welfare of all mankind, and its subdivisions are, like all the subdivisions of any other great subject, more or less artificial. Thus Sanitation, although dealing strictly speaking only with "surroundings," yet cannot escape consideration of the individual who is "surrounded," for it is the reaction of the individual to his surroundings that makes his surroundings important. So Hygiene, dealing strictly speaking only with the operation of the individual's body, nevertheless requires modifications without end, depending on variations in the surroundings, for it is to meet these variations successfully that Hygiene exists.

Neither Hygiene nor Sanitation should be carried to conclusions which are too excruciatingly logical. It would not be wise, even if practicable, to secure for the body sanitation so perfect that the smooth working of the automatic compensations and adaptations of the body, its most "vital" function, degenerate from disuse, as in a perpetual "rest cure." Nor is it well to devote such a surplus of time and energy to Hygiene, that the body is engaged merely in meeting extreme conditions, artificially imposed, as in spectacular competitive athletics.

In Public Health as in all other human movements, it is necessary to keep the end in view and not to make the mere means an end; for thus are "fads" built up, to the distress of all real Public Health. The real end sought in Public