

**ELEMENTS OF HYGIENE AND
SANITATION; BEING PART II OF "THE
HUMAN MECHANISM: ITS PHYSIOLOGY
AND HYGIENE AND THE SANITATION OF
ITS SURROUNDINGS", PP. 291-557**

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THEODORE HOUGH & WILLIAM T. SEDGWICK

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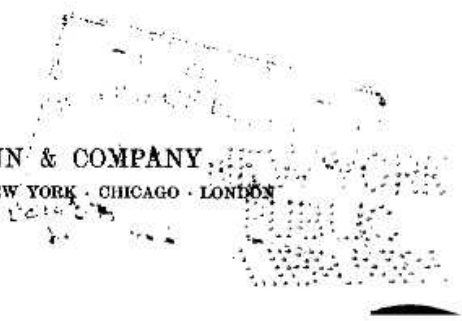
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The fundamental conception of the liv-
ing body as a physical mechanism . . .
is the distinctive feature of modern as
contrasted with ancient physiology
HUXLEY

L.C.

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PREFACE

The present volume is a reprint of the second and concluding portion of our larger work entitled *The Human Mechanism*, of which the first part is devoted to physiology. For the use of students who have already had courses in physiology in which insufficient attention was paid to hygiene and sanitation, for the general reader, and for all who desire an elementary introduction to the principles and practice of hygiene and sanitation, this volume should prove useful.

The authors hold with Matthew Arnold that "conduct is three fourths of life," and that this is no less true of the physical than of the moral and the intellectual life. They therefore make no apology for fixing upon conduct as the keynote of the present work, and *the right conduct of the physical life* as the principal aim and end of all elementary teaching of hygiene and sanitation.

In those portions of the volume devoted to public hygiene and sanitation the authors have kept in view the importance of these subjects in education for good citizenship. Sanitary science and the public health can be advanced only as they are supported by an intelligent public opinion which appreciates the nature of the problems involved, the frequent duty of subordinating personal liberty to the public good, and the importance of rendering hearty support to public officials in the discharge of difficult and often delicate tasks.

Personal hygiene is nothing more nor less than the application of physiology to the actual conduct of life, and its principles can be mastered only when their study is preceded by that of the elements of physiology. In the hope that many who read this volume may be led to make a careful study of the scientific basis of hygienic conduct, Part I of *The Human Mechanism* has also been issued separately under the title, "Elements of Physiology."

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[For convenience of reference, both to the complete work and to each of its separately published parts, the page and chapter numbers of *The Human Mechanism* are retained.]

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