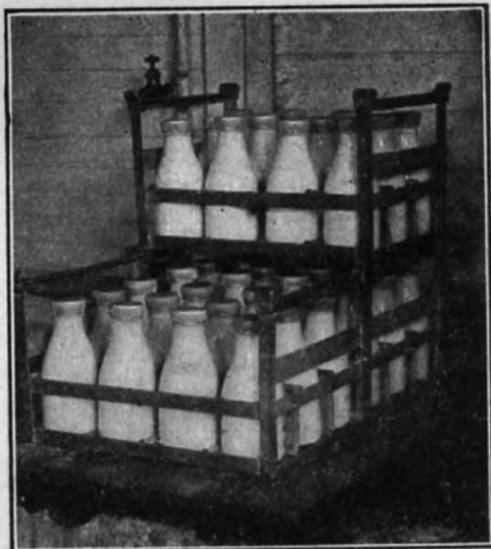


A CLEAN BARN



CLEAN MILKMEN



CLEAN BOTTLES

WHOLESOME MILK MEANS CLEAN MILK **A**

GENERAL HYGIENE

H 64
H 29

61
C

BY

FRANK OVERTON, A.M., M.D.

AUTHOR OF "APPLIED PHYSIOLOGY"

SANITARY SUPERVISOR

NEW YORK STATE DEPARTMENT OF HEALTH

3/8)



[Handwritten signature]

NEW YORK .. CINCINNATI .. CHICAGO
AMERICAN BOOK COMPANY



COPYRIGHT, 1913, BY
FRANK OVERTON.

COPYRIGHT, 1913, IN GREAT BRITAIN.

—
OVERTON, GENERAL HYGIENE.
F. P. 21



88-9977



THE personal welfare of each individual depends largely on the efficiency of his bodily machinery. The effects of mental and moral habits on the health of the body have long been known, but the recognition of the effects of bodily health upon the mind and the moral character is of recent date. Bodily health is readily within the control of either the individual himself or his parents. The modern science of hygiene and sanitation is founded upon the idea of personal responsibility of each individual for both the transmission and the acquisition of most diseases.

The experiences of sailors and of explorers in uninhabited lands prove that a small number of healthy persons, separated from the rest of their fellows, and moving from place to place, will be remarkably free from diseases and infirmities in spite of hardships and exposure. The preservation of the same degree of healthfulness in the midst of crowded communities is one of the greatest problems of modern life; and it will be solved only when every person acquires a knowledge of the elementary principles of modern hygiene and sanitation.

This is a textbook on the general subjects of hygiene and sanitation. It is adapted for pupils in

the intermediate grades. It fulfills the requirements of modern courses of study in physiology, and also conforms to the laws of the states requiring instruction in sanitation and in the prevention of diseases. It is also a textbook on anatomy and physiology, but all the topics discussed have a practical application to everyday living. The subjects are presented from the point of view of a health officer on active duty among all classes of people, rather than that of a science teacher whose activities are confined to a classroom.

One reason why a knowledge of hygiene is not more widespread is that its literature is usually full of technical terms and scientific phrases that are not intelligible to untrained minds. This book is not a vocabulary of new terms which must be mastered before a knowledge of hygiene may be acquired; but it employs everyday words and understandable English to inspire the reader to live healthfully and to promote the cause of public health.