



SCIENCE NEWS-LETTER

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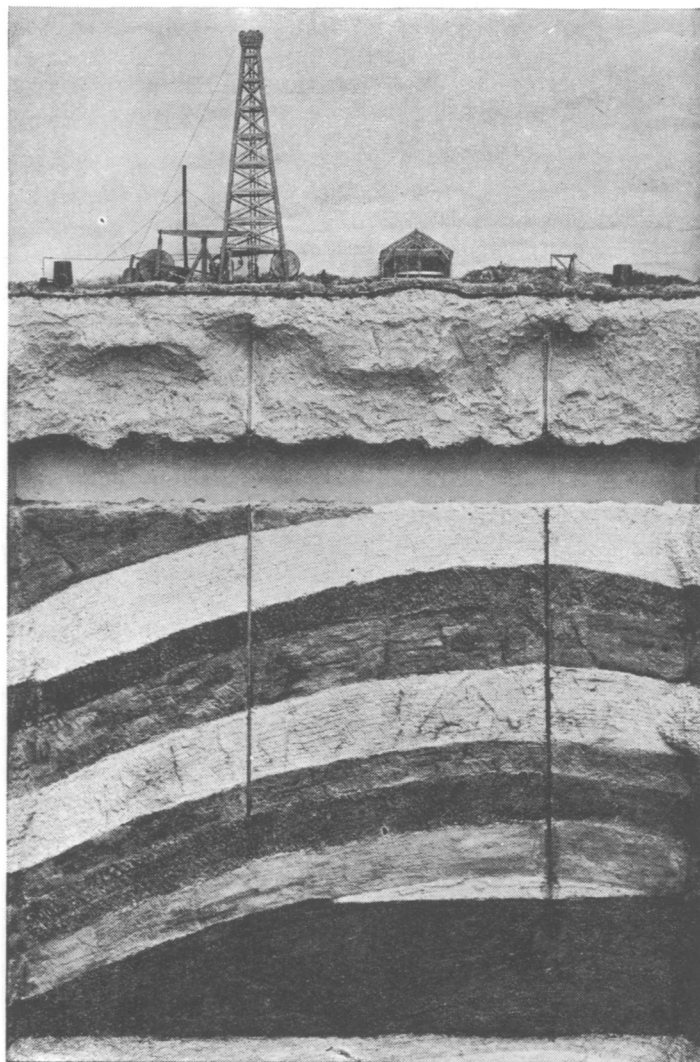


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April 6, 1929



THE BIRTHPLACE OF OIL

Museum Model Shows What's Under an Oil-Field

(See page 206)

Vol. XV

No. 417

"It Stresses the Principles of Healthful Living Which Apply to Daily Life"

The HEALTH of YOUTH

By FLORENCE L. MEREDITH, B. Sc., M. D.

Professor of Hygiene, Tufts College, Medford, Mass.

Lecturer in Hygiene, Simmons College, Boston.

175 Illustrations. Cloth \$1.60

An opportunity to acquaint themselves with all the main principles of health should be offered to all young people as soon as they have reached an age and a state of mental development to understand them.

The early years of life are the time for training in health habits, and for acquiring certain standards of healthful behavior. Later in the life of boys and girls there comes a time when living conditions offer opportunities for many choices of conduct, when habits that have been acquired, even the best of habits may and should at times be modified. Still more important, however, there comes a time when good habits that should be maintained under all circumstances are likely to be abandoned unless the reasons for maintaining them are thoroughly understood.

Therefore we feel that the young member of the species "homo sapiens" should, as soon as it is fitting, be armed with knowledge of the conditions of health. Under ideal circumstances he will already be familiar with the daily application of the principles of health, and as a result of this and of the care given him by his parents, will be in good health. The study of hygiene will, under such circumstances, serve to put an additional foundation under his accustomed daily practices, and enable him to withstand the coming situations that will challenge and may weaken the habits and maintain health.

At about thirteen to fifteen years of age, boys and girls are ordinarily sufficiently mature, mentally and physically, and in their experience and general attitude toward life, to warrant placing before them a rather full discussion of the main health problems. This textbook has been prepared for students in the last year or two of the junior high school or the first year or two of the senior high school.

The author has had in mind the tendency of rational human beings to ask "Why?" Dogmatic teaching can hardly be expected to be acceptable to students at the age for which this book was written. They are justified in demanding reasons. Hence there has been some reference to the physiology upon which hygiene principles are based—references which are in most cases superfluous in the case of younger boys and girls.

Contents—Introduction: The Study of Hygiene as a Means to Health; Food and Diet; The Hygiene of Eating; Nutrition and Weight; The Elimination of Waste; Fresh Air and Ventilation; Posture; The Feet; Exercise; Fatigue; Sleep and Rest; The Regulation of Body Temperature; Clothing; Bathing and Cleanliness; The Mouth and the Teeth; The Eyes, Ears and Voice; Infection; Resistance to Infection; The Prevention of the Epidemic Diseases and Colds; Mechanical Injury and Accidents; Poisoning; Mental Hygiene; Tables.

"This is a comprehensive presentation of those principles and facts that every young person should know about and live up to, as the body, mind, and personality are growing up and establishing themselves as a unit in human society. The book is understandable,—not being weighted down with technical terms and superfluous verbiage. Its instruction is just what every citizen needs. The State as well as the individual and the family will be the better and the more prosperous if it, or a book as understandable and excellent as this one, is adopted and taught to every boy and girl in the grades or in the high school. The relation of health to behavior is made plain, without any tinge of offensive "preaching."—*Education*.

"It is a serious attempt to present facts that will lead the individual to live healthfully without emphasizing hobbies."—*American Physical Education Review*.

"It is profitable for pupils, even junior high school ones, to gain a concept of the enormous number of variables that enter into any situation that has to do with life."—*Bulletin, National Tuberculosis Association*.

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