

PREFACE.

No more important advice was ever given to man than "know thyself," and no more pleasing or more profitable subject could be considered in school than the obeying of this command.

It will lead us to consider the relation of the body to the soul ; the purpose of the body and the destiny of the soul ; the beauty of the soul as expressed in the body ; and the dependence of the soul upon the body. It will lead us to see that the achievements of the soul are limited by the power of the body.

It will lead us to consider the beauty of the human form ; to know the different systems of which the body is composed ; the organs of each system and the structure and definite function of each organ. We shall see the dependence of each organ upon all the other organs, and the wonderful harmony in which they all act when in health.

It will lead us to know what care must be taken to keep all these delicate organs in proper condition, so that each may perform its function perfectly. It will point out to us what will interfere with the perfect development and perfect action of these organs, and will particularly warn against alcohol and tobacco, because these two evils are abroad in the land and are daily claiming their victims from the ranks of the boys and girls who are growing up around us.

THE AUTHORS.