

CATECHISM OF HYGIENE

FOR THE USE OF

CONVENTS AND FEMALE SCHOOLS

BY A TEACHER

It was asked of Agesilaus how children should be instructed. "Teach them what they must do when they are men," answered the king.

Following this advice, we must teach you, dear pupils, what you ought to do when each of you may be "mistress of a household."

Mayhap you have been told that home was the cradle of hygienical science; that the family was the source whence the stream of health should flow; consequently you have followed with interested attention these preliminary notions of that department of medical science which treats of the preservation of health, in the "Synopsis of an elementary course of hygiene" which has lately been given you.

In this more extended course, which we now offer to your consideration, you may develop the theory of knowledge already acquired; the practical development thereof will some day be required: thus you will complete your instruction, and endear yourselves to your families, and render yourselves useful to your fellow-beings.

YOUR DEVOTED TEACHER.