

- (1) *Use every power you possess.*
- (2) *Avoid the overindulgence of all appetites and all desires.*

QUESTIONS .

1. What is the purpose of medicine?
2. Why should medicine be avoided as much as possible?
3. What causes most contagious diseases?
4. What is meant by parasitic animals?
5. How are tapeworms and trichinæ taken into the human system? What is the result with each?
6. How are malarial organisms taken into the body?
7. How can the body best be protected against injurious bacteria?
8. How may the spread of contagious diseases be prevented?
9. How do the injurious bacteria pass from a person who has sores or boils? Scarlet fever or measles? Typhoid fever?
10. In what important ways may bacteria be carried?
11. Why should plumbing be kept in good condition?
12. How may bacteria be transferred through contact?
13. How may bacteria be carried in the air?
14. Why is wiping with a damp cloth better than dusting in a schoolroom?
15. How may bacteria in food be destroyed?
16. How can we reduce the danger of taking a disease distributed by coughing?
17. How may we prevent diseases being spread by insects?
18. Why should we have light and air in our sleeping rooms?
19. What three conditions most commonly lead a person to use alcohol as a beverage?
20. Why should alcohol be entirely avoided as a beverage?
21. What are the two fundamental laws of health and usefulness?