CHAPTER XVI.

WATER: Its Action and Purposes in the Human Economy—Quantity
Required—Sources of Supply—Relative Values of Waters from Different Sources—Contamination of Water—Inpure Wells—Storage and
Distribution of Water—Impu ties from Pipes—Physical Examination:
Color, Sediment, Taste, Smell, and Touch—Chemical Examination:
Simple Tests—Approximative Tests—More Accurate Tests—Classification of Waters—Effects of Chemical Impurities—Purification of
Water: by Precipitation, by Filtration, by Other Modes—Filters:
Their Use and Abuse—Filters on the Large and Small Scales—Hyatt's
Filter—Impure Ice—Hints as to keeping Water in and about the
School-House.

CHAPTER XVIL

CHAPTER XVIII.

CHAPTER XIX.

CHAPTER XX.

Physical Exercise: Structure and Physiology of Muscle—Walking—Leaping—Running—Football—Lacrosse—Baseball—Cricket—Rowing—Fencing—Hand-ball—Driving—Sailing—Rational and Irrational Athletics—Action in Producing Diseases of the Heart, Lungs, Limbs, etc.—Gymnastics and Calisthenics—Recreations: for Summer; for Winter; for Girls; for Boys—Alternation with Mental Exercise—Recesses—Kindergartens.—238