

## FOREWORD

IN preparing a book on some of the problems of health, to be placed in the hands of school children, the authors have departed somewhat from old and well-established lines. It has occurred to them that a study of the bony frame, or the intricate physiology of the body, cannot tend to develop right methods of living to any very great extent.

In the discussion of the various topics, the central thought should be the life of the body, and a study of the means to the disposal of the people by which it can be preserved in a state of highest efficiency. This leads at once to the problem of combating disease.

Emphasis has been laid on the fact that even when exposed to disease, the best way to avoid catching it is by living a sensible, normal life. Parents frequently ask if medicine cannot be given to prevent their children from catching measles or scarlet fever. It would seem wise to lay stress on the benefits to be derived from sunshine, fresh air and good food properly prepared. Therein lies the key to health and the means of warding off disease.

The last quarter of a century has seen the average length of life in Germany increased by six years. In India the average length of life is twenty-three years. In Great Britain it is forty-four years, and in Sweden fifty years. This difference represents exactly the comparative efficiency of methods adopted