

view, the text of "The Essentials of Health" has been thoroughly revised, and its practical hygienic teaching has been greatly elaborated.

Marked changes have also been made in the illustrations, many new ones being added, including four full-page diagrams in a new and original style and four color plates.

This text complies in all respects with the requirements of the laws regarding the teaching of physiology and hygiene, with special reference to the effects of alcohol and other narcotics on the human body.