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Principal foods from the mineral kingdom.

51. Action of the mineral kingdom on alimentation.—52. Table salt. — 53. Water.—54. Well water.-55. Cistern water.-56. Spring water. 57. Lake water.-58. River water.-59. Temperature of potable water.-60. Snow and ice waters. - 61. Ice water. - 62. - Analysis of water.—Spnopsis.....

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Hygiene of the digestion.

63. Digestion in the mouth .- Mastication, -61. Hygienic precautions.—65. Does sugar destroy the teeth ?-66. Is fruit injurious to the teeth?-67- Insalivation. - 68. Deglutition. -69.—Hygienic precautions.—70. Digestion in the stomach.-71. Hygienic precautions.-72. It is right or wrong to drink while eating?-73. Digestion in the intestines?-74. What are the foods that can be most easily digested ?-75, Diet.-Mixed alimentation.-

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Hygiene of the person.

77. Importance of respiration and alimentation. -78. School hygiene. -Site. -79. Size of schoolhouses.-80. At what age should a child be sent to school ?-81. Plan of construction.-82. Furniture. — 83. Lighting. — 84. Intellectual work and muscular exercise in schools.