

## PREFACE.

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THE want has long been felt of a work on Hygiene, which would occupy an intermediate place between the elementary text-books for the use of children, and the advanced treatises for practitioners of medicine, sanitary engineers, and other persons intending to become experts in Sanitary Science. This book is designed to meet, in some degree, that want. Whilst many of the calculations, and much of the matter, contained in it are expressed in terms not suited to a child, it is, on the other hand, free, as far as may be, from technical expressions not readily understood by the ordinary reader.

Whilst it is primarily intended for teachers, and for pupils in attendance at the Normal and other Schools of the higher grade it is hoped that it may be read with interest and profit by other persons; and that a perusal of it, coupled with an earnest desire to put in practice any good suggestions that may be offered, will be productive of increased health and vigor, and a lessened death-rate. It is intended to present such a knowledge of sanitary matters as every intelligent citizen should possess.

It will be found that the book is mainly devoted to considerations of those matters of Hygiene in regard to which a controlling or modifying influence may be exercised by those for whom it is intended. Such points in Physiology and Anatomy are taken up as will aid in the hygienic considerations referred to: it has been felt that people will be more likely to put in practice suggestions in Hygiene, for which they understand the physiological reasons, than they will mere dogmatic directions.