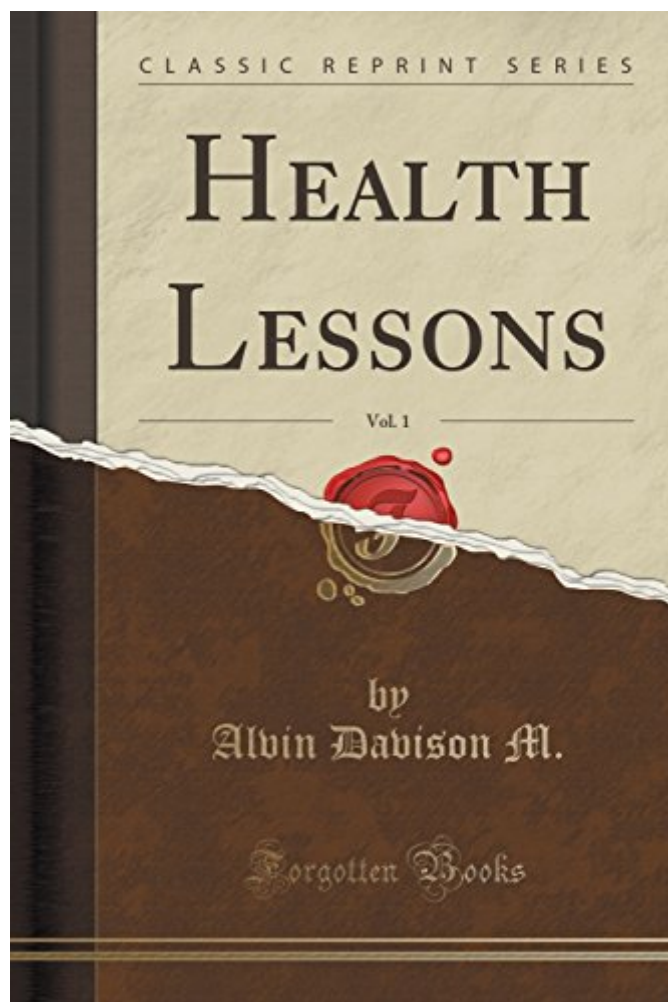


## Health Lessons, Vol. 1 (Classic Reprint) PDF



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Health Lessons, Vol. 1 (Classic Reprint) by Alvin Davison M. ISBN 1330122828  
Excerpt from Health Lessons, Vol. 1

Scarcely one half of the children of our country continue in school much beyond the fifth grade. It is important, therefore, that so far as possible the knowledge which has most to do with human welfare should be presented in the early years of school life.

Fisher, Metchnikoff, Sedgwick, and others have shown that the health of a people influences the prosperity and happiness of a nation more than any other one thing. The highest patriotism is therefore the conservation of health. The seven hundred thousand lives annually destroyed by infectious diseases and the million other serious cases of sickness from contagious maladies, with all their attendant suffering, are largely sacrifices on the altar of ignorance. The loving mother menaces the life of her babe by feeding it milk with a germ content nearly half as great as that of

sewage, the anemic girl sleeps with fast-closed windows, wondering in the morning why she feels so lifeless, and the one-time vigorous boy goes to a consumptive's early grave, because they did not know (what every school ought to teach) the way to health.

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