

4. Repetition of evolutionary stages of the race.

- a. Primitive nervous system
- b. Primitive muscular system
- c. Primitive circulatory system
- d. Later development of special organs.

5. The mature foetus.

D. PRENATAL PERIOD

The prenatal period extends from the moment of conception to the moment of birth. In considering the development of the new individual, remember that from the instant of conception the fertilized cell fuses with no other cell; it takes into itself no further living substance. It begins manufacturing its own protoplasm from the food substances it receives from the mother. The book of heredity for the individual is closed at conception. But the book of environment is just opening.

E. NATAL PERIOD

During the 280 days of parasitic life the human foetus has carried forward its processes of nutrition, respiration (internal), excretion, and growth at the expense of the mother. Then comes the phenomenon of birth or separation of the foetus and its appendages from the body of the mother. It is a hazardous and momentous change for this infant, when it suddenly is cast into the outer world to take up its independent existence.

REFERENCES: *Kirkpatrick and Huettnor--Fundamentals of Health, Pp. 34-55, 411-450.
Martin--Human Body, Pp. 592-613.
Conklin--Heredity and Environment, Chap. 1
Guyer--Being Well Born, Chap. 4
Dorsey--Why We Behave Like Human Beings, Chap. 1
McMurrich, J.P.--Development of the Human Body

*Required reading.

F. HEREDITY AND ENVIRONMENT - GROWTH AND DEVELOPMENT (the first determining force of Constructive Hygiene)

From the moment of conception this new individual has been subject to two forces: Heredity or Nature, and Environment or Nurture. The great problem of development is the unraveling of the effects of these two and the assignment of its true value to each. Through ages of speculation and scientific research these relationships have fascinated man and have given rise to an immense volume of investigation.

1. Environmentalism View

Early thinkers believed that species might be transmuted by environmental changes and that life itself could arise from lifeless matter. Philosophers of the 17th and 18th centuries believed that man was the product wholly of environment.

2. Hereditarian View

Modern biology has been responsible for the establishment of the vital importance of heredity both to the race and to the individual. It has failed to produce life artificially or to create