

C. HYGIENE OF EXCRETION

1. Kidneys: Susceptible to overstrain but are wonderfully effective mechanisms if given reasonable treatment.

Protections:

- (a) Ample water
- (b) Adequate diet
- (c) Exercise
- (d) Proper posture
- (e) Periodic health examination

2. Intestinal: The regularity and effectiveness of excretions by the bowels is influenced by:

- (a) Lack of proper habits of evacuation
- (b) Unsuitable diet
- (c) Weak abdominal muscles
- (d) Too little exercise
- (e) Low fluid intake

3. Lungs: Air needs of the body in character and amount.

- (a) Effective ventilation
- (b) Proper breathing

4. Skin: Its function and appearance are guides to successful nutrition. Its effectiveness as an excretory organ is influenced by:

- (a) Digestion--quality and quantity of diet
- (b) Cleanliness--bathing habits

REQUIRED READING

Storey--Principles of Hygiene, Book 1, Chap. 6
Martin--Human Body, Chap. 31
Kirkpatrick & Huettner--Fundamentals of Health, Chap. 9
Meredith--Hygiene, Chap. 35
Williams--Personal Hygiene Applied, Chap. 10

COLLATERAL REFERENCES

Burton-Opitz--Textbook of Physiology, Section on Excretion
Stiles--Nutritional Physiology, Chap. 17