

INDIVIDUAL HYGIENE - COURSE 152

The courses in Constructive and Defensive Hygiene have been concerned in presenting to the student the various influences that serve to maintain, protect and promote health. From these studies it became apparent that both health and disease are governed by certain general principles. The collection, analysis and classification of these principles have resulted in a body of knowledge known as General Hygiene. These principles should form the basis of every sound health program - individual, group, or community.

I. OBJECTIVE OF COURSE IN INDIVIDUAL HYGIENE

During this course we will endeavor to seek the ways in which the principles of hygiene may be tested by and adapted to the needs of the individual. This can be done most successfully by exploring the extent of our health knowledge and evaluating our health practices.

II. PLAN OF THE COURSE

Our experience leads to the conclusion that the student will receive the greatest benefit (a) if the work is arranged to permit the greatest amount of class discussion of the major problems of hygiene; (b) a series of definite readings on the problems; (c) a careful mental and physical inventory of the individual; (d) a definite written health program, constructed by each member of the class based upon his factual studies.

III. FIELD OF INDIVIDUAL HYGIENE

In order to clarify the field to be covered by this course it is desirable to review briefly the ground covered by Constructive hygiene and by Defensive Hygiene. You will be ready then to see the need for special application of the principles of hygiene to the individual.

Individual hygiene is the government instituted by the mature, relatively independent individual for his own mental, physical, and social health. This distinction serves to differentiate it from the term frequently used--personal hygiene. This latter term includes the dependent period of childhood when our parents or guardians control our environment and largely direct our habits. Our discussion will be focussed upon the facts and methods whereby a mature individual can protect himself against disease and raise his health levels.

IV. SOURCES OF GOVERNMENTS OF INDIVIDUAL HYGIENE

The first step in acquiring a sound health program for the individual is to explore the sources from which we derive the ideas, attitudes and habits that govern our hygiene practices.

Our daily hygiene practices are controlled definitely by the habits, attitudes, and memories acquired during infancy, childhood, and youth, by our acquired powers of judgment, and by the sources from which we receive our health information and advice.

1. Sources of Habits and Attitudes Relating to Hygiene

It has been amply demonstrated that the individual begins to form habits and