

attitudes toward important hygienic practices quite early in life. The soundness and degree of fixation of these habits and attitudes is a matter of vital importance to the mature individual.

The character of the individual's environment and education will frequently determine whether he acquired the ability to judge wisely with reference to matters relating to health. The college student should be eager to test the source and soundness of all of these habits and attitudes.

2. Sources of Health Information

Health information meets the individual at every turn. Its source may be either safe or unsafe. One of the difficult tasks of the individual is to decide from what sources he will accept his information.

a. Unsafe Sources

- (1) Customs and superstitions
- (2) Ignorance and prejudice
- (3) Pseudo-religious cults
- (4) Quacks and fake systems of healing
- (5) Commercialized health information

b. Safe Sources

- (1) Scientific facts presented by recognized experienced authorities.
- (2) Health organizations managed by scientifically trained people.
- (3) Public and private health institutions with scientifically trained personnel.
- (4) Men and women trained and experienced in the science and art of hygiene.
- (5) Intelligent religion.

V. SELECTION OF SOURCES OF HEALTH INFORMATION

The choosing of reliable sources of health information as a guide to individual hygiene practices is a mental process requiring powers of critical evaluation. This implies an understanding of, and an ability to apply, the scientific method. Among the important questions to which this method should be applied are:

1. Identification of Scientific Information in the Field of Hygiene

Under modern conditions, the eyes and ears of every individual is constantly bombarded with every conceivable form of so-called health information.

- a. Health literature--pamphlets, books, newspaper and magazine articles
- b. Lectures, movies, and radio broadcasts.

This material originates from a great variety of individuals and organizations, official and voluntary and commercial.

It is impossible for every individual to be master of the technical knowledge necessary to pass critical judgment upon this stream of materials. The best we can do is to become familiar with the vital principles of hygiene and then secure some basis for evaluating the particular sample.