

The finding of a satisfactory physician will be made more certain if we familiarize ourselves with the signs of an unsafe physician.

g. Selection of a Dentist or Nurse

Selection should be approached by the same method, for each of these professions have similar standards and qualifications.

References: Storey--Individual Hygiene, Chapters 3-10 and Appendix
 American Med. Assn.--Quacks and Quackery, Vols. 1 & 2
 Fishbein, M.-- The Medical Follies
 Fishbein, M.-- The New Medical Follies
 Williams--Personal Hygiene Applied, Chapters 1-5
 Moore--American Medicine and the People's Health
 Meredith--Hygiene, Chapters 1-6

VI. BASIS FOR AN INDIVIDUAL HYGIENE PROGRAM

While the ability to select our health advisers wisely and to discriminate intelligently as to our sources of health information is fundamentally necessary, it is of equal importance for the individual to have a sound, working knowledge of the facts and applications of hygiene. It is most useful to have a brief resume of the minimum essentials of health knowledge and health practices.

1. Tests of Knowledge and Practice of Hygiene

Dr. Livingston Farrand's "10 points" and Smiley's "health ideal" meet the needs of practical "measuring rods." They will be repeated here as a method for measuring your own knowledge of hygiene and comparing your standards of health practices:

Dr. Livingston Farrand, President of Cornell University, has summed up for us what he considers the minimum knowledge about hygiene that should be in the possession of every educated individual:

- (1) You should have a knowledge of the physiological basis for sound health habits, such as regular and sufficient hours of sleep, right posture, suitable exercise, and proper elimination.
- (2) You should know the types and amounts and proportions of the various food elements essential to the proper nurture of your body.
- (3) You should have an acquaintance with the principles of normal mental action and the conditions underlying the more common variations from normal state of mind.
- (4) You should have a general understanding of the sex instinct in man--its stages of development, its normal expression and the values and penalties attached to it.
- (5) You should have a knowledge of the factors determining infection and resistance and the principles of artificial immunization in the case of certain of the common infectious diseases.
- (6) You should have a knowledge of the causes and prevention of the degenerative diseases to offer a prospect of passing through middle life without a breakdown.