(7) You should know and therefore be armed against health hazards lurking in the environment, such as polluted water and milk supply, congestion in housing, poisonous dusts of certain industries, infected soil, etc.

(8) You should appreciate the necessity for frequent medical and dental examination.

(9) You should have an intelligent basis for choosing wisely your medical and dental advisers, and for realizing that the modern practice of medicine is grounded on science, and not on mystery, fancy, and tradition.

(10) You should have a knowledge of the important health problems facing the community, of the methods of attacking these problems, and of the results to be expected from intelligent community action in the public health field.

The student may have all of the knowledge outlined by Farrand, yet be on the way to chronic ill health and inefficiency. Health facts must be translated into health practices. This will be done only when the individual has a health ideal based upon sound knowledge built up by practice in the use of discriminating judgment. Such a health ideal has been well expressed by Smiley:

(1) To be able to carry out during each day a program of activity with great zest and without undue fatigue, nervousness, worry, or loss of weight.

(2) To be able to eat three well-balanced meals a day with enjoyment and without fear of digestive disturbance.

(3) To be able to sleep soundly eight hours a night.

(4) To be able to enjoy at least one hour's vigorous exercise.

(5) To be able to enjoy the society of others without irritability, boredom, or undue self-consciousness.

(6) To be able to enjoy legitimate escape into the world of unreality for at least two hours a day of literature, art, music, drama, hobbies, or games, without eyestrain, nervousness, or boredom.

(7) To be generally self-confident, optimistic, enthusiastic, free of unnecessary fears, expecting success and attaining it with reasonable frequency.

(8) To have sex desire, normally active and properly directed and controlled.