

VII. APPLICATIONS OF HYGIENE BY THE INDIVIDUAL

The daily behavior of the individual has a very direct and definite influence on the degree of health possessed by that individual. For purposes of better understanding, workers in the field of hygiene have analyzed this behavior into the individual actions which they call health habits. These habits may be either voluntary or autonomic. While many of the latter are not under our control, we can influence them to a marked degree.

Nature imposes certain biological necessities for the mere maintenance of life. They may be described as those imposed by heredity and those imposed by the requirements of growth, development, and integration of body and mind. The human individual has developed a complex set of reactions, physical and mental, that have had and are having a determining effect on his levels of health.

For purposes of description, they may well be considered from the point of view of their influence upon the body and the mind.

1. Constructive Health Habits

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| a. Habits of nutrition | e. Habits of recreation and play. |
| b. Habits of excretion | f. Habits of exercise |
| c. Habits of cleanliness | g. Habits of rest |
| d. Habits of work | h. Habits of social relations |

2. Defensive Health Habits

The habits that defend the individual against ill health are truly safety devices of great values. They may be considered under the following heads:

- a. Defenses against pathogenic genes
- b. Defenses against chemical causes of ill health
- c. Defenses against physical causes of ill health
- d. Defenses against mechanical causes of ill health
- e. Defenses against living causes of ill health

References: Storey--Principles of Hygiene, Parts 1 and 2.
Storey--Individual Hygiene, Chaps. 11 and 12.

VIII. HEALTH STATUS OF COLLEGE STUDENTS

It is of considerable importance for the student interested in attempting to build for himself a satisfactory individual hygiene program, that he have a reasonably definite idea of the health status of the students in his own and other educational institutions.

A further basis of comparison may be secured from the study of the results of physical examinations of school children, men drafted for military service and industrial and commercial workers.