

RESPIRATORY	
Frequent colds	16%
STOMACH AND ABDOMINAL	
Constipation	34
Hemorrhoids	13
Acid stomach	11
Gastric disturbances	8
Hernia	6
GENITO-URINARY	
Prostate enlarged, tender	8
BRAIN AND NERVOUS	
Neurasthenia and "nervousness"	7
Abnormal reflexes	8
ENDOCRINE DISTURBANCES	
Goitre and hypothyroidism	2
MISCELLANEOUS	
Chronic skin affections	10
Dizziness	8
URINALYSIS (given to 79,126 men)	
Albumin (slight, definite or marked)	22
Pus	13
Sugar--trace or marked	7

With the results of the examinations reported above as a basis for comparison, we are now in a position to interpret the reports of the findings of the physical examinations of:

- a. Stanford students
- b. Students of other colleges and universities

References: Mills, Alden B.--The Extent of Illness and of Physical and Mental Defects
Publication 2. The Committee on the Cost of Medical Care
Fisk, E. L.--Health Building and Life Extension

IX. ADAPTATION OF HEALTH KNOWLEDGE AND HEALTH HABITS TO THE INDIVIDUAL

The great variation in the physical and mental capacities of individuals renders the application of standardized health rules and health practices unsatisfactory. The wise procedure is for the individual to study his own capacities and to adapt to his particular needs the scientifically proven facts of hygiene.

Our accumulated knowledge and experience with reference to the normal and abnormal functioning of the various organs and systems of the body furnish an excellent basis upon which the individual can construct or re-construct a sound, workable individual hygiene program.