

b. Causes of Flat Feet

- (1) Paralysis
- (2) Improperly fitting shoes
- (3) Improper standing or walking
- (4) Lack of exercise of leg muscles

c. Treatment

The following outline may be used:

- (1) Examination for anatomical soundness
- (2) Analysis of shoes
- (3) Adjustment of any overweight
- (4) Form of walking
- (5) Exercises
- (6) Mechanical supports

References

- Meredith - Hygiene, Chaps. 25 - 28  
Williams - Personal Hygiene Applied, Chap. 6  
Kirkpatrick & Heuttner - Fundamentals of Health, Chap. 6

XII. HYGIENE OF EXCRETION

1. Nature and Function of the Excretory Organs

- a. Kidneys
- b. Lungs
- c. Large intestines
- d. Skin

2. Standards of Normal Excretion

Every intelligent individual should have some practical knowledge of standards of normal excretion for each of the important organs of excretion.

a. Kidneys

- (1) Amount of urine
- (2) Physical character of urine
- (3) Chemical composition of urine

- b. Lungs are not often thought of as excretory organs, yet carbon dioxide is one of the most important waste products of the body.

Standards here cannot be quantitative - they must deal with assurance of securing adequate ventilation of all of the lung tissue with proper air.

- (1) Character of breathing - thoracic - abdominal
- (2) Rate and character of breathing - Resting rate 12-15 per minute, maintaining at least a vital capacity 230 cu. in. in men and 145 cu. in. for women.

- c. Intestines - A serious lack of knowledge of normal levels of excretion through intestines.