- (1) Regularity of excretions
- (2) Size and shape of stools
- (3) Amount

Odor

- (5) Causes of constipation
- d. Skin The excretory function of the skin is comparatively unimportant. Its levels of function cannot be measured like other excretory organs.

  The skin is a valuable index to health by its looks. Healthy skin usually represents internal health.

## 3. Hygiene of Excretory Organs

The hygiene of the excretory organs may be presented in outline:

- a. Kidneys (1) Ample fluid intake
  - (2) Proper diet
  - (3) Exercise
  - (4) Posture
  - (5) Periodic examination of urine
- b. Lungs (1) Normality of air passages
  - (2) Breathing habits
  - (3) Character of air intake
- c. <u>Intestines</u>. The hygiene of excretion by way of intestines may be summed up in three words -- food, water, and habit.
  - (1) Food with adequate fiber and proper stimulating effects
  - (2) Water intake
  - (3) Habit Regularity can be established by use of a definite plan
  - (4) Exercise
  - (5) Laxatives
- d. Skin. Care of skin has its aesthetic as well as its hygienic aspects.
  - (1) Cleanliness While organic health does not require a high degree of cleanliness, it is desirable for its psychological aspects. This includes a regime of warm cleansing baths at regular intervals under proper temperature conditions.
  - (2) Stimulation by use of baths, aids in securing free action of skin glands, and active responses of temperature regulating functions of skin. Cold adjusted by reaction of individual and not by the thermometer is useful here.
  - (3) <u>Defense</u>. A full use of the skin as a defense against local and general infection involves the maintenance of a high degree of body cleanliness including the "cult of the clean hand."

References Storey - Individual Hygiene, Chap. 19

Meredith - Hygiene, Chaps. 31, 35, 39, 40

Williams - Personal Hygiene Applied, Chap. 10

Kirkpatrick & Heuttner - Fundamentals of Health, Chaps. 8-9