

I. INTRODUCTORY

General hygiene has been described by Storey as "the accumulation of scientific facts....concerning the sequences of cause and effect that improve, modify, conserve, or defend health."

Constructive hygiene includes those relations that produce, maintain, or improve health.

Defensive hygiene will concern itself particularly with those influences that prevent disease or protect and defend the individual or group against injury or destruction.

In order to understand the full significance of defensive hygiene, it will be necessary for the student to become familiar with the modern conception of disease, its causes, treatment, and methods of transmission; methods of prevention of physical, chemical and mechanical injuries; and the defensive measures against hereditary disease and defect.

II. VITAL STATISTICS AND DEFENSIVE HYGIENE

Vital statistics in order to be of value should be studied critically. It is necessary to know the nature and source of the original data and the method and unit of tabulation.

In constructive hygiene certain statistical facts were presented as general evidence for the need of a hygiene program. In the present course we need to study them as a basis for a defensive program.

For purposes of study the various vital statistical tables should be studied to determine how much of the disease, defect and death is preventable or postponable. This will involve not only an analysis of the various rates but also a consideration of our knowledge of the cause and possibilities of prevention.

Mortality Statistics.

The study of the causes of death by cause will furnish valuable information as to the general directions in which defensive hygiene is most needed. It is particularly important to review mortality statistics since the time of the development of the modern public health movement.

Review the 10 most frequent causes of death in the U. S. Classify them as to their preventability.

Infant Mortality is one of our important problems. Where does the U. S. stand? Why?

Maternal Mortality. Compare maternal mortality in the U. S. with that in other countries. Look up causes of maternal mortality.

References: Mortality Statistics--U. S. Census (Document Room).
Barker and Sprunt--Degenerative Diseases, Parts 1 and 3
McLaughlin--Communicable Diseases, Chapters 1 and 2.
Moore, H. H.--Public Health in U. S., Chapter 2.