

I. INTRODUCTORY: (Note: These introductory remarks apply to the entire series of Informational Hygiene Courses.)

Every educated person should have some measure of ordered knowledge of each of the main fields of human interest. This can best be attained by securing some degree of mastery in the physical sciences, the social sciences, and the arts. Hygiene, growing out of the biological sciences, is in part physical and part social. The application of its principles may well be considered an art. The study and practice of hygiene should, therefore, form an important part of the student's general education. The objectives of the courses in hygiene are to offer the student an opportunity to understand the basic facts that determine physical and mental health and of the application of those facts for the benefit of the individual, his group, and society.

A. OBJECTIVES OF COURSES IN HYGIENE.

The immediate objectives of the courses in hygiene may be indicated under two heads:

1. The cultivation of discriminating judgment in matters that pertain to health advice, health service, health literature, and health practices. The enormous social and economic waste due to unnecessary sickness and death has been shown in a large percentage of cases to be due to lack of such judgment in the use of modern scientific means and of avoiding such misfortunes. Modern medicine and hygiene are based upon scientific facts. Sound judgment can only be exercised by those who are familiar with these facts.
2. The practice of a rational health program as a means of testing the above mentioned facts and of acquiring lasting habits of constructive hygiene. All of the scientific knowledge in the world will not guarantee either mental or physical health. To be of real value it must be personally tested and accepted as a part of your every day health practices. Your hygiene courses are for your use in your college life here and now. They are practical as well as informational.

B. OUTCOME OF COURSES

The student who desires to acquire a reasonable mastery of the field of hygiene as a basis for efficient living, should acquire a working knowledge of certain basic principles of hygiene and out of them construct for himself a health program.

Doctor Livingston Farrand, President of Cornell University, has summed up for us what he considers the minimum knowledge about hygiene that should be in the possession of every educated individual.

1. You should have a knowledge of the physiological basis for sound health habits, such as regular and sufficient hours of sleep, right posture, suitable exercise, and proper elimination.
2. You should know the types and amounts and proportions of the various food elements essential to the proper nurture of your body.
3. You should have an acquaintance with the principles of normal mental action and the conditions underlying the more common variations from normal state of mind.