

8. To have sex desire, normally active and properly directed and controlled.

C. THE FIELD OF HYGIENE

Hygiene is based upon both the physical sciences and the social sciences. It has been built from the sciences of biology, anatomy, physiology, chemistry, physics, bacteriology, sociology, psychology, and statistics. The problem of hygiene is to so present such facts as a basis for rational living that they may influence the manner of life of the individual and the group in a way to prevent unnecessary disease and premature death.

The field of hygiene may be divided for purposes of discussion into several parts. Definitions of terms: General hygiene; constructive hygiene; defensive hygiene; group hygiene; societal hygiene; individual hygiene.

Applied hygiene means the application of the scientific facts of hygiene to the individual, the group, and to society in general. Some other groupings of hygiene are sometimes used, such as: Personal hygiene; school hygiene; occupational hygiene; public hygiene; sanitary science.

D. EVIDENCE OF NEED FOR A HYGIENE PROGRAM

In considering the advisability of a hygiene program for the individual, group, or community, the student should consider and weigh carefully the evidence which is available to justify the expenditure of the time and money involved in the adoption of such a program. This evidence may be considered under three heads: (1) Statistical; (2) biological; (3) economic.

1. Statistical Evidence

The statistical evidence for a hygiene program is secured through a recording, tabulating, and studying of the births, deaths, and sicknesses occurring in the various political divisions of the United States. The reports upon which these statistics are based are secured by laws requiring such reports. For greater accuracy and to secure a more complete picture the Registration Areas for Births and Deaths have been established.

These births, deaths, and sicknesses are tabulated according to a definite standardized classification. International Classification of Causes of Death is revised every ten years. For comparative purposes, the tabulations of these reports are expressed in various rates: Birth rate, crude death rate, specific death rate, standardized or adjusted death rate, infant mortality rate.

Mortality Statistics. Diseases may be classified as Communicable and Non-communicable. A large percentage of Communicable diseases can be prevented. An analysis of the mortality tables for the Registration Area of the United States since 1900 indicates some interesting and significant changes in the relative numbers of deaths from various causes. Compare the 10 most frequent causes of death in United States during the year of 1900 with those of 1926. Other causes of death of importance are: Typhoid fever, diphtheria, diabetes, syphilis, and puerperal causes.