

PERSONAL & COMMUNITY HEALTH

- References: (1) Diehl Textbook of Healthful Living
(2) Kirkpatrick & Huettner Fundamentals of Health
(3) Smiley & Gould Community Hygiene
(4) Current issues of Hygeia

References marked with asterisk (*) recommended for their treatment of the particular subject.

HYGIENE. The Problem. (1)* Ch. I.

Bodily defects in the light of structure & evolution.
Possibilities of longer life & better health.
Preventable causes of death. (1)* Ch. II.

SPECIFIC DISEASE PREVENTION. (1)* Ch. XI. (2) Ch. XIII. (4)* March, '42. p.171.

Factors governing susceptibility to contagious disease.
Mechanisms of immunity.
Control of disease by immunization.
Nature of immunization procedures in specific diseases.

DIET. (1)* Ch. III, IV, VII. (2)* Ch. IV, V.

Elements of food.
Requirements and sources.
Dietary habits. Dietary fads.

USE & EFFECT OF STIMULANTS & DRUGS. (1) Ch. VIII.

Stimulants - tea, coffee, benzedrine "pep pills".
Drugs - tobacco, alcohol, "sleeping pills".

SYSTEMATIC HYGIENE. Consult appropriate chapters in (1) & (2).

Exercise, sunlight, and air.
Fatigue, rest, and relaxation.
Care of muscular system.
Care of eyes.
Care of ears, nose, & mouth.
Care of teeth.
Care of skeletal system. (Including posture and feet.)
Care of organs of elimination. (Including skin, kidneys, & bowels.)
The endocrine system. (Including metabolism.)

PRINCIPLES OF MENTAL HYGIENE. (1)*Ch. XI. (2)*Ch. X. (4)*Dec., 1942.

SEX HYGIENE. (1)*Ch. XVIII, XVII. (2) Ch. XII.

Anatomy of the generative organs.
Male and female sex cells. Embryogenesis & fetal period.
Childbirth & infant mortality.
Sex habits. Biological bases of morality.
Venereal disease.

SELECTION OF A HEALTH ADVISER. (1) Ch. XXI.

COMMUNITY HEALTH PROBLEMS. Appropriate chapters in (3)*. Section in (1) & (2).

Food & water sanitation.
Maternal & child welfare programs.
Powers & scope of activity of various governmental units.
Organized effort in disease control: tuberculosis, cancer, heart dis.
Industrial hygiene. School hygiene.