

---

# CONTENTS

---

## CHAPTER 1

PAGE

### CHANGING CONCEPTS AND APPROACHES IN THE FIELD OF HEALTH..... 17

Interrelatedness of Personal and Community Hygiene, 17; Evolution of Hygiene, 17; Attitudes and Eras, 18; The Identification of Personal and Community Hygiene, 20; The Meaning of Health, 21; The Price of Positive Health, 22; Meaning and Interpretation, 23; The Basis for a Sound Community Hygiene Program, 28; Negative Services and Control, 28; Positive Programs and Procedures, 28; Group Action and Support Necessary, 29; Science and Health, 30; What Causes Death, 34; Our Aging Population, 35; Life Expectancy, 37; Degenerative Diseases, 39; The Periodic Medical Examination, 47.

## CHAPTER 2

### HEREDITY AND EUGENICS IN HEALTH PROMOTION 51

Introduction, 51; Longevity, 55; Appraisal of Inheritance in Longevity, 55; Inheritance of Pernicious Anemia, 56; Inheritance of Cardiovascular Disorders, 57; Inheritance of Certain Factors of the Nervous System, 57; Certain Neuropathologies, 61; Inheritance of Certain Eye Defects, 63; Inheritance of Allergy, 64; Inheritance and Gastric Ulcers, 65; Appendicitis, 65; Inheritance and Diabetes Mellitus, 65; Inheritance and Cancer, 67; Eugenics, 68; Nonhereditary Disorders at Birth, 71.

CHAPTER 3

MENTAL HEALTH FOR THE NORMAL CITIZEN. . . . . PAGE 75

Normal Mental Health, **76**; Uniqueness of Personality, **78**; Endocrines and the Constitution, **79**; Motivation of Human Conduct, **80**; Development of the Self, **82**; Attributes of a Well-Adjusted Personality, **87**; Personality Disintegration, **92**; Some Suggestions for Promoting Mental Health, **92**; Mental Disorder, **94**; The Layman and Mental Disorder, **102**; Appraisal of Mental Hygiene, **102**.

CHAPTER 4

NUTRITION IN HEALTH PROMOTION. . . . . 106

Energy Needs, **106**; Building and Upkeep Needs, **120**; Regulation Needs, **122**; Daily Dietary Needs, **131**; Promotion of the Health of Digestion, **134**; Nutrition as a Community Problem, **137**.

CHAPTER 5

EXERCISE, FATIGUE, AND REST. . . . . 142

Interpretation, **142**; Effects of Regular Exercise, **143**; Posture, **148**; Doubtful Effects of Exercise, **153**; General Considerations, **154**; Fatigue, **156**; Rest, **158**.

**CHAPTER 6**

**SAFETY FOR HEALTH PROMOTION..... 167**

Accidents and Health, **168**; The Human Factor in Accidents, **170**;  
Home Safety, **173**; Farm Safety, **177**; Occupational Safety, **179**;  
Motor-Vehicle Safety, **181**; Nature of Motor-Vehicle Accidents,  
**181**; School Safety, **188**; Evaluation of Safety Programs, **192**.

**CHAPTER 7**

**HEALTH ASPECTS OF AIR AND SUNLIGHT..... 196**

Composition of the Atmosphere, **196**; Physical Factors of the  
Atmosphere, **198**; Air Pollution, **204**; Air Pressure, **206**; The  
Nature of Sunlight, **207**; Ultraviolet Rays, **208**; Illumination,  
**210**.

**CHAPTER 8**

**SPECIAL PROBLEMS OF PERSONAL CARE..... 216**

The Skin, **216**; Oral Health, **225**; Hearing, **228**; Vision, **230**;  
General Appraisal, **236**.

**CHAPTER 9**

**SEX AND REPRODUCTION..... 239**

Maturation and Heterosexuality, **239**; Sex Conflict, **241**; Sexual  
Adjustment in Marriage, **247**; Sexual Maladjustment, **248**; The  
Male Reproductive System, **249**; The Female Reproductive  
System, **254**; The Menopause, **261**; Infections of the Genital Sys-  
tem, **262**; General Consideration of Sex and Reproduction, **266**.

CHAPTER 10

POISONS OF EVERYDAY LIFE. . . . . 269

The Action of Poisons, **269**; Classification of Poisons, **270**; Bacterial Poisons, **270**; Normal Metabolic Wastes, **271**; Toxins From Abnormal Growths, **271**; Autointoxication, **271**; Food Poisoning, **272**; Toxin Transfer by Food, **273**; Drugs, **275**; Chemical Poisons, **293**.

CHAPTER 11

COMMUNICABLE DISEASE CONTROL. . . . . 299

Historical Background, **299**; The Universal Distribution of Disease, **300**; Disease, **301**; Reduction in Death Rate, **302**; Salient Factors in the Control of Communicable Diseases, **302**; The Causative Agent and Its Nature, **303**; Reservoirs of Disease, **308**; Exit of Organisms From the Body, **310**; Ways and Means of Disease Transference, **314**; Blocking Routes of Transmission, **317**; Standardized Controls, **318**; The Disease Cycle, **321**; Types of Individuals Who Spread Disease, **323**; Effectiveness of Isolation and Quarantine, **325**; Defense Against Disease, **325**; General Resistance, **326**; Interference With Body Defenses, **327**; Natural Immunity, **327**; Acquired Immunity, **328**; Immunity in Action, **329**.

CHAPTER 12

INTERNATIONAL AND NATIONAL HEALTH SERVICES. 333

Voluntary Health Agencies, **333**; Official International Health Organizations, **344**; Official National Health Services, **346**; Future Conservation of Human Resources, **359**.

**CHAPTER 13**

**STATE AND LOCAL HEALTH SERVICES..... 366**

Health Responsibilities of the State, **366**; Diversity of State Health Agencies, **367**; The State Health Department, **368**; Varied Community Health Agencies, **374**; General Community Health Services, **380**; Legal Aspects of Local Health, 391; County Health Department, **393**; Appraisal of Local Health Services, **403**.