

THE  
LAWS OF HEALTH

HUTCHISON

PHYSIOLOGY

HYGIENE

STIMULANTS

NARCOTICS

INDICES  
OF  
LEATHER  

---

HUTCHIS.

RA645  
.H4  
H97

H. = Laws of health  
 F. = Functions of body  
 S. = Structure of body.

cervical clavical  
 scapular  
 external or gladiolus  
 humeros  
 region  
 elbow  
 cubitus  
 antibrachium  
 olecranon  
 humerus  
 scapula  
 acromioclavicular



olecranon  
 humerus

H. Villareal  
 1832  
 .65-

ingenious  
 ingenuous

Physiology.  
 1. veins  
 2. ligaments & white connectives  
 3. arters  
 4. quart. art. of the arm  
 5. nerves.

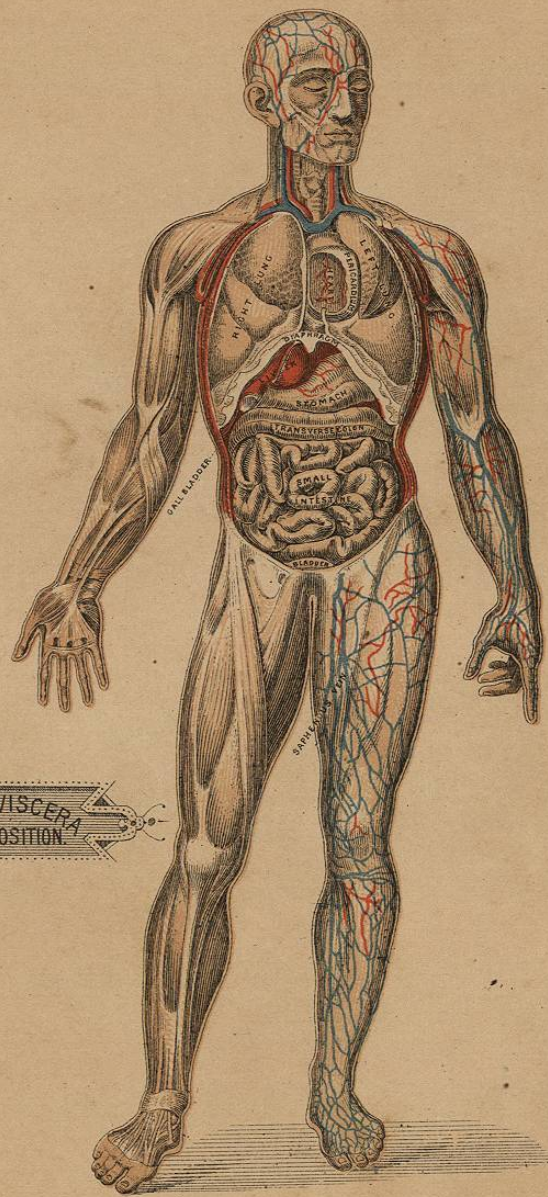
Head =

árcos oróta

2 O viculares palpebre

3 naseta

4 Externus



THE VISCERA  
IN POSITION.

# LAWS OF HEALTH.

PHYSIOLOGY. HYGIENE.

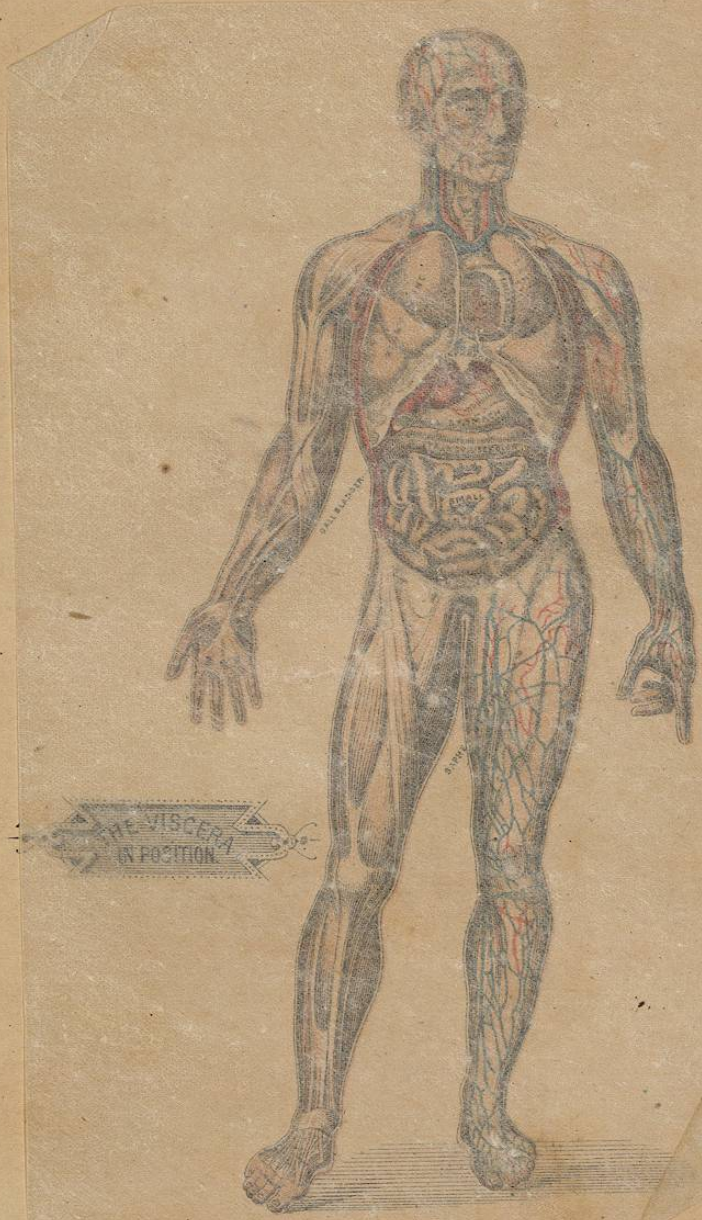
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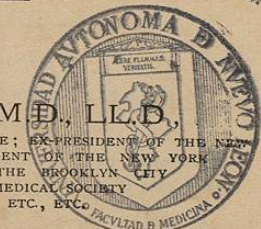
THE  
LAWS OF HEALTH.

PHYSIOLOGY, HYGIENE.  
STIMULANTS, NARCOTICS.

FOR  
EDUCATIONAL INSTITUTIONS AND GENERAL READERS.

COPIOUSLY ILLUSTRATED.

BY  
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A COMPLETE COURSE  
IN  
PHYSIOLOGY AND HYGIENE.

BY

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Hospital; late President of the Medical Society of the  
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Each book in the course complies with the laws requiring instruction in the physiological effects of stimulants and narcotics.

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P R E F A C E .

THE object of this work is to present in clear and concise language the knowledge of to-day concerning the Laws of Health and the effects of Narcotics and Stimulants, as far as possible in a work so elementary. Enough of Anatomy and Physiology has been introduced to enable the pupil to study intelligently the laws by which health may be preserved and disease prevented. It is specially designed to meet the requirements of Grammar Schools, but is also adapted to those of a higher grade.

A feature of the work is the relation of Stimulants and Narcotics to the Laws of Health, a subject which is now receiving a large share of public attention. Correct instruction upon this subject will, it is believed, tend to diminish the use of Stimulants and Narcotics, and all the bad consequences which so frequently follow.

Great care has been taken to use familiar language as far as practicable, but scientific terms not in common use are sometimes necessarily introduced; their meaning may be learned by referring to the Pronouncing Glossary at the end of the volume.

The discussion of disputed points has been avoided because it would be manifestly inappropriate in a work of this character.

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# The Laws of Health.

## CHAPTER I.

### THE FRAMEWORK OF THE BODY.

The Bones—Their Uses—Their Size and Shape—Their Structure and Composition—The Properties of Bone—The Skeleton—The Joints and Motion—The Spinal Column—The Repair of Bone—Changes in the Skeleton.

**1. The Bones.**—The human body is the house in which the soul of man dwells during life. When life ends and the soul takes its departure, its temporary home speedily falls to pieces; some parts of it sooner, some later. As in a mansion that has been allowed to go to decay, or has been wasted by fire, the frail portions perish, while the masonry, the walls and the stouter timbers remain, so in the untenanted body, its stronger, harder parts, the *bones*, outlast the softer ones,—those by means of which we feel, breathe and move.

**2. The Uses of the Bones.**—The bones supply the foundation, frame and rafters of the house in which we live. They determine and preserve the general outline and size of the body. They give rigidity to the limbs, so that movements are possible, and also serve as a protection to the more delicate and important parts.

The more delicate the organ, the more completely does Nature shield it. For example: the brain, which is soft in texture, is enclosed on all sides by a spherical box of bone; the