



# Health Lessons: Book One

*Alvin Davison*

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Good Health is better than Gold. Horses and houses, balls and dolls, and much else that people think they want to make them happy can be bought with money. The one thing which is worth more than all else cannot be bought with even a houseful of gold. This thing is good health. Over three million persons in our country are now sick, and many of them are suffering much pain. Some of them would give all the money they have to gain once more the good health which the poorest may usually enjoy by right living day by day. In this country most of the persons born live to be over forty years of age, and some live more than one hundred years. A hundred years ago most persons died before the age of thirty-five years. In London three hundred years ago only about one half of those born reached the age of twenty-five years. Whether you keep well and live long, or suffer much from headaches, cold, and other sickness, depends largely on how you care for your body. CONTENTS I. CARING FOR THE HEALTH II. PARTS OF THE BODY III. FEEDING THE BODY IV. FOOD AND HEALTH V. HOW PLANTS SOUR OR SPOIL FOOD VI. MILK MAY BE A FOOD OR A POISON VII. HOW THE BODY USES FOOD VIII. THE CARE OF THE MOUTH IX. ALCOHOLIC DRINKS X. ALCOHOL AND HEALTH XI. TOBACCO AND THE DRUGS WHICH INJURE THE HEALTH XII. THE SKIN AND BATHING XIII. CLOTHING AND HOW TO USE IT XIV. BREATHING XV. FRESH AIR AND HEALTH XVI. THE BLOOD AND HOW IT FLOWS THROUGH THE BODY XVII. INSECTS AND HEALTH XVIII. HOW THE BODY MOVES XIX. THE MUSCLES AND HEALTH XX. HOW THE BODY IS GOVERNED XXI. HOW NARCOTICS AND STIMULANTS AFFECT THE BRAIN AND NERVES XXII. THE SENSES, OR DOORS OF KNOWLEDGE XXIII. KEEPING AWAY SICKNESS XXIV. HELPING BEFORE THE DOCTOR COMES A fascinating insight into what was actually known about our health, the environment and how our bodies worked in the early 1900's.

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