

TURNER

Personal
AND
Community
Health

TENTH EDITION



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By

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PREFACE

HEALTH instruction at the university level is now generally recognized as desirable. The students face new health problems and need more extensive knowledge. Moreover, much is expected of them. Many will enter some occupation or profession concerned with health, with education, with social welfare, or with government. Most of them will have responsibility for the health of a family. All should acquire the standard of health knowledge and health practices appropriate for educated men and women—one which will enable them to meet their proper health responsibilities in the workplace, in the home, and in the community.

This book is planned for the various college-level groups. It seeks to present the essential, present-day knowledge of personal and community health within available time and space limitations and with enough underlying science to clarify and support the health teaching. The student does not want the health-habit kind of text which he has had in the lower schools. He expects a college course in health to lessen, at least in some degree, his biological illiteracy. The book is rich in illustrations. The discussion of normal function presents those facts which are needed in order to know what to expect from the body and how to take care of it.

The book is based upon many years of health instruction, not only to college men and women, but also to students in schools of public health, medicine, dentistry, and engineering, to teachers, nurses, dental hygienists, and to the various age levels in the public schools. Such an experience develops a realization of both the importance and the difficulties of health instruction. The field is broad; the science is advancing rapidly; and the motivation of health knowledge into student health behavior is difficult. The present edition reflects the continued teaching experience of the writer and of many other teachers who

have used the book and whose friendly and constructive suggestions are deeply appreciated. We should also acknowledge the debt of teachers and students everywhere to the many scientists from whose researches and studies our present knowledge of hygiene has been drawn.

References at the end of each chapter give brief lists of recent or older significant books on the specific topics. A few specially significant articles in professional journals or current periodicals are listed. Bibliographies are also available from the American Association for Health, Physical Education and Recreation, 1201 Sixteenth Street, N.W., Washington, D. C., and from the many voluntary health agencies listed in Chapter 22.

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