

Excerpt from Hand Book of Health, or a Brief Treatise on Physiology and Hygiene: Comprising Practical Instruction on the Structure and Functions of the Human System, and Rules for the Preservation of the Health.

Please use the follow button to get notification about the latest chapter next time when you visit LightNovelFree. Use F11 button to read novel in full-screen PC only. Drop by anytime you want to read free "fast" latest novel. A Treatise on Physiology and Hygiene. This work is designed to present the leading facts and principles of human Physiology and Hygiene in clear and concise language, so that pupils in schools and colleges, and readers not familiar with the subjects, may readily comprehend them. Anatomy, or a description of the structure of an organ, is of course necessary to the understanding of its Physiology, or its uses. Enough of the former study has, therefore, been introduced, to enable the pupil to enter intelligently upon the latter. Familiar language, as far as practicable, has been employed, rather than that of a technical character. With a view, however, to supply what might seem to some a deficiency in this regard, a p. In the preparation of the work the writer has carefully examined all the best material at his command, and freely used it; the special object being to have it abreast of the present knowledge on the subjects treated, as far as such is possible in a work so elementary as this. The discussion of disputed points has been avoided, it being manifestly inappropriate in a work of this kind. Instruction in the rudiments of Physiology in schools does not necessitate the general practice of dissections, or of experiments upon animals. The most important subjects may be ill. Models, especially those constructed by AUZOUX of Paris, dried preparations of the human body, and the organs of the lower animals, may also be used with advantage. The writer desires to acknowledge his indebtedness to R. BURNHAM, the well-known teacher of gymnastics, furnished the drawing of the parlor gymnasium and the directions for its use. To examine its structure, to ascertain the uses and modes of action of its various parts, how to protect it from injury, and maintain it in a healthy condition, is the design of this work. The departments of knowledge which are concerned in these investigations, are the science of Human Physiology and the art of Hygiene. Every living thing, therefore, has a Physiology. It teaches us how to cultivate our bodily and mental powers, so as to increase our strength and to fit us for a higher enjoyment of life. It also shows us how to prevent some of the accidents which may befall the body, and to avoid disease. There are various means by which we gain important information respecting the Physiology of man. Plants aid us in understanding the minute structure of the human body, its circulation, and absorption. In one of them, as in the foot of the frog, we can study the circulation of the blood; in another, we can study the action of the brain. This is not necessarily a cruel procedure, as we can, by the use of anaesthetics, so blunt the sensibility of the animal under operation, that he need not suffer while the experiment is being performed. There are other means by which we gather our information. There are occasionally men, who, from some accident, present certain parts, naturally out of view, in exposed positions. In these cases, our knowledge is of much greater value than when obtained from creatures lower in the scale of being than man. We are greatly aided, also, by the use of various instruments of modern invention. Chief among these is the microscope, which is, as we shall learn hereafter, an arrangement and combination of lenses in such a way as greatly to magnify the objects we wish to examine. What Life is, or where its precise position is, we are not able to determine. We discover one thing, however, that all the parts of the body are united together with wonderful sympathy, so that one part cannot be injured and other parts not suffer damage. It is further evident that all organs are not equally important in carrying on the work of Life; for some may temporarily suspend their action, without serious results to the system, while others must never cease from acting. Yet there is nothing superfluous or without aim in our frames, and no part or organ can suffer harm without actual loss to the general bodily health. On this point Science and Holy Writ strictly agree.

Chapter 2 : Full text of "A treatise on physiology and hygiene .."

*A Treatise On Anatomy, Physiology And Hygiene [Calvin Cutter] on calendrierdelaScience.com *FREE* shipping on qualifying offers. This scarce antiquarian book is a facsimile reprint of the original.*

Please use the follow button to get notification about the latest chapter next time when you visit LightNovelFree. Use F11 button to read novel in full-screen PC only. Drop by anytime you want to read free €" fast €" latest novel. If coagulation were impossible? How is it in fact? In this law of the coagulation of the blood is our safeguard against death by haemorrhage, or against undue loss of blood. Whereas now, in vastly the larger proportion of cases, bleeding ceases spontaneously, because the blood, as it coagulates, stops the mouths of the injured blood-vessels. In still more serious cases, where the blood-vessel is of large size, the surgeon is obliged to tie a "ligature" about it, and thus prevent the force of the blood-current from was. What is worthy of remark? Coagulation of the blood of inferior animals? Of the blood of birds? It is worthy of remark that this peculiarity is early implanted in the blood, even before birth, and in advance of any existing necessity for it; thus antic. But this is not all. Of most of the inferior animals, which, as compared with man, are quite helpless, the blood coagulates more rapidly, and in the case of the birds, almost instantly. The relative composition of fluid and coagulated blood may be thus represented: The blood, as a provider and purifier? What uses does the blood subserve? It both carries new materials to all the tissues, and removes the worn out particles of matter. This is effected by the plasma. It both conveys oxygen and removes carbonic acid. This is done through the corpuscles. An animal that has bled so freely as to be at the point of dying, is promptly brought back to life by an operation called transfusion, by which fresh blood from a living animal is injected into the blood-vessels of his body. The case of the deaf and feeble dog? It is related that a dog, deaf and feeble from age, had hearing and activity restored to him by the introduction into his veins of blood taken from a young dog; and, that a horse, twenty-six years old, having received the blood of four lambs acquired new vigor. And further, that a dog, just dead from an acute disease, was so far revived by transfusion, as to be able to stand and make a few movements. Transfusion, as a fas. What further of transfusion? Transfusion has been practised upon man. But these claims were soon found extravagant, and many unhappy accidents occurred in its practice; so that being forbidden by government and interdicted by the Pope, it rapidly fell into disuse. At the present time, however, it is sometimes resorted to in extreme cases, when there has been a great and rapid loss of blood; and there are upon record several instances where, other means having failed, life has been restored or prolonged by the operation of transfusion. The seat of the reviving power of the blood? What further is related? This reviving power of the blood seems to reside in the corpuscles; for transfusion, when attempted to be performed with the serum alone, has, in every case, proved fruitless. Now, though so much depends upon the blood and its corpuscles, it is a mistake to suppose that in them alone is the seat of life, or that they are, in an exclusive manner, alive. Changes in the blood? What further is stated? As it visits the different organs it both gives out and takes up materials. In one place it is enriched, in another it is impoverished. By reason of these alterations in its composition, the blood also changes its color. In one part of the body it is bright red, or arterial; in another it is dark blue, or venous. In the former case it is pure and fit for the support of the tissues; in the latter, it is impure and charged with effete materials. The details of the change from dark to bright will be given in the chapter on Respiration. Motion of the blood? What is meant by the circulation of the blood? Discovery made by Harvey? From the heart, as a centre, a current is always setting toward the different organs; and from these organs a current is constantly returning to the heart. In this way a ceaseless circular movement is kept up, which is called the Circulation of the Blood. This stream of the vital fluid is confined to certain fixed channels, the blood-vessels. Those branching from the heart are the arteries; those converging to it are the veins. The true course of the blood was unknown before the beginning of the seventeenth century. In it was discovered by the ill. Like many other great discoverers, he suffered persecution and loss, but unlike some of them, he was fortunate enough to conquer and survive opposition. He lived long enough to see his discovery universally accepted, and himself honored as a benefactor of mankind. Office of the heart? Location of the heart? Protection to the heart? What else is said in relation to the heart? It is placed

in the middle and front part of the chest, inclining to the left side. The heartbeat may be felt and heard between the fifth and sixth ribs, near the breast-bone. The shape of the heart is conical, with the apex or point downward and in front. The base, which is upward, is attached so as to hold it securely in its place, while the apex is freely moveable. In order that loss of power from friction may be obviated, the heart is enclosed between two layers of serous membrane, which forms a kind of sac. This membrane is as smooth as satin, and itself secretes a fluid in sufficient quant. The lining membrane of the heart, likewise, is extremely delicate and smooth. E, F, Inlets to the Ventricles. Formation of the heart? Right and left heart? An auricle and a ventricle on the same side, communicate with each other, but there is no opening from side to side. It is customary to regard the heart as a double organ, and to speak of its division into the right and left heart. For while both halves act together in point of time, each half sustains an entirely distinct portion of the labor of the circulation. Thus, the right heart always carries the dark or venous blood, and the left always circulates the bright or arterial blood. Capacity of the chambers of the heart? What wise provision is mentioned? If we examine the heart, we at once notice that though its various chambers have about the same capacity, the walls of the ventricles are thicker and stronger than those of the auricles. This is a wise provision, for it is by the powerful action of the former that the blood is forced to the most remote regions of the body. The auricles, on the contrary, need much less power, for they simply discharge their contents into the cavities of the heart near at hand and below them--into the ventricles. Substance of the heart? The advantage of such movements? Action of the heart? Its period of repose? The advantage of this is evident; for if it depended upon us to will each movement, our entire attention would be thus engaged, and we would find no time for study, pleasure, or even sleep. The action of the heart consists in alternate contractions and dilatations. During contraction the walls come forcibly together, and thus drive out the blood. In dilatation, they expand and receive a renewed supply. Remarkable property of the tissue of the heart? Heart of a turtle? A remarkable property of the tissue of the heart is its intense vitality. For while it is more constantly active than any other organ of the body, it is the last to part with its vital energy. This is especially interesting in view of the fact that after life is apparently extinguished, as from drowning, or poisoning by chloroform, there yet lingers a spark of vitality in the heart, which, by continued effort, may be fanned into a flame so as to revivify the whole body. In cold-blooded animals this irritability of the heart is especially remarkable. The heart of a frog or serpent, separated entirely from the body, will contract at the end of ten or twelve hours: Course of the blood through the heart? In the first place, the venous blood, rendered dark and impure by contact with the changing tissues of the body, returns to the right heart by the veins. It enters and fills the right auricle during its dilatation: Almost instantly, the ventricle contracts forcibly and hurries the blood along the great artery of the lungs, to be purified in those organs. Secondly, having completed the circuit of the lungs, the pure and bright arterial blood enters the left auricle. This now contracts and fills the left ventricle, which cavity, in its turn, contracts and sends the blood forth on its journey again through the system. This general direction from right to left is the uniform and undeviating course of heart-currents. Openings of the ventricles?

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