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ABSTRACT

GRADES OR AGES: Unspecified. SUBJECT MATTER:

Effective living. ORGANIZATION AND PHYSICAL APPEARANCE: Most of the pages are divided into three columns: concept, some activities, and teacher comments. The guide is offset printed and spiral bound with a soft cover. OBJECTIVES AND ACTIVITIES: The guide is divided into eight units: human growth and development; foods and nutrition; mental health safety; solving health problems; tobacco, drugs, and alcohol; family living; and world of work. Each unit, except the last one, includes between 13 and 40 learning concepts with a number of student learning activities for each. The activities, described only briefly, are predominantly class discussions. Sequencing within the course appears to be left to the teacher. INSTRUCTIONAL MATERIALS: Each of the eight units concludes with a list of resources--books, pamphlets, films, and agencies; however, they are not specifically integrated into the units. In addition, three bibliographies prepared by Delaware schools are appended. The 271 citations for K-12 grade levels are on health, the human body, the senses, and professions. STUDENT ASSESSMENT: 1 . (LP)

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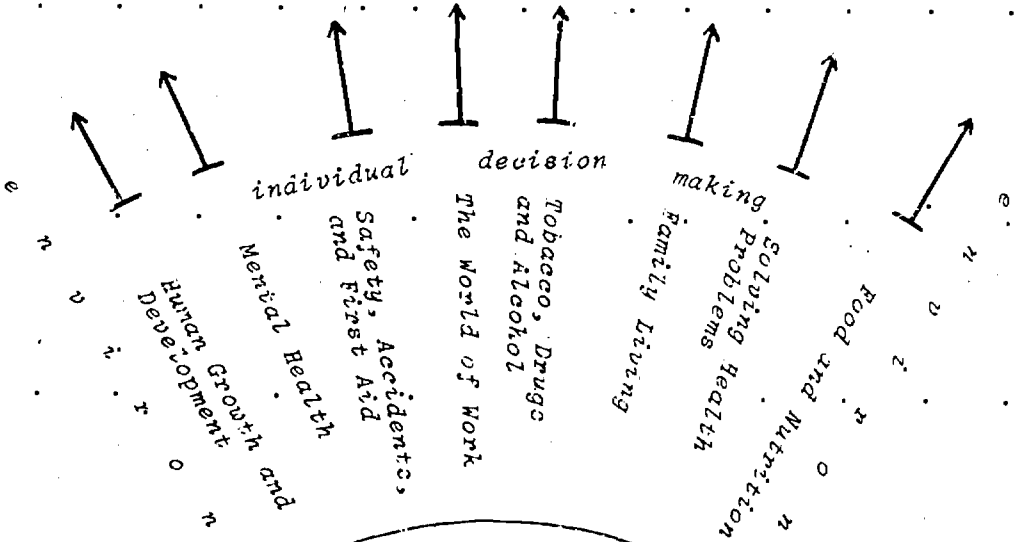
# Living Effectively in the 70's

Alexis I. duPont School District  
Hillside Road  
Greenville, Delaware 19807

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EDUCATION & WELFARE  
OFFICE OF EDUCATION  
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E N V I R O N M E N T

EFFECTIVE LIVING



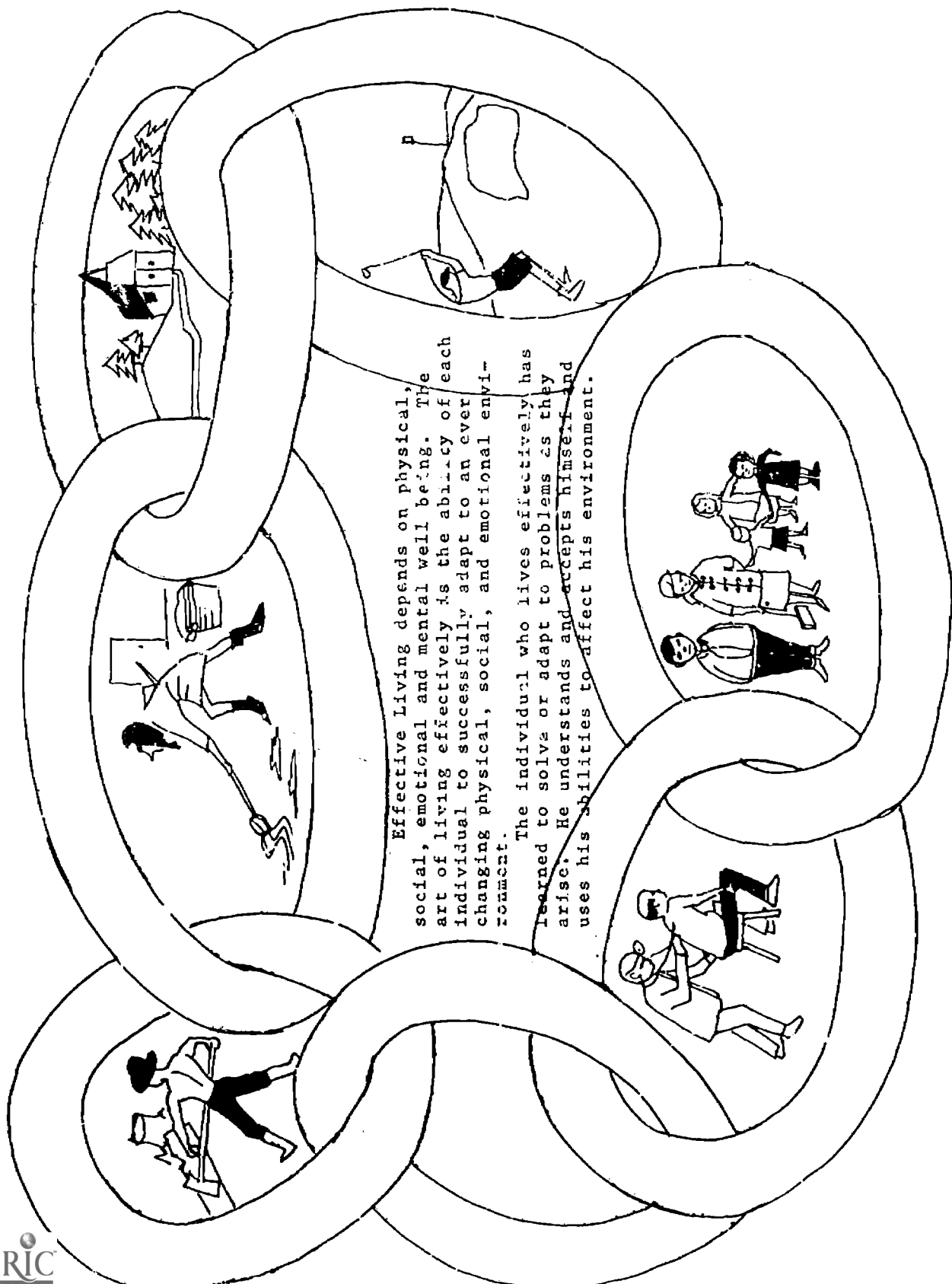
ATTITUDES

SELF OTHERS  
INDIVIDUAL

LIVING EFFECTIVELY IN THE 70's

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Effective Living depends on physical, social, emotional and mental well being. The art of living effectively is the ability of each individual to successfully adapt to an ever changing physical, social, and emotional environment.

The individual who lives effectively has learned to solve or adapt to problems as they arise. He understands and accepts himself and uses his abilities to affect his environment.

## ACKNOWLEDGEMENTS

The development of this OPENENDED, TEACHER IDEA-PLAN BOOK, is the result of the effort and time of many persons.

Special appreciation goes to:

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Washington, D.C. 20036

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U.S. Office of Education  
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Washington, D.C.

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Division of Chronic Disease Programs  
Regional Medical Programs Service

Mrs. Edith Vincent  
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Dover, Delaware

We are indebted to several agencies. The Wilmington Hospital Association has been most helpful in providing personnel and facilities.

Appreciation is expressed to the original steering committee and to the work committee who developed this plan book.

The present task is for all teachers to contribute their ideas toward the development of an Effective Living Program for all pupils in our district.

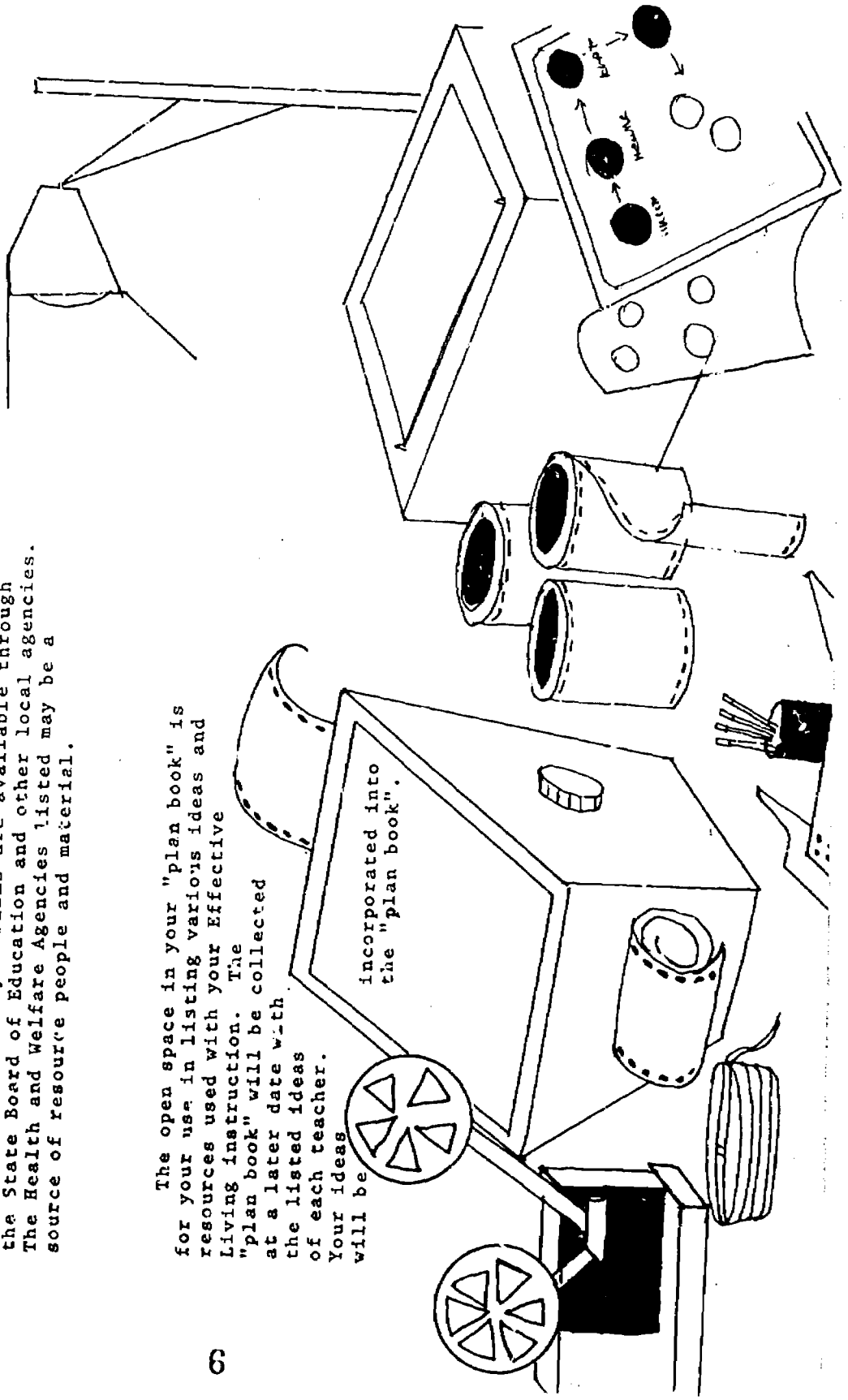
Sidney Collison  
Director of Curriculum

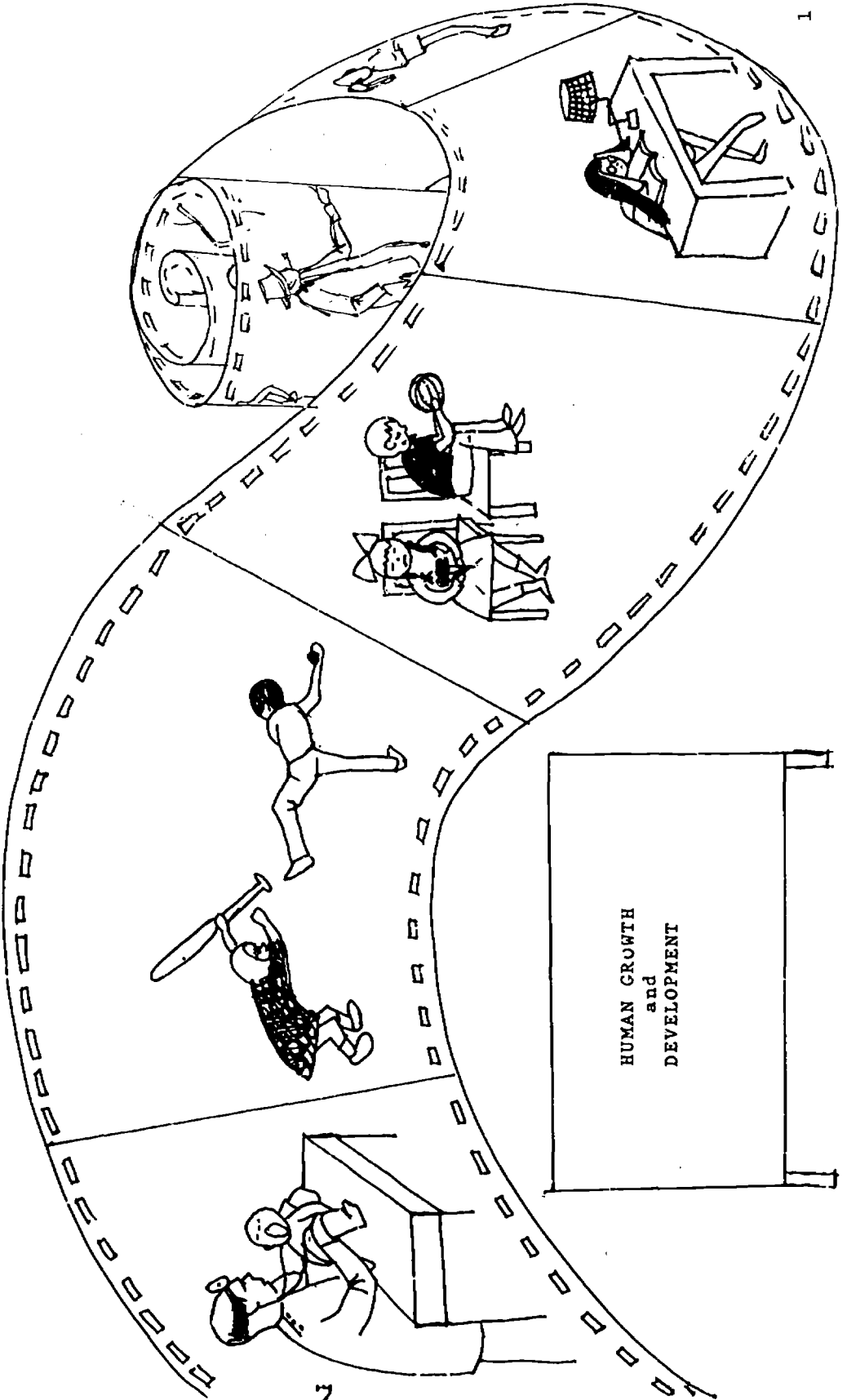
## About Resources

A list of resources (books, pamphlets, films, film strips and Health and Welfare Agencies) is included with each basic concept. The books, pamphlets, and film strips are available in our school district Instructional Materials Centers and the Curriculum Laboratory. Films are available through the State Board of Education and other local agencies. The Health and Welfare Agencies listed may be a source of resource people and material.

The open space in your "plan book" is for your use in listing various ideas and resources used with your Effective Living instruction. The "plan book" will be collected at a later date with the listed ideas of each teacher. Your ideas will be

incorporated into the "plan book".





HUMAN GROWTH  
and  
DEVELOPMENT



Human Growth and Development

Teacher Comments

Some Activities

Concept

Living things are alike in many ways. They are different in many ways.

Discuss how people are alike. All plants and animals need food.

Plants and animals obtain food in different ways.

Animals obtain oxygen through lungs from the atmosphere.

Fish obtain oxygen through gills from bubbles in the water.

Plants and animals are dependent upon each other for existence - oxygen and carbon dioxide.

What is normal?

Is anyone normal?

Discuss height-weight charts.

Are they always true?

Living things are unique.

Discuss combinations of characteristics such as eye color, hair color, size, voice, height, weight, etc. Make fingerprints, examine human hair.

Discuss ability of humans to think and reason.

We can influence our environment

Clothes we wear for different seasons.  
 We heat our homes. We air condition our homes. We use artificial lighting.  
 We attempt to control pests.  
 Prenatal environment -- drugs, alcohol, smoking, general health of mother.  
 We must assume responsibility for shaping our environment.  
 Classroom and school environment - reasons for rules, regulations, etc. so all can benefit.

We can improve our environment through better understanding.

Discuss what we mean by environment - the environment at school, home, playground, to and from school.  
 Smpg control, pollution of water.  
 Building "necessitates" defolliage.  
 Point out Red Clay Creek - runs through York'yn.  
 Noise level; cars, electronic amplification, human noise.  
 Litter, i.e. property respect.

Teacher Comments

Some Activities

Concept

Life comes from life

Discuss the fact that life is not spontaneous.  
Plant seeds  
Aquarium

Humans are male and female, just as other animals and plants.

Field trips to farms, pictures of animals showing distinctions in sex. Male, female roles.  
Changing roles of the sexes in employment and in family roles.  
Societies changing attitudes toward these roles.

KNOW SELF

BE SELF

ACCEPT SELF 4

The biological function of life is to reproduce.

Discuss the short life span of certain insects. The spawning of fish and their natural urge at expense of death to return to their spawning grounds.

Sexual reproduction provides greater variation in succeeding generations.

Compare asexually reproduced plants and animals and their differences with parents. With sexually reproduced animals and their differences from parents.

All living things develop from a living cell. Each parent contributes characteristics to its offspring.

Discuss cell structure, mitosis, and meiosis. Discuss inherited traits such as eye color.

How I am like (unlike) my mother.  
How I am like (unlike) my father.  
How I am like (unlike) another relative.

Inheritance is regulated and traits are inherited with a predictable regularity.

Study plants and animals of definite heritage - a cross of black and albino rats, tall and dwarf plants.

Concept	Some Activities	Teacher Comments
---------	-----------------	------------------

Sex chromosomes determine the sex of an offspring.

Discuss the sex chromosomes (ss-xy) of male and female and the combination determining the sex of the offspring.  
 Geneology - Dominant and Recessive characteristics.

Some characteristics are sex linked.

Investigate pedigrees of hemophilia in the royal family - colorblindness.  
 Check class for colorblindness.



Human Growth and Development

Concept	Some Activities	Teacher Comments
<p>These characteristics are passed along to new cells.</p>	<p>The reproductive cells we possess, male or female are determined by our parents. Chromosomes retain their individuality from generation to generation.</p>	
<p>Living things inherit traits which modify the environment.</p>	<p>Discuss hibernation, migration, nesting, home building of animals - also coloration.</p>	

KNOW SELF

BE SELF

ACCEPT SELF 7

Related living things reproduce in similar ways and develop in similar ways.

Sproutseeds.  
Examine eggs. Discuss baby chicks and the fact they came from an egg.  
Other females reproduce in this manner.  
From pictures of animal families observe likenesses in all animals.

As an organism develops, it interacts in a growing environment.

We influence others through our interaction with them. They likewise influence us. Observe the interaction of fish in an aquarium.  
Positive interaction.  
Negative interaction.

Human Growth and Development

Concept	Some Activities	Teacher Comments
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Heredity establishes our limits for growth and intellectual capacities. Environment and personal action determines the degree to which we reach our limits.

Discuss the fact that limits of intelligence, size, etc. were determined at conception. Reaching these limits comes through personal action and environment.  
Health practices.  
Study habits.

Traits begin at conception.

Emphasize the fact that life begins before birth. Heredity traits are established upon the union of the egg and sperm.

KNOW SELF

BE SELF

ACCPPT SELF 9



Human Growth and Development

Concept	Some Activities	Teacher Comments
---------	-----------------	------------------

Environment affects our development and our growth.

Humans are becoming taller and larger.  
How might we change in the future in light of environmental changes and different demands on the human - from manual labor to technology. Family problems resulting in malnutrition.  
Urbanization.  
Ghetto.

Our environment is in a state of constant change.

World population increases.  
Research in medicine and health practices; fluoridation of water, food processing.

KNOW SELF

BE SELF

ACCEPT SELF 10

Human Growth and Development

Teacher Comments

Some Activities

Concept

We adapt to these environmental changes or become extinct.

Atomic energy - constructive uses and destructive uses.  
What if a new disease were introduced from space?  
TB was unknown by the Eskimo until exploration of the north.  
Smallpox was unknown by the Indian.  
How might we overcome the problem of air and water pollution.  
Investigate the changing environment which brought about the extinction of dinosaurs.

Blood types are inherited.

Describe blood types.  
Describe the process for typing blood.  
Consider typing blood including RH if possible.  
Discuss RH factor.  
Invite resource person in from blood bank.

KNCW SELF

BE SELF

ACCEPT SELF 11

Concept	Some Activities	Teacher Comments
<p>A mutation is a permanent change in a gene.</p>	<p>Discuss changes in characteristics of fruit flies after exposure to radiation.                      Possibilities of chromosome change as affected by certain drugs such as LSD.                      How might a mutation affect a person (positively and/or negatively)?</p>	<p>ACCEPT SELF 12</p>
<p>KNOW SELF</p>	<p>BE SELF</p>	

Human Growth and Development

Teacher Comments

Some Activities

Concept

Eugenics is an attempt to improve the human race through regulation of inherited characteristics.

Individuals have responsibility for personal and social progress. Investigate the agencies in existence which are concerned with the perpetration of undesirable traits. Consider the social issues involved in human eugenics. Discuss abortion.

Euthenics is the attempt to improve the human race through environmental regulations.

What do we mean by balance of nature?  
Trace the history of certain diseases carried by insects or animals. (malaria)  
Investigate world health problems and efforts at preventing certain diseases.  
Consider:  
No disease control.  
Complete disease control.  
Population control.  
No population control.

KNOW SELF

BE SELF

ACCEPT SELF 13

Concept	Some Activities	Teacher Comments
<p>Environment may produce beneficial or detrimental variations.</p>	<p>Review effects of environment from conception through maturity.                      Consider man-made alterations in this environment, pre-natal to maturity.                      Discuss wholesome environments, poor environments and their implications for us.</p>	

Human Growth and Development

Concept	Some Activities	Teacher Comments
Our body grows in many ways.	How we grow; our arms, legs, hair, nails, weight. Growth rates at various ages. Record of weight and height at intervals.	
Heredity controls our rate of growth and our growth potential.	(See Heredity)	
There are many factors affecting our growth and the degree to which we reach our hereditary potential.	Body glands - environment - organic conditions - disease	
Temporary or permanent adjustment to growth deviation is necessary where needed.	Severe growth problems of total body or of one area such as legs, arms, etc. People who have overcome great handicaps.	

KNOW SELF

BF SELF

ACCEPT SELF 15

Concept	Some Activities	Teacher Comments
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Cells have basic structural similarities

Cell anatomy; drawings and slides

Tissue is composed of cells. Tissue is specialized in function and performs complex tasks.

Examine tissue:  
 Chicken - skin, muscle, heart liver, lung, etc.  
 Frog - compare organs for tissue differences.  
 Relate to human tissue specialization.

Body organs work together in performing systematic functions.

A model of the human body.  
 Body system: skeletal, nerve, gastrointestinal, circulatory, respiratory, endocrine, reproductive.

Concept	Some Activities	Teacher Comments
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The skin is more than a body covering.

Anatomy of skin.  
Functions of skin.  
Care of skin.

Healthy bodies are efficient.

Physical health and the relationship to mental health, appearance, etc.  
A definition of health.

Taking care of our bodies is mostly an individual matter.

Decisions we must make concerning our physical well-being.



Human Growth and Development

Books and Pamphlets

- Lerrigo, Marion O. a doctor talks to 9-to-12 year olds. Budlong Press Company, Chicago, Ill. 1967.
- Levinsohn, Florence. a doctor discusses mature adult living. Budlong Press Company, Chicago, Ill. 1967.
- Levinsohn, Florence. what teenagers want to know. Budlong Press Company, Chicago, Ill. 1967.
- Meilach, Doan Z. a doctor talks to 5-to-8 year olds. Budlong Press Company, Chicago, Ill. 1967.
- National Foundation of the March of Dimes. Happy Birthday From the National Foundation. 800 Second Ave, New York, N.Y. 10017
- Rosenberg, Edward B. a doctor discusses the pre-school child's learning process.
- Perrin, J. Mark and Smith, Thomas E.. A Graded Program in Family Life and Sex Education. Family Life Publications, Moorehead State College, Moorehead, Minn.
- Accent on You, Tampax, Inc. 161 East 42nd Street. New York, N.Y.
- Educational Department. Female Reproductive Organs. Tampax, Inc. New York, N.Y. 10017
- Williams, Sally R. Sex Education: What is It? Scientific Research Association. Chicago, Ill.
- Channing L. Bete Co., Inc. Needed Clean Air, 1967 Greenfield, Mass. 01301.

## Human Growth and Development

## Filmstrips

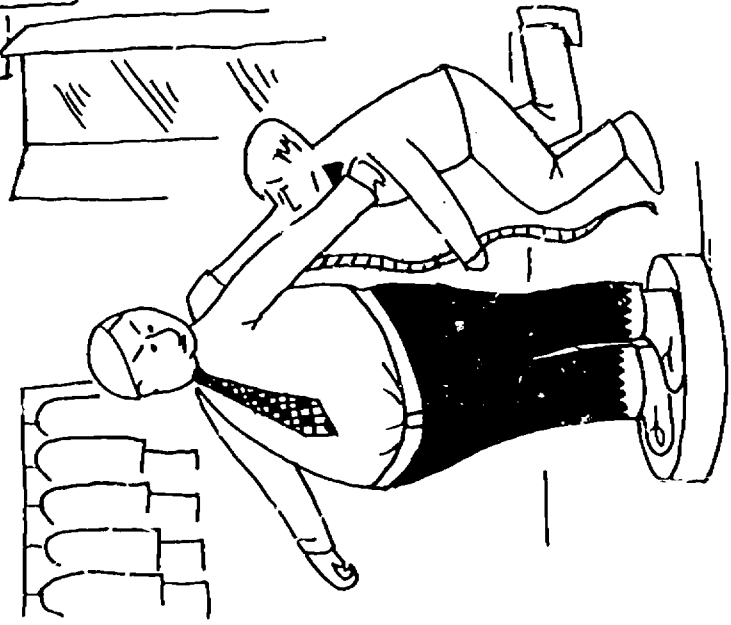
- 612 YOUR BODY & ITS CARE  
613 BILLY MEETS TOMMY TOOTH  
613 COMMUNITY HELPERS FOR HEALTH  
613 DOCTOR DON  
613 GOOD HEALTH & CARE OF BODY  
613 KEEPING CLEAN  
613 KEEPING WELL  
613 RIGHT CLOTHES HELP HEALTH  
613 TREATING A COLD  
613 WHY BE HEALTHY  
613.7 WORKING & PLAYING TOGETHER  
613.7 YOUR POSTURE  
612.74 HUMAN BODY SERIES  
534 SOUND \*\* EARS ARE FOR HEARING  
646.7 PERSONAL GROWING SERIES

## Health &amp; Welfare Agencies

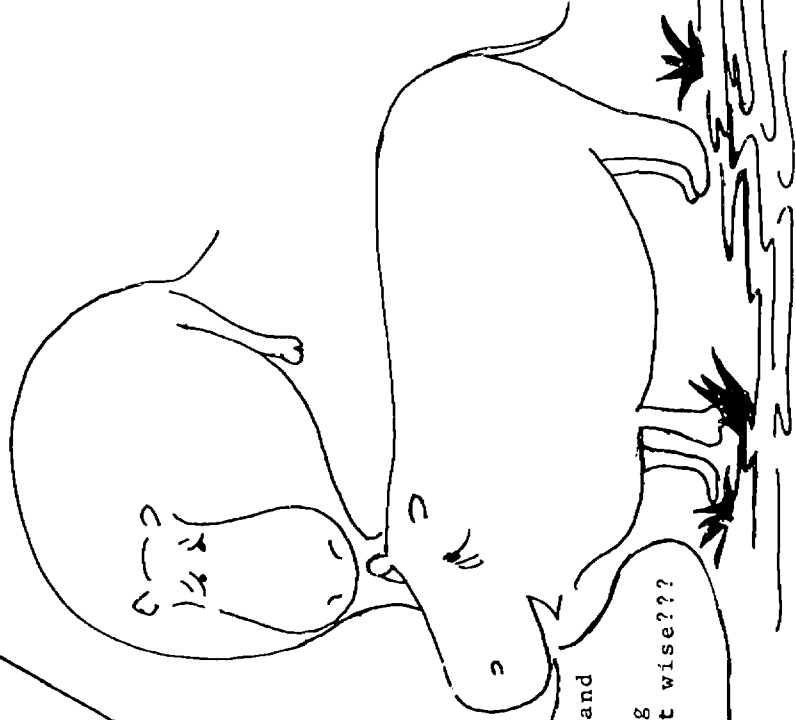
Brandywine Valley Association, Inc.  
F. & M. Building  
West Chester, Pa.

Materials available:  
Good films, conservation - water pollution

STORE FOR  
THE  
BIG MAN  
GIGANTIC  
SALE



FOODS & NUTRITION



Hamburgers,  
potato chips, and  
fries  
Are you being  
balanced - diet wise???

All living things need food.

Remove a plant from its soil.  
 Living thing - degrees & kinds of soil.  
 Hunger  
 Places to eat  
 What animals eat

Food is necessary for growth.

Height and weight charts  
 Amounts of food eaten by various ages and sizes

Meal time is an enjoyable time

Attitudes - conversation  
 Favorite foods

There are many kinds of foods

Food displays in stores  
 Pictures  
 Sources of foods  
 How food is grown  
 Foods we like - dislike  
 Choices we might have in sources of nutrients  
 Papier-mache exhibits.  
 Snack foods  
 The grocer stocks his store; meat, produce, cans, dairy, breads, etc.

Many factors influence an individual's selection of food.



We need a regular supply of food.

The nutrients  
Body growth; health, organ development, energy, how we feel.

Trying new foods can be fun.

Menu planning for needed nutrients; breakfast, lunch, dinner, parties  
Favorite family foods, menus, holiday foods  
Origin of three meals a day.

Many factors affect what we eat.

Fam-ly habits  
Cultural habits  
Availability  
Astronaut's diet  
Soldier's diet  
Taste buds  
Blindfold taste tests  
Foods we adopted from other countries  
Surveys of foods left on platters  
Development of likes and dislikes  
A housewife today and 100 years ago in planning a meal.

Some foods do more for us than others.

Food selection for adequate nutritional values need for variety

Body processes need all known nutrients.

Analyze daily or weekly diets to determine adequacy or inadequacy  
 Importance of foods for infants  
 Specific uses of various nutrients

Today's food nutrition and eating habits have a long range effect.

Weight through life  
 Changing eating habits through the ages  
 Caloric needs of individuals  
 Caloric values - nutritional values  
 Low calorie foods - energy needs

Food value affected in preparation.

Skim milk, pasteurization, canning, freezing, cooking as opposed to uncooked  
 Parasites in food, meat, and salads  
 Vitamin loss in preparation  
 Sprays  
 Food and Drug laws  
 Food quackery

Proper nutrition is necessary for optical well being

Signals of improper diets  
 National school lunch programs  
 Criteria for a "good meal"  
 Factors affecting an individual's food needs  
 Studies relating good breakfast to well being

Foods & Nutrition  
Books & Pamphlets

Equitable Life Assurance Society of  
the U.S. Over-Under Weight.  
1285 Avenue of the Americas,  
New York, New York 10015.

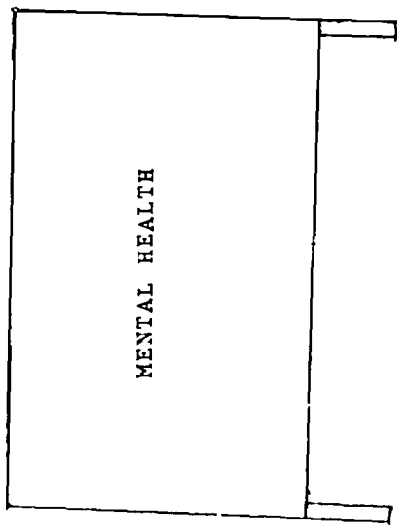
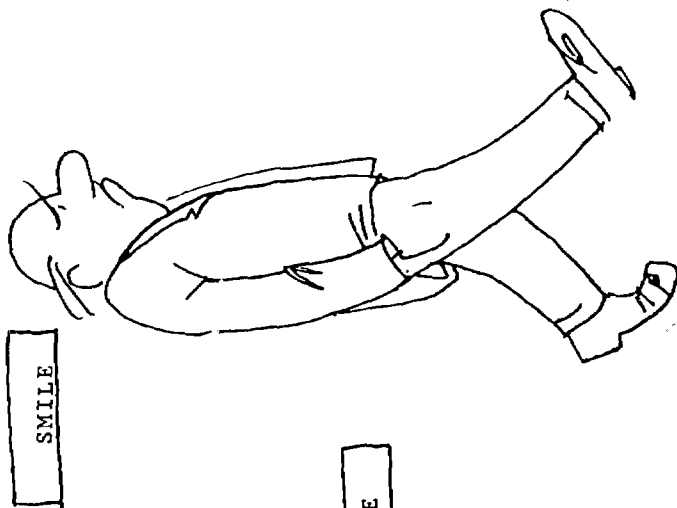
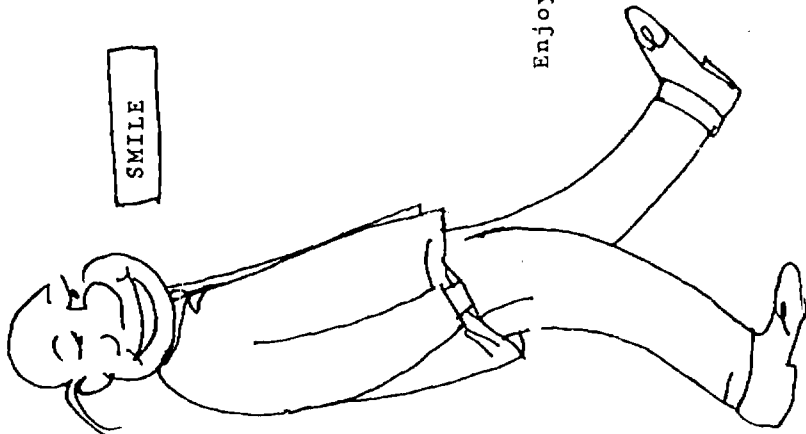
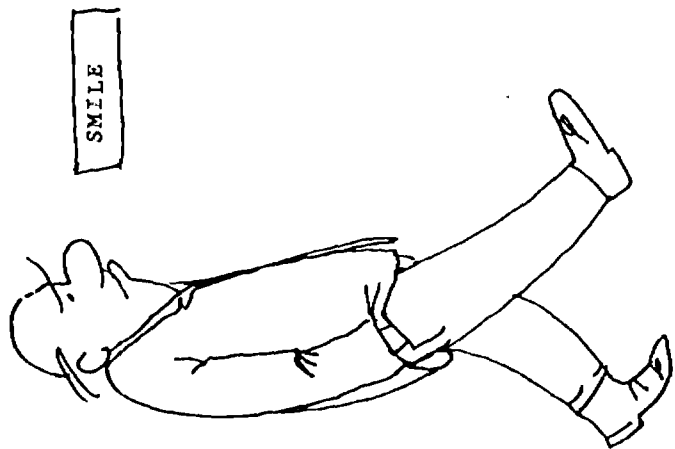
Heinz, H. J. Company. Facts About  
Food. Pittsburgh, Pa. 1968.

McKinley, Robert C. Geraldine.  
National Dairy Council. Chicago,  
Ill.

Piltz, Albert ph.d. How Your Body  
Uses Food. National Dairy  
Council. Chicago, Ill. 1968.

- 500 WORLD OF LIVING THINGS
- 641 FOOD WE EAT
- 641 FUEL FOR THE BODY
- 641 GETTING FOOD READY FOR MARKET
- 641 KINDS OF FOOD
- 664.1 SUGAR THROUGH THE AGES
- 635.. VEGETABLES
- 646 TOWARD A CLEAR COMPLEXION
- 641.4 CANNING & PRESERVING
- 642.1 PLANNING MEALS FOR NUTRITION
- 641.1 VITAMINS
- 641 .. WHAT'S IN OUR FOOD
- 634 THE STORY OF HOW APPLES GROW
- Meals on Wheels  
1213 Delaware Avenue  
Wilmington, Del. 19806  
Phone: 655-6151
- Sunday Breakfast Mission  
Front & Orange Streets  
Wilmington, Del. 19899  
Phone: 656-8542
- Department of Food Services  
(Wilmington Public Schools)  
1400 Washington Street  
P.O. Box 869  
Wilmington, Del. 19899





Enjoy being you!!!

You are important.

Unique, exciting  
A booklet about yourself  
Tell about yourself  
Hobbies, pets  
Discuss family names

Heredity establishes our potential. Environment determines our reaching this potential.

How you have developed and things you can now do that you could not do when younger. What babies can or can't do What older children can or can't do  
Discuss, draw, or write concerning what you would like to be.

Joy and sorrow are parts of living.

Describe moods from pictures in magazines and decide why the person might be in that mood.  
Dramatize moods  
Things to do when we have upset feelings  
Things which make us happy or sad

We take pride in success.

Doing things right  
Helping at home or in the classroom  
Success through planning  
Success through saving  
Social success through neatness  
What is success?

Rules and laws exist for our protection.

Meaning of yes and no  
Rules for the playground, home, and classroom  
Origin of rules or laws

We learn to care for ourselves

When alone, the responsibilities we must accept  
When in a group situation, group responsibilities  
Responsibility which comes with independence  
Additional independence you expect in near future.

Self control is necessary for happiness.

Things to do when unhappy; hobbies, play, talk  
What do you do?  
Understanding various points of view  
Agreeing and Fighting

We develop habits.

Define habit  
Doing a job right takes less time than doing it wrong.  
Habits of planning  
Habits of study  
Habit of sleeping late  
Habit of smoking  
How do we develop these habits?  
Talk about your good habits

We need friends.

Think of your best friend.  
 How did he become your best friend?  
 Need for many friends.

Leadership is learned and earned. Good leaders are good followers.

Why leaders - how selected  
 Characteristics of good leaders  
 Leadership roles: committee, team, class, political, military

We must respect the rights and differences of others.

Differences in people: race, culture, religion, sex, handicap, opinion prejudice

Awareness and understanding of prejudice

Define prejudice:

What is prejudice in relation to:

foods, personal appearance (i.e. clothing, color, hair, cleanliness, teeth); socio-economic status (i.e. type of parental employment); use and abuse of public and private property (i.e. student who doesn't work in a course in school and fails the course - then is against school as a whole and strikes back by destroying any school property); past experience (i.e. prisoner trying to get a job after release)

Discuss ethnic groups, nationalities and institutions in respect to prejudice:

Respect and understanding of others, even if they have different beliefs and backgrounds than you (i.e. Negro-White; Indian-White; Catholic-Protestant-Jewish; Jewish-Egyptians) Different family backgrounds (i.e. neighborhood one grows up in.)

Accepting peoples' differences BEFORE pre-judging.  
(Can't judge a book by its cover.) One who, on first appearance, may not have been chosen by you for a friend, may later become your best friend. Negro/White/ Indian/ Oriental

Understanding of: discrimination, minority groups, ethnic heritage, etc. Scapegoating.

Concept	Some Activities	Teacher Comments
<p>We adjust to new situations as we grow.</p>	<p>Group activities From primary to elementary, to middle school, to high school, to college</p>	
<p>Self respect begins with the individual. Respect for others is necessary in order to receive respect.</p>	<p>Accepting self and one's own abilities Self evaluation of self-control, good manners, sharing, selfishness, etc. How we develop good self-images</p>	
<p>We must make decisions concerning right and wrong.</p>	<p>Group decisions Individuals make decisions Discussions on need for rules Beginning societies and the involvement of rules Democratic action in the classroom and the maturity necessary for a good democratic environment</p>	
<p>Emotions are normal. We develop skills in controlling emotions.</p>	<p>Reactions to situations Using reason in response to situations. Normality of fear, anxiety, doubt, sorrow, etc.</p>	

We must balance our activities.

"I don't have time."

Time is the stuff life is made of.

An activity chart for a day, week, etc., showing rest, study, recreation

How do you spend your time?

Goals for the day, week, life.

We like and are liked according to certain traits we possess or see in others.

Traits you like in people -

Traits you dislike in people

Describe the perfect person.

Class study of admired traits

and of annoying traits

(The Jester - practical joker -

sense of humor - considerate)

There are many people with whom we can share our problems.

Personal problems which

bother us most

With whom do I share dif-

ferent kinds of problems?

Friends, parents, teachers)

Health of self involves all components.

Physical, emotional, social, spiritual

Our understanding of love,

hate, fear, security, etc.

Our mental health is determined in part by our acceptance of our environment.

The grass is always greener on the other side  
 We are a part of our environment.  
 It is a part of us.  
 Self acceptance

Communication is essential in inter-relationships of people.

Communications on all levels of living; international, organizational, peer group, boys and girls, Intercultural, husband and wife, parent and child  
 Ways to keep lines open or closed

Personality development is a continuing process.

We are a product of our experiences.  
 How new experiences change our view of ourselves and of others  
 Qualities we like and dislike in others.

Our roles and responsibilities change as we mature.

Acceptable patterns of behavior for various ages  
 Decision making  
 Responsibilities for self and others  
 Right (to drive) and responsibilities  
 Right (to ride a bike) and responsibilities



Consequences are accepted when we have freedom of choice.

To cheat or not to cheat  
 To smoke or not to smoke  
 To go to the movie or study for a test  
 To speed or not to speed  
 Petting or not to pet

Environment molds our personality

Religious faith - education  
 Amount of restrictions in the home (discipline)  
 parental habits  
 Socio-economic  
 Friends

Misconceptions in regard to mental illness are barriers to realistic attitudes of prevention and treatment

Studies of conditions sometimes confused with mental illness in order to dispell certain fallacies  
 Epilepsy, cerebral palsy, muteness, deafness  
 Search for definitions of mental illness

Mental Health	Concept	Some Activities	Teacher Comments
Suicide is a problem in our society.	Statistics, numbers, ages, causes, preventions	Human needs of love, security, attention, and success	
Emotional needs cut across all levels of intelligence.	A wide range of intellectual ability exists in the human population.	Statistics on abilities Grouping for study Define intelligence.	
Everyone has a personality.	Personalities we like or do not like Factors influencing personality		
Personal goals must be realistic.	Establish goals, discuss them with guidance counselor, others Face facts concerning aptitudes		
Values develop from environment.	Your values; persistence, cheating, determination, courage of convictions		

We affect other people's mental health.

Interaction with others  
Kinds of criticism  
Attitudes toward others who are different  
Respect for the individual and his values  
Friendship, kindness, helpfulness, sharing joy and sorrow

Our perceptual field is formed in the culture in which we are raised.

What is normal?  
Discuss ethnocentrism  
Rules in our culture and another  
Your concept of self  
Your religion and others  
Concept of culture

Mental illness, like physical illness has various causes, degrees of severity and methods of treatment.

Conflicts within the individual  
Problems we can't solve  
How we evade or live with problems we can solve  
Changing society and mental health  
Automation  
History of attitudes and treatments  
Clinics, therapy, attitudes  
Interaction of people and mental health



## Books and Pamphlets

Blue Cross & Blue Shield, Adolescence for Adults. 201 West 14th St., Wilmington, Del. 1969.

Connecticut Mutual Life Insurance. Doors to Open. Hartford, Conn.

Connecticut Mutual Life Insurance. Needlepoints: The Everyday Tensions In A Woman's Life. Hartford, Conn.

Classer, William, M.D. Reality Therapy: A New Approach to Psychiatry. Harper & Row. New York. 1965.

Classer, William, M.D. Schools Without Failure. Harper & Row. New York. 1969.

Human Relations Aids. Harvard Human Relations Aids Packet. 419 Park Ave. South New York.

Neisser, Edith G. Blue Cross Association. 840 North Lake Shore Drive. Chicago, Ill.

All of the following:

How Do You Do? #7 1960.

Improving Your Personality #2 1959.

Keeping Friends #6 1960.

Personality: What Is It? #1 1959.

Prett, Dallas M.D. Mental Health Is A Family Affair. Public Affairs Pamphlet #155.

Mental Health

Health & Welfare Agencies

Delaware Association for Retarded

Children, Inc.

3030 Bowers St.

P.O. Box 1896

Wilmington, Del. 19899

Phone: 764-3662

Delaware Psychological Association,

Inc.

Pres. George A. Cicala, Ph.D.

Department of Psychology

University of Delaware

Newark, Del. 19711

Phone: 368-0611

Delaware State Hospital

New Castle, Del. 19720

Phone: 658-4366

Department of Mental Health

Midway Professional Building

2055 Limestone Road

Wilmington, Del. 19808

Phone: 994-5763

Mental Health Association of Del.

701 Shipley Street

Wilmington, Del. 19801

Phone 656-8308

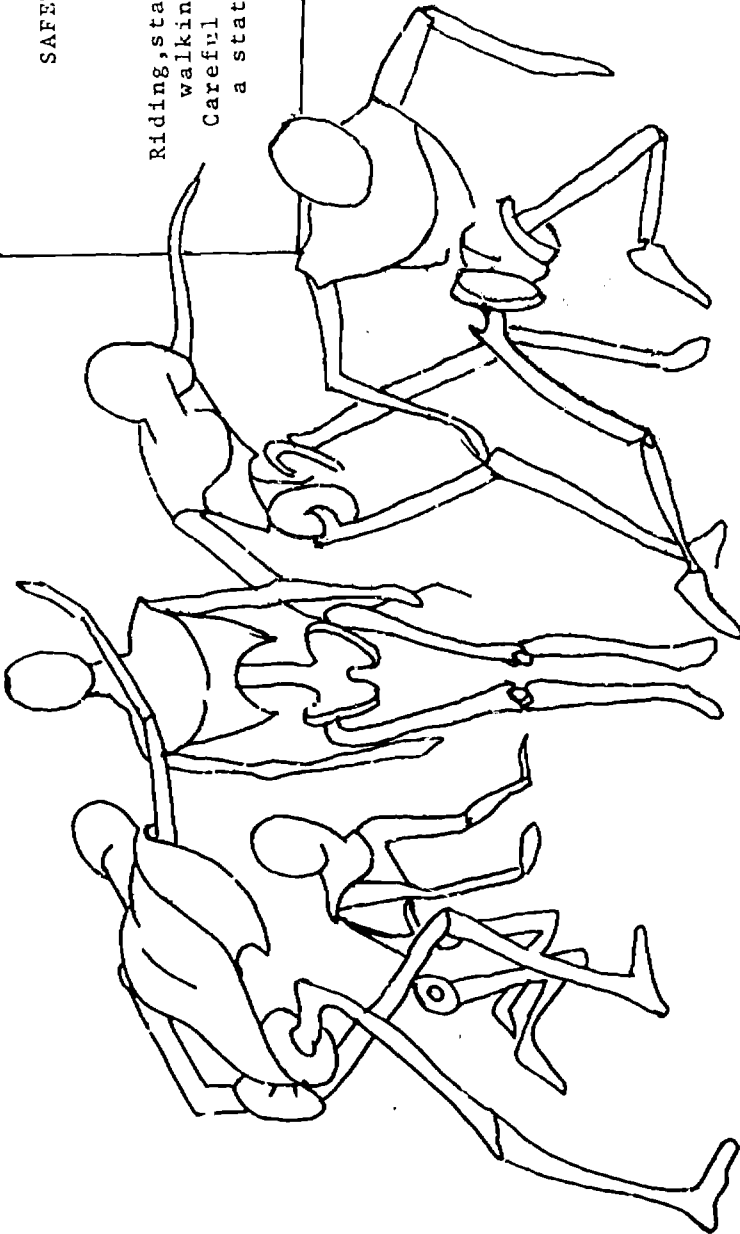
Wilmington Child Guidance Center

2013 Baynard Blvd.

Wilmington, Del. 19802

Phone: 654-2414

SAFETY  
Riding, standing,  
walking, gawking  
Careful - be not  
a statistic talking!



Concept	Some Activities	Teacher Comments
Safety on the way to and from school.	Play traffic games using pupil-made traffic lights.	
	How to cross highways under different circumstances	
	Have pupils learn procedures for finding their way when lost (name of parents, address, and telephone number).	
	Use toy cars for highway situations encountered by pupils on their way to and from school.	
	Have pupils discuss their experiences to and from school.	
	Have the bus driver, patrolman and traffic officer in for discussions with the pupils.	



Concept	Some Activities	Teacher Comments
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	<p>Discuss situations where pupils are approached by strangers and what they should do in those situations.</p>	
--	---	--

	<p>Discuss what should be done in emergencies such as a personal injury or the injury of a friend (Get HELP).</p>	
--	---	--

Safety at school.	<p>Invite a fireman in to discuss procedures for a fire drill.</p>	
-------------------	--	--

	<p>Discuss and practice movement at school, the halls, dismissal, cafeteria, and the rest rooms.</p>	
--	--	--

	<p>Discuss rules for the playground How to use the equipment.</p>	
--	---	--

Concept \_\_\_\_\_ Some Activities \_\_\_\_\_ Teacher Comments \_\_\_\_\_

Accident potential is always present but accidents can be prevented

Have pupils discuss dangers present in games and in such toys as darts, arrows, marbles, ball bats, etc.  
Use demonstrations.  
What to do if your ball goes into another group's activity  
What to do if ball goes into the street

Common sense dictates action in many situations

What to do concerning railroads, old buildings, excavations, cars, refrigerators, strange animals, electricity, poison plants, poison in the home medicine cabinet.

Carelessness, thoughtlessness and lack of skill are determining factors in accidents.

Discuss accident potential, probable cause, and how each could be prevented (in other words classify).  
Consider accident susceptibility according to age and activity. Home, school, vacation

KNOW SELF

BE SELF

ACCEPT SELF



(continued)

Re-design areas and establish guidelines for accident prevention

Have pupils create accident situations and select other pupils to solve them  
Handling hot liquids  
Stepping on sharp objects  
Thrown from cars.

Have pupils discuss accidents that happened to them or to relatives.

KNOW SELF

BE SELF

ACCEPT SELF 44

Concept	Some Activities	Teacher Comments
<p>Prevention of accidents with bicycles requires skill in operation, knowledge of bicycle laws and maturity in judgment.</p>	<p>Have a bike rodeo                      Discuss the workings of a bicycle                      Have an officer discuss bicycle laws.                      Have bicycle accident reports                      Have demonstrations of safe bicycle practices</p>	
<p>All emergencies are not man made.</p>	<p>Discuss world disasters and then select those which might happen in your area.                      Discuss accidents connected with the weather.</p>	
<p>Pedestrians share in the responsibility of traffic accidents.</p>	<p>Discuss the drivers' side of the problem.</p>	

KNOW SELF

BE SELF

ACCEPT SELF 45

Accepting tasks means accepting responsibility and securing knowledge concerning the task.

Mowing lawns  
Discuss the operation and its dangers.  
Consideration for flowers, etc.  
Having other persons around.

Babysitting - put students in different situations  
Develop a procedure and a content of information concerning the task.  
Emergency phone numbers, parents, police, fire, doctor  
Characteristics of age levels  
Activities to perform with children  
Solve hypothetical emergencies while babysitting  
What to do for minor accidents

Accidents are expensive.

Invite a claims adjustor in.  
(Tom DeCamp of Mutual of Omaha can be contacted at the Wilmington office)  
Secure statistics concerning accidents, cost to family, cost to industry  
Accident rates by age and sex.

Activities are no longer enjoyable when accidents occur.

Involve resource persons in discussion of activities Hunting, fishing, swimming, and other aquatic sports, football, and other sports, archery

Procedure for first aid

Artificial respiration  
Bleeding  
Shock  
Broken bones  
Strangulation

Mechanical manipulation of a car is only a part of driving.

Accident rate by age and sex  
Describe a good driver you know.  
Describe a poor driver you know.  
Discuss driving under different weather conditions.  
Discuss driving in various environments.  
Discuss driving when under the influence of stimulants or depressants.  
Tell advantages of driver education.  
Physical handicaps  
Driving by the mentally ill

Concept	Some Activities	Teacher Comments
	<p>Man as the cause versus the vehicle, driving conditions, etc.</p>	
	<p>List the causes of auto accidents.</p>	
	<p>Invite a person in who is involved with traffic enforcement.</p>	
	<p>Discuss traffic laws concerning various vehicles.</p>	
	<p>Secure statistics concerning accident rates for cars, trucks, planes, bicycles, motor cycles, etc.</p>	
	<p>Safety features for driving</p>	

As future parents and adults, you will be concerned with the welfare of children - their protection and safety.

Secure information concerning the vulnerability of various ages of children with regards to:

1. poisons
2. drowning
3. plants
4. bicycles
5. falls
6. cars
7. guns
8. knives
9. electricity
10. fire
11. lack of seat belts
12. broken glass, nails, etc.

Discuss safe environment as opposed to instructions for small children.

Examine your own home as a place to rear children.

Initiate community activities for safety such as fire prevention, emergency poison information, child molesting, safe toys, etc.



There are many community services involved in safety promotion.

Invite various resource persons in from Red Cross, American Automobile Club, Health Department, Police Department, etc.

Prevention of accidents is our number one objective; however, precaution is necessary.

Discuss precautions for:

1. fire
2. aquatic sports
3. poison
4. bleeding
5. acids
6. caustic materials

Books and Pamphlets

American National Red Cross. First Aid Manual. Doubleday & Co., Inc. Washington, D.C.

American National Red Cross. Safety Charts Dealing with Activities. Washington, D.C.

Bicycle Institute of America, Inc. Bike Quiz Guide. 122 E. 42nd Street, New York, N.Y. 17

Lilley Eli & Co. Charts on Activities with Safety Displayed. Indianapolis, Indiana.

## Health &amp; Welfare Agencies

American National Red Cross  
910 Gilpin Avenue  
Wilmington, Del. 19806  
Phone: 655-3341

Blood Bank of Delaware, Inc.  
301 E. Matson Run Hwy.  
Wilmington, Del. 19802  
Phone: 762-4300

Blue Cross & Blue Shield of Del., Inc.  
201 West 14th Street  
Wilmington, Del. 19899  
Phone: 658-2441

Board of Game and Fish Commissioners  
North Street  
Lover, De. 19901  
Phone: 734-7473

Delaware Poison Information Service, Inc.  
501 West 14th Street  
Wilmington, Del. 19899

Delaware Safety Council  
1083 DuPont Building  
Wilmington, Del. 19801  
Phone: 654-7786

New Castle County Ambulance Service  
County Engineering Building  
Kirkwood Highway  
Box 165  
Wilmington, Del. 19899  
Phone: 994-0901

Delaware State Police  
DuPont Highway  
Dover, Del. 19901  
Phone: 743-5973

Agencies (continued)

Wilmington Youth Aid Unit,  
Bureau of Police  
Public Building  
10th and French Streets  
Wilmington, Del. 19801  
Phone: 655-6131 Ext. 504

State Department of Civil Defense  
Delaware City, Del. 19706  
Phone: 834-4531  
New Castle County:  
County Engineering Building  
Kirkwood Highway  
P.O. Box 5137  
Wilmington, Del. 19808  
Phone: 998-2211

Wilmington Civil Defense Agency  
1201 Northeast Blvd.  
Wilmington, Del. 19802  
Phone: 654-8206

Insurance Claims Adjustor  
ex. Tom DeCamp  
Liberty Mutual  
Wilmington office

Insurance agencies  
[statistics of Life expectancies  
formerly, now; types and amounts  
of accidents as to age groups]

SOLVING HEALTH  
PROBLEMS

T. B.



CANCER



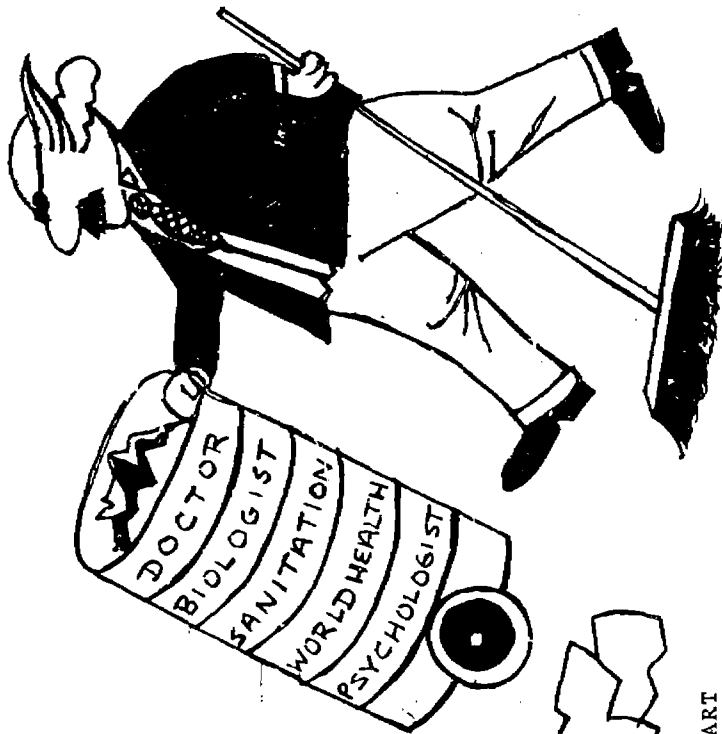
VENEREAL  
DISEASE



HEART  
DISEASE



POLLUTION



Concept	Some Activities	Teacher Comments
<p>We feel different when we are ill (sick)</p>	<p>How we feel when we are ill How we feel when we are well Symptoms of illness.</p>	
<p>Germs may cause us to become ill.</p>	<p>Disease The cold Discuss organisms, disease causing, and non-disease causing. Grow cultures. Bacteria, fungi, viruses, ricket-liae, protozoa, metazoa Discuss ways in which disease is spread</p>	
<p>Disease is spread in many ways. It's onset and course depend on many factors. We must tell our parents when we are ill.</p>	<p>Discuss health habits which keep us well. Trace causes, effects, and history of a particular disease.</p>	
<p>Research is solving many problems of disease.</p>	<p>Individuals who have contributed Organizations Discuss how we have only recently moved out of the "dark ages" of health practices and disease prevention.</p>	

There are reciprocal relationships involving host, agent, and environment.

Man affects the interaction process and the state of equilibrium among the forces through: body defenses, heredity, constitution, habits, customs, age, sex, and man's power to control these agents.

The interaction process and state of equilibrium varies according to:

- 1) basic characteristics such as growth and reproduction, and toxic potential
- 2) resistance to attack by body processes and against heat, cold, sunlight, moisture, and chemicals
- 3) ability to gain access and adopt themselves to the host
- 4) ability to cause tissue reaction to the host
- 5) strength
- 6) their sources and mobility





Good health practices lessen the complications of a disease.

Procedures we follow in prevention and in caring for ourselves when we have a disease (cold, infection, etc.)  
Body resistance to disease

Prevention and control of disease is the responsibility of many people and agencies.

Self  
Community services  
Health agencies  
World health agencies and organizations  
Parents

We are healthier now than ever before and have a greater life expectancy as a result of increased health knowledge.

Statistics

Certain diseases are more prevalent in some environments.

Yellow fever, etc.

We may control disease through our knowledge and acceptance of this knowledge.

Discussion and research into cause and prevention of a particular disease  
Discuss new strains of disease.

How to minimize effects when impossible to prevent

Prevention of communicable and chronic disease as well as control (insulin, vaccination)

Concept \_\_\_\_\_ Some Activities \_\_\_\_\_ Teacher Comments \_\_\_\_\_

There is a decline in the incidence of many diseases. Vaccines are known for these.

Measles  
Mumps  
Polio  
Whooping Cough

Some diseases are showing no particular incline or decline. Vaccines do not exist for these.

Rheumatic fever  
Chicken pox  
Infectious Hepatitis

Some diseases are showing an increase among young persons. Syphilis and Gonorrhea may be cured with penicillin.

Infectious mononucleosis  
Syphilis  
Gonorrhea



Concept	Some Activities	Teacher Comments
There are eight diseases which are classified as venereal diseases. Three of these are important in the United States.	Syphilis Gonorrhea Chancroid  A major social problem Physical and mental suffering Sterility Cost to individual and public	
	Statistics Transmission Epidemiology  Responsibility of the individual	

Concept	Some Activities	Teacher Comments
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Teeth have many uses.	Eating, talking, appearance (Personality) Chart showing teeth and their functions Chart showing the anatomy of a tooth Have children bring their baby tooth (teeth) to show structure. Discuss different animals' teeth and their uses. Cats-meat, cows-grass beavers-cutting	
We must take good care of our teeth.	Proper brushing Avoid sweets between meals No hard objects in mouth such as using teeth to crack nuts Avoiding accidents such as at the drinking fountains Visiting the dentist Discuss dental products concerning dental products Orthodontic treatment Decay	
We lose our baby teeth.	Baby teeth (20) Permanent teeth (32) Must last us all our life	
Most dental disorders may be prevented or corrected	Decay-Peridental diseases Missing teeth	

History records cancer as a problem of early man.

Research these problems.  
Early work in this area  
Curie  
Percival Pott  
Roentgen

Cancer is a dis-orderedly growth as opposed to an orderly growth of healthy cells.

Examine disorderly growth in plants.  
Look at slides of normal and abnormal growth.

Cancer is the name used for disease having characteristics of abnormal growth.

Malignant neoplasms  
Malignant tumors  
Benign

Cancer is a concern to everyone (Most cancer can be cured.).

Research the statistics on cancer.

The exact cause of cancer is not known.

Things which encourage undesirable changes in cell growth; smoking, air pollution, occupational effects, environmental effects, irritation, etc.

Treatment of cancer is inhibited by "quacks" and other fallacies.

Discuss what you have heard about cancer and its treatment. Research the possible causes; viruses, hormones, heredity, age, irritations, occupational causes, customs, smoking, diet.

There is information available to protect us from cancer.

Seven danger signals of the American Cancer Society

Many organizations are involved in research relating to a cure for cancer. This began some 200 years ago.

Dr. Pott  
John Hunter  
Rudolf Virchow  
Leewenhoek  
Roentgen  
Curie  
Paparicolaou



Concept | Some Activities | Teacher Comments

Cancer Cells are different

Histologic test  
Sarcoma  
Carcinoma  
Melanoma  
Lymphoma  
Leukemia

Early detection is imperative in the treatment and cure of cancer. The incidence of cancer varies according to sex.

Have a resource person discuss the various detection methods



Solving Health Problems

Books and Pamphlets

American Dental Association. Dental Facts for Teachers. 211 East Chicago Avenue. Chicago, Ill. 60611. 1966.

American Heart Association. What Teachers Should Know About Children with Heart Disease. 44 East 23rd Street. New York, N.Y. 10010.

American Social Health Association. Some Questions and Answers About V.D. 1740 Broadway, New York, N.Y. 10019.

Blakeslee, Anton L. and Stewart, Maxwell S. T.B. - New Hope and a New Challenge. Public Affairs Pamphlets #156, 22 East 38th Street. New York 16, New York.

Blakeslee, Anton L. and Saltman, Jules. T.B. - The Road to Eradication. Public Affairs Pamphlets #156B, 381 Park Ave. South, New York, N.Y. 10016.

Brown, Abe A. and Podair, Simon. Veneral Disease - A Renewed Challenge. Public Affairs Pamphlets #292A, 381 Park Ave. South, N.Y. 10016.

Channing L. Bete Co., Inc. Needed: Clear Air. 1967. Greenfield, Mass. 01301.

Diabetes Information and Education Center. What the Teacher Should Know About the Diabetic Student. Box 1280, Lynchburg, Va. 24505.

Heart Association of Delaware. Heart Puzzle. American Heart Association 44 East 23rd St. New York 10, N.Y.

Marks, Morton, M.D. Multiple Sclerosis. National Multiple Sclerosis Society. 257 Park Avenue South. New York, N.Y. 10010.

National Multiple Sclerosis Society. Multiple Sclerosis Facts. 257 Park Avenue South, N.Y., N.Y.

Seaver, Jacqueline. Cerebral Palsy. Public Affairs Pamphlets, #401. 381 Park Avenue South, New York, New York, 10016.

Swolensky, Jack.... School Health Problems. Fearon Publishers, Inc. 2165 Park Blvd. Palo Alto, California. 94306.

U. S. Department of Health, Education, and Welfare. Hearing Loss - Hope Through Research. 1968. Superintendent of Documents. U.S. Government Printing Office, Washington, D.C. 20402.

**Solving Health Problems**

**Filmstrips**

- 615.7 ANTIBIOTICS
- 616.2 CURES & COLDS
- 614 RURAL PUBLIC HEALTH
- 615.37 THE SALK VACCINE
- 616.86 VENEREAL DISEASE & YOUR HEALTH
- 615.37 IMMUNITY

**Health & Welfare Agencies**

Alfred I. duPont Institute of  
the Nemours Foundation  
Rockland Road  
P.O. Box 269  
Wilmington, Del. 19803  
Phone: 655-6386

American Cancer Society  
Delaware Academy of Medicine  
1925 Lovering Avenue  
Wilmington, Del. 19806  
Phone: 654-6267

Board of Game & Fish Commissioners  
North Street  
Dover, Delaware 19901  
Phone: 734-7473

Delaware Diabetes Association  
1925 Lovering Avenue  
Wilmington, Del. 19806  
Phone: 656-0030

Delaware Epilepsy Association, The  
1925 Lovering Avenue at Union Street  
Wilmington, Del. 19806  
Phone: 654-7876

Delaware Curative Workshop, Inc.  
16th & Washington Streets  
Wilmington, Del. 19802  
Phone: 656-2521

Delaware Heart Association  
2108 Raynard Blvd.  
Wilmington, Del. 19802  
Phone: 654-5269

**Health & Welfare Agencies**

Volunteers in Aid of Sick Cell  
Anemia, Inc., Delaware Chapter  
Pres. Bernard C. Jenkins  
P.O. Box 932  
Wilmington, Del.  
Phone: 762-0988

Wilmington Department of Health.  
Room 182, First Floor, Public Bldg.  
1000 King Street  
Wilmington, Del.  
Phone: 658-6641 Ext.407

## Health &amp; Welfare Agencies (continued)

Delaware State Dental Society  
 Delaware Academy of Medicine  
 1925 Lovering Avenue  
 Wilmington, Del. 19806  
 Phone: 654-4335

Delaware Tuberculosis and Health Society  
 1308 Delaware Avenue  
 Wilmington, Del. 19806  
 Phone: 652-4924

Director of Nursing Education  
 Wilmington  
 Mrs. Alexander

Emily P. Bissell Hospital  
 3000 Newport Gap Pike  
 Wilmington, Del. 19808  
 Phone: 998-2223

Interagency Council on Smoking & Health  
 1925 Lovering Avenue  
 Wilmington, Del. 19806

John G. Leach School  
 Landers Lane  
 Swanwyck,  
 New Castle, Del. 19720  
 Phone: 654-2479

Medical Society of Delaware, Inc.  
 1925 Lovering Avenue  
 Wilmington, Del. 19806  
 Phone: 658-7596

National Cystic Fibrosis Research Foundation,  
 Delaware Chapter  
 2627 Market Street  
 Wilmington, Del. 19812

National Foundation,  
 Delaware Chapter  
 1303 Delaware Avenue  
 Wilmington, Del. 19806  
 Phone: 658-4862

Wilmington Medical Center, Inc.  
 501 West 14th Street  
 Wilmington, Del. 19899  
 Phone: 654-5111

National Multiple Sclerosis Society  
 Delaware Chapter  
 Academy of Medicine  
 1925 Lovering Avenue  
 Wilmington, Del. 19806  
 Phone: 654-4502

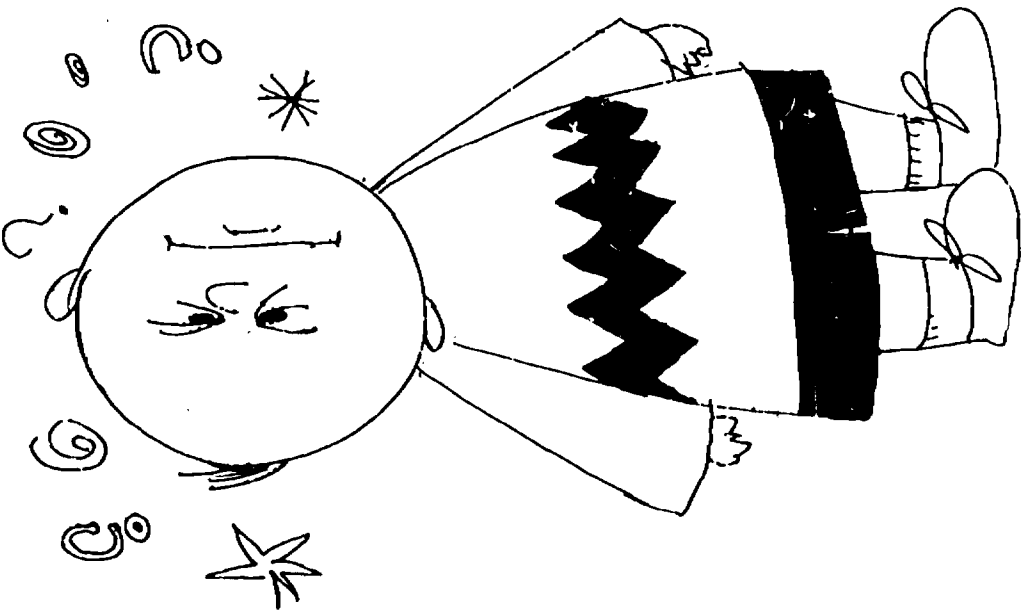
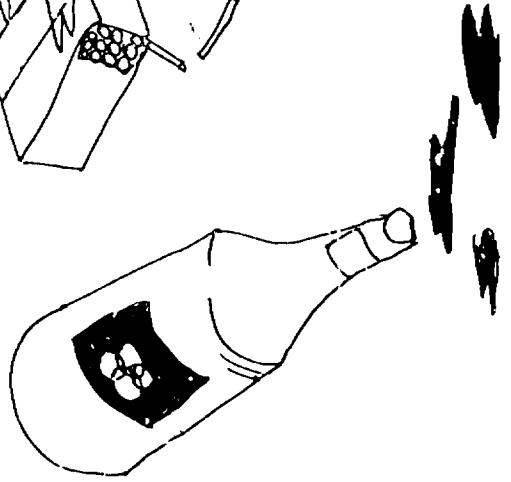
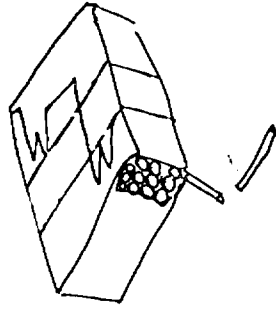
State Board of Health  
 Federal Street  
 Dover, Del. 19901  
 Phone: 734-5711

United Cerebral Palsy of Delaware, Inc.  
 Pres. A. Cyben Luitsh (Mrs.)  
 1424 Bucknell Road, Green Acres  
 Wilmington, Del. 19803  
 Phone: 764-5455

United States Public Health Service  
 1411 North Van Buren Street  
 Wilmington, Del. 19803  
 Phone: 764-5455

TOBACCO, DRUGS & ALCOHOL

Why start something  
you may want to stop?



Tobacco is a plant.

The history of tobacco and its uses.  
The tobacco industry  
Effect on the economy

The use of tobacco is a habit

Discuss habits in general.  
Habituation rather than addiction  
Mental dependence rather than physical.  
Drug effects of nicotine on the body  
Psychological factors involved in smoking  
Research concerning drug effect pattern of nicotine

Smoking affects the body in many ways.

Physiological effects; cancer, heart, respiratory system, ulcers, smoking mother on fetus, psycho-social factors  
Why we start  
How we stop

Tobacco use is expensive

Determine the cost of smoking one pack of cigarettes per day for various periods of time.

Health problems caused by smoking  
 Add extra expense to the family budget

Why people smoke or why they do not. Why do they not stop smoking in light of recent findings?

Surveys of pupil population and parent population  
 Develop a questionnaire and give to the pupils, parents, and teachers.

Drugs modify mood.

A presentation of drugs and narcotics  
Heroin, cocaine, marijuana, barbiturates, LSD, amphetamines, tranquilizers

Drugs are valuable in the relief of pain and as a result of their benefits have increased the life expectancy of man.

The history of pain preventatives  
The witch doctor  
Old time remedies  
Aspirin  
Narcotics, patent medicines, anesthetics, tranquilizers, antibiotics, barbiturates, hallucinogens

Research and development of drugs is a constant endeavor.

Invite a Pharmacist in to discuss his role and present day research.  
Investigate early and recent persons and their accomplishments in this field.

Drugs affect individuals in many different ways.

Allergies toward drugs  
Possible affects of drugs on infants (prenatal and postnatal)

Risk is involved in the use of drugs

Psychological and physiological effects of aspirin, laxatives, pep pills, marijuana, glue sniffing, others

Improper use of prescribed drugs is dangerous

Taking or administering drugs prescribed for someone else  
Taking over-doses  
Use of drugs by children  
Use of drugs by older persons through ignorance

## Concept

## Some Activities

## Teacher Comments

Laws prohibit the legal use of most drugs.

Resource people  
Discuss laws as they  
pertain to the various drugs  
Investigate Harrison Act  
of 1914  
Sale provides fines up to  
\$20,000. and 5 to 20 years  
for the first offense.

Drug addiction affects  
many people.

How individual is affected  
Also; family, stability, economy,  
society, crime,  
Cost of treatment

Drug addiction is  
extremely difficult to  
cure and to this point  
has been ineffective.

Federal Narcotic hospitals  
Treatment procedures for  
various drug addiction

Legislation has not  
proved effective in the  
spread of drug use.

Investigate through discussion  
or resource people the local,  
state, national and inter-  
national controls of drug use  
Different countries take different  
approaches (England-United States)  
Security measures involved in  
the manufacture of drugs.  
World sources of drugs.



The legal and illegal use of drugs is increasing throughout the world.

Arrests and charges in the United States have doubled since 1960 for marijuana.

Marijuana is dangerous in that it may lead to psychological dependence. Marijuana has no medical use. The use of marijuana is illegal in this country.

Discuss the effects of marijuana on the individual. Laws are extremely rigid.

Drugs can destroy the individual and the family.

Heroin addicts may have their life span shortened by 15 - 20 years. \$25.00 - \$100.00 may be required for a day's supply of drugs. Crime is usually necessary to secure needed funds.

Concept	Some Activities	Teacher Comments
<p>There are two common types of alcohol.</p>	<p>Methyl Ethyl Study of the chemistry of alcohol</p>	
<p>Alcohol has many uses.</p>	<p>Industrial Medicinal Preservative Fuel Beverage</p>	
<p>Alcohol affects the body.</p>	<p>Depressant and stimulant Muscular response Vision Balance Reasoning Hearing</p>	

The body does not digest alcohol.

Trace the paths of alcohol in the body.

Alcohol is not a true food.

How it is like a true food  
How it is not like a true food  
What is a food? (Define true food).

There are many reasons for the decision to use or not to use alcohol.

Cultural  
Physical  
Psychological  
Invite resource persons in such as clergymen, lawyer, etc.  
Gain acceptance  
Rebellion against authority  
Advertising

Alcohol has temporary and permanent effects on the body depending on quantity used.

Narcosis in concentration of 0.3 - 0.4 per cent  
Sedative, hypnotic, analgesic  
Fatal in over dose.  
Anesthetic

The misuse of alcohol presents many problems.

Mood modifier  
Decision making  
Personal  
Driving  
On the job  
Family  
Alcoholism

Alcohol varies in the degree of effect with different people.

Many factors determine effect.  
There are psychological as well as psychological ones.  
Degree of intoxication  
Susceptibility toward alcoholism

Concept	Some Activities	Teacher Comments
Different religions take varied attitudes toward drinking.	Discussions led by religious representatives (clergy, parents, or pupils)	
Excessive use of alcohol is a health problem.	Intoxication and accidents to self and to others. Affect on body organs Mental health	

Internal as well as external factors influence our decisions in the use of alcohol as a beverage.

Cultural  
Psychological  
Professional environment  
Physical  
Advertising  
Economic

Alcohol used as a beverage has many economic implications

Jobs in production and distribution  
Treatment of alcoholics  
Institutions for treatment  
Accidents  
Unemployment of alcoholics  
Taxes in distribution

Alcoholism is a disease.

Secure statistics, use resource personnel degrees, characteristics of an alcoholic  
Treatment



Concept | Some Activities | Teacher Comments

There are laws controlling the use of alcohol.

Age for drinking  
Sale of beverages  
Drunkenness  
Drinking and driving  
Production control

KNOW SELF

BE SELF

ACCEPT SELF 80

## Books and Pamphlets

American Cancer Society. Cigarette Smoking and Lung Cancer. 1965.

American Medical Association. How Teens Set the Stage for Alcoholism. 535 North Dearborn Street, Chicago, Ill. 60610.

Blue Cross and Blue Shield of Delaware. Drug Abuse: the Chemical Cop-Out. 1969.

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Narcotics - Some Questions and Answers, #1827. 1969.

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Tobacco, Drugs, and Alcohol

Filmstrips

- 616.86 DRUG MISUSE & YOUR HEALTH
- 615 FROM TEST TUBES TO TABLETS
- 616.86 ALCOHOL & YOUR HEALTH
- 615.7 ANTIBIOTICS
- 613.8 CIGARETTES & HEALTH
- 616.86 SMOKE OR NOT TO SMOKE
- 616.86 TOBACCO & YOUR HEALTH
- 615 LSD & SNIFFING GLUE

Health & Welfare Agencies

- Alcoholism Information Center  
206 Medical Arts Building  
Delaware Avenue & Jefferson St.  
Wilmington, Del. 19801  
Phone: 656-1808  
Director: Wilhelmina C. Miller
- 1212 Corporation  
1212 Market Street  
Wilmington, Del. 19801  
Phone: 652-9843  
[solace & counseling for alcoholics]
- WCTU  
[Women's Christian Temperance Union]  
Rachel Dickerson

FAMILY LIVING

A  
Family is a  
way of  
feeling

I am a member of a family and an individual within this family.

My family (Draw, paste, etc)  
 Other families in my neighborhood  
 Different family compositions  
 Families of other lands

Types of housing; large, small, trailers, apartments, housing developments, rural living, other lands

My school family members  
 How we make school a pleasant experience  
 As individuals what we see in the mirror  
 How we are alike  
 Mouths to eat - noses to smell - feet to walk  
 How we are different  
 size, skin color, eye color, etc.

With age we move toward independence and additional responsibility.

Changing roles of family members as they become older  
 Added conflicts  
 Added independence  
 Added responsibility

Family Living

Concept	Some Activities	Teacher Comments
<p>Families work together to solve problems and have a happy home.</p>	<p>Death of pet Family member death Broken bone Injury-handicap Adjustments necessary when both parents work</p>	

Family patterns are changing and are affecting our social environment.

Family patterns through the ages  
 Changing family roles  
 Pioneer, agricultural era, urban, etc.

I was once a baby.

All babies are born as boys or girls  
 Preparation for birth nursery, crib, diapers, doctor  
 Mother goes to the hospital  
 Grown-ups care for babies  
 Other family members help care for children  
 Babies must be fed, bathed, loved, etc.  
 Roles of mother and father in caring for young  
 Sometimes there are one-parent families  
 Children in room with small brothers or sisters at home  
 Parents who would bring young to school  
 Human babies need more care and longer care than most animal babies.

Girls become women.  
Boys become men.

Baby, child, teenager,  
Grown-up  
Boys remain boys and  
grow into men.  
Girls remain girls and  
grow into women.

All animal life  
grows from an egg.

Animals from eggs out-  
side of body  
Animals from eggs inside  
of body  
Human babies grow from  
eggs inside of mother's  
body  
Gestation in humans is  
about nine months  
This is a growth  
process  
Gestation periods of  
various animals  
Incubation of children  
Development of tadpole

A baby begins life  
through the uniting  
of sperm from a  
father and an egg  
from a mother.

Transparencies as visual aids  
When does life begin - Discuss

Boys and girls usually dress differently. They are different in appearance and like many different activities.

Reason for type of dress

Men and Women look, sound and act different.

Roles, dress, voice  
Personality differences  
Actions, interests,  
work habits, vocations

Parents have needs just as children do in a family.

All ages have some basic needs in varying degrees  
Food, clothing, privacy, love, sleep, recreation, friends, TV  
Time away from the children

Family Living

Concept \_\_\_\_\_ Some Activities \_\_\_\_\_ Teacher Comments \_\_\_\_\_

Happy families are built on love and sharing.

What we mean by love  
Sharing  
Advantages of being a family member  
Consideration for other family members  
Consideration for other class members

Our bodies make certain changes at the pre-adolescent period.

Body changes in insects  
Tadpole to frog  
Make growth graphs  
Menstruation  
Physical changes in approaching puberty  
Discussion of human growth and development  
Nocturnal emissions

FILM: human growth  
Menstruation

Emotional change accompanies physical change.

Behavior in evidence by some children at this age  
Rebellion against adults  
Quarreling  
Sloppy  
Tease  
Tardiness  
Lack of attention  
Poor grooming  
Misbehavior  
Awkwardness

KNOW SELF

BE SELF

ACCEPT SELF 89



Age variations in reaching puberty

Puberty initiates body changes including secondary sex characteristics.

Change to expect:  
Boys: beard, voice change, muscle development  
Girls: breast development rounding contours  
Body; complexion problems  
Study of body glands

Preadolescence emphasizes the need for extended hygienic habits.

Acne and skin care  
Sweat and oil glands  
Body odor  
Sanitary napkins

Concept

Some Activities

Each member of a family is entitled to privacy.

Each member accepted and respected  
 Privacy as w. grow up  
 Privacy for toileting  
 Privacy for daydreaming, reading, thinking

Boys and girls develop at different rates.  
 Problems of boy-girl relationships naturally occur at this time.

Size - Physical maturity  
 Social interest  
 Sports interest

This maturing and rapid growth calls for increased nutritional needs.

(See section on nutrition)  
 Growth patterns  
 Foods for growth and maintenance important at this time in development.

Social behavior is governed by group process as well as by individual decision.

How families make decisions  
 Class decisions  
 Committee decisions  
 Individual decision making  
 Effect of personal decision making on achieving long range or immediate goals  
 Authority of parents  
 Authority of others  
 Conflicts in inability to reach satisfactory decisions  
 Getting along with members of one's own sex  
 Getting along with members of the opposite sex  
 Decision making involved in dating (Boy-girl standards)  
 How to say "no"  
 Breaking off going steady  
 Personal appearance

Indiscriminate relationships in any type of action with others result in personal as well as group problems.

Values  
 Reputation  
 Guilt  
 Emotional conflict  
 False popularity  
 (Topics of pre-marital intercourse, homosexuality, introduced with proper sensitivity)  
 Double standards

An understanding of maturity is necessary for wholesome living.

Social  
Emotional  
Physical  
Learning to channel adolescent tensions into constructive activities. (Social activities, service activities, athletic activities)  
Fallacies about sex  
Resources available in meeting problems arising in human relationships

There are physical, emotional and social differences in the sexes and in attitudes of the sexes. These result in male and female personality.

"Traits I desire most in the opposite sex"  
Moral and ethical principals or determinants of what one really is  
Verbal/written self appraisal  
Finish phrase - "I like girls who....."  
"I like boys who....."



Concept Some Activities Teacher Comments

Men and women marry as a result of love. Most persons marry.

Cultural and family values  
 Marriage customs  
 Interfaith marriages  
 Interracial marriages  
 How you know he or she is "the one for you"  
 How past experiences may form attitudes which carry over into married life and how they might affect the marriage  
 Discuss customs and purpose of dating, courtship, engagements, wedding, and family  
 Factors influencing success or failure of marriage  
 Quasi-equality of the sexes  
 Money and the family  
 Costs for various families  
 Formulate an average cost of living budget for one month.  
 Occupations  
 Wife working  
 Counseling service for those planning marriage, married couples, and entire families

Family Living

Concept	Some Activities	Teacher Comments
<p>Many married couples desire children. Broad knowledge in reproduction is the responsibility of both parents.</p>	<p>Family planning            Fertility            Sterility            Conception            Embryological development            Prenatal - postnatal problems            The birth process            Problems            The birth process            Infant care            Education of children and the responsibility of both parents in this matter            Mental health of offspring and the parents role in developing wholesome mental health            Meeting the physical needs of children            Normal growth pattern from fertilization to birth</p>	

Concept	Some Activities	Teacher Comments
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Some married couples find they are non-compatible.

- (Factual viewpoint only)
- Separation
- Divorce
- With children
- Without children
- Reasons
- Counselling services
- Statistics
- Religious issues

Some people remain single throughout life.

- Those who choose not to marry
- Those who do not find a mate
- Adjustments to be made
- Reasons for not marrying

Aging is changing. It begins with the beginning of life.

A continuous process of growth and change. The heritage of all who live long enough. Changes which occur in the cells and organs as life progresses. Life span longer than in the past. Many factors contributing to increased longevity. Needs of the aged vary in intensity and degree rather than basic nature.

There are reasons we fear old age.

To outlive our usefulness  
To lose physical and mental strength  
To lose sexuality; the capacity for love and desirability  
To die



Concept	Some Activities	Teacher Comments
Aging requires special consideration and respect.	<p>Adequate medical supervision            Companionship            Proper diet            Sense of pride and interest            Accidents            Appropriate activity and recreation</p>	
Aging requires adjustments.	<p>Problems of hearing and sight            Decrease in stamina            Break-up of family through departure and/or death            Loss of friends            Decreased earning power            Loss of youthful appearance</p>	

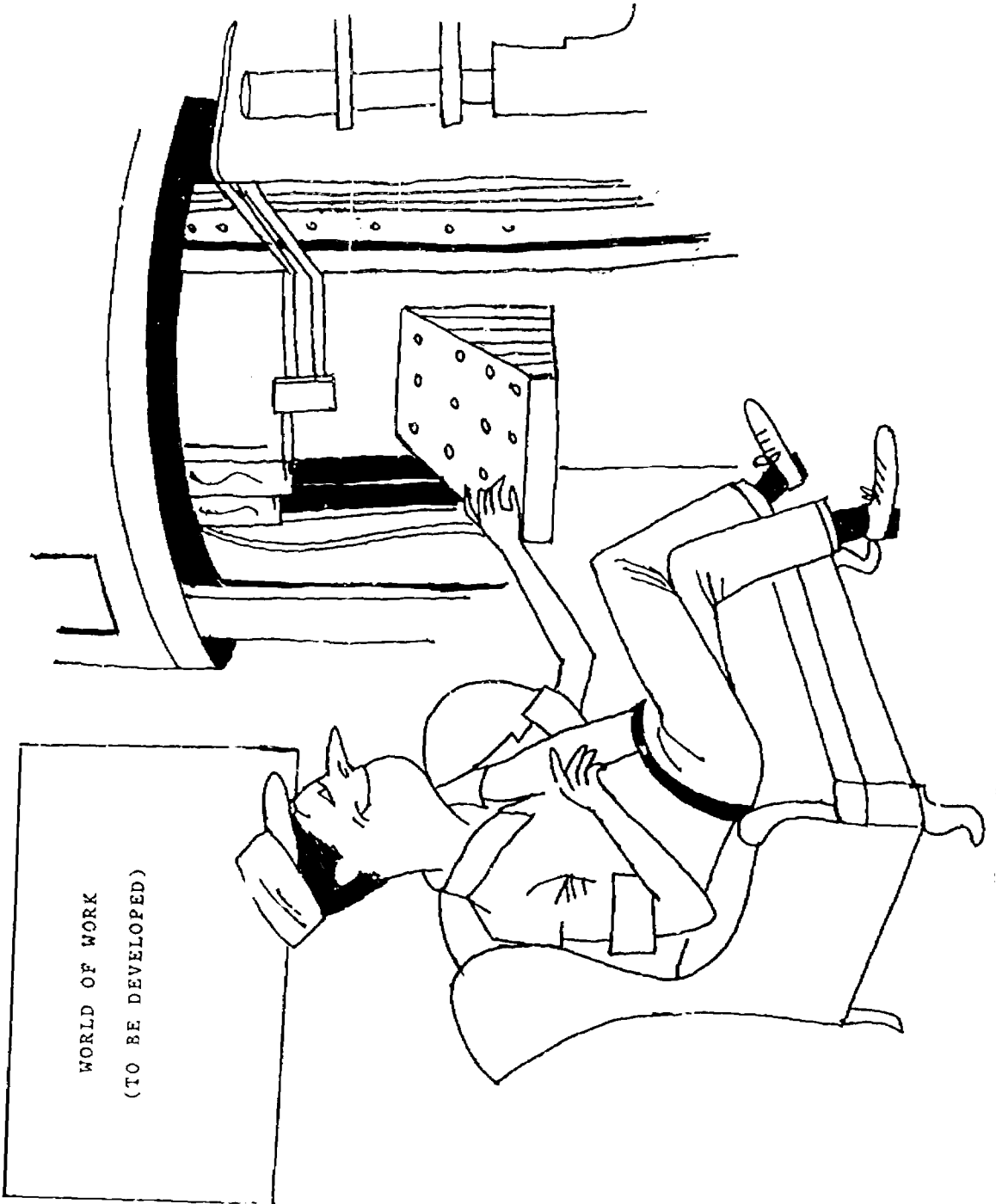
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Family Living  
Filmstrips

- 648.5 ROAD TO RESPONSIBILITY
- 648.5 THROUGH THE LOOKING GLASS
- 648.1 FOCUS ON THE FAMILY WASH
- 332.4 BASIC ECONOMICS
- 330 ECONOMIC SERIES
- 332.4 ECONOMIC FOR OUR TIMES
- 172 NOT SO BLIND
- 711.54 CLEARING THE SLUMS
- FOUNDATIONS FOR OCCUPATIONAL  
PLANNING

Health & Welfare Agencies

- Children's Bureau of Delaware, Inc.  
1310 Delaware Avenue  
Wilmington, Del. 19806
- Dr. Barbara Rose  
Crest View Health Maintenance Clinic  
2.00 Market Street  
Wilmington, Del.
- Delaware League for Planned Parenthood, Inc.  
800 Washington Street  
Wilmington, Del. 19801  
Phone: 655-8852
- Famil, Service of Chester Co.  
300 South High Street  
West Chester, Pa.  
Phone: 696-4900
- Family Service of Northern Delaware  
809 Washington Street  
Wilmington, Del. 19801  
Phone: 654-5304
- Florence Crittenton Home of Delaware, Inc.  
504 South Clayton Street  
Wilmington, Del. 19805  
Phone: 656-5478  
[Maternity home for unwed mothers]
- Wilmington Senior Center, Inc.  
1901 Market Street  
Wilmington, Del. 19802  
Phone: 654-4441  
Exec. Director: Mr. Mraz
- Youth Service Commission of Delaware  
P.O. Box 2679  
Union Street Station  
Wilmington, Del. 19805  
Phone: 998-1196



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Health & Welfare Agencies

301.1 WORKING TOGETHER

Opportunity Center, Inc.  
3030 Bowers Street  
P.O. Box 254  
Wilmington, Del. 19899  
Phone: 762-0300

301.1 ONE DAY WITH BILLY

352 COMMUNITY HELPERS

371.42 HOW TO.....CAREER OPPORTUNITIES

Vocational Rehabilitation Division  
1500 Shallcross Avenue  
P.O. Box 1190  
Wilmington, Del. 19899  
Phone: 656-4404

378 WHICH COLLEGE FOR ME?

Visiting Nurse Association of Wilmington, Inc.  
1308 Delaware Avenue  
Wilmington, Del. 19806  
Phone: 658-5205

Work, Inc.

407 West 9th Street  
Wilmington, Del. 19801  
Phone: 652-3943  
[Provides steady jobs and counseling]

Health:  
Books

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- 617.7 Ericsson, Mary. About glasses for Gladys. Melmont, 1962. (P-I)
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- 613 Leaf, Munro. Health can be fun. Stokes, 1943. (P)
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- JE Steiner, Charlotte. The fit fiddles keep fit. Knopf, 1963. (P)
- 613.7 Walsh, John. The first book of physical fitness. Watts, 1961. (I)
- 578 Reeler, Nelson. Experiments with a microscope. Crowell, 1957. (I)
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- 589.9 Frahm, Anne. The true book of bacteria. Children's Press, 1963. (P-I)
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- 589.9 Selsam, Millicent. Microbes at work. Morrow, 1953 (I)
- 578 Yates, Raymond. Fun with your microscope. Appleton, 1943. (A)  
 Chapter on Introduction to Bacteriology

Health:

Filmstrips

- 613 Billy meets Tommy Tooth. (P)  
 613 Community helpers for health.  
 (P-I)  
 613 Doctor Dan. (P)  
 613 Good health and care of the  
 body.  
 613 Keeping Clean. (P)  
 613 Keeping well. (K-P)  
 613 Right clothes help health.  
 (K-P)  
 613 Treating a cold.  
 613 Why be healthy. (P)  
 613 Working and playing together.  
 613.7 Your posture.  
 612 Your body and its care.

Information File

- Health -- Primary  
 Health -- Advanced

Human Body:  
Books

- 612 Burgdorf, Otto. The Adventure  
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 612 Elgir, Kathleen. Read about  
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 (P-I)  
 611 Follett, Robert. Your won-  
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 1961. (P-I)  
 574 Glemser, Bernard. All about  
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 1964. (I) Includes the  
 birth of a baby  
 J612 Kinshaw, Alice. True book of  
your body and you. Children's  
 Press, 1959. (P)  
 612 Hyde, Margaret. Your brain-  
master computer. McGraw,  
 1964. (A)  
 612 Lerner, Marguerite. Red man,  
white man, African chief.  
 Medical Books for Children,  
 1960. (P)  
 613 Parker, Bertha. You as a  
machine. Row, 1942. (I)  
 611 Ravielli, Anthony. Wonders of  
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 1954. (T)  
 612 Ruchlis, Hyman. What makes  
me tick. Harvey House,  
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Human Body:  
Books (continued)

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- 612 Showers, Paul. Your skin and mine. Crowell, 1965. (P-I)
- 612 Weart, Edith. The story of your brain and nerves. Coward-McCann, 1961. (I)
- 611 Zim, Herbert. How things grow. Morrow, 1960. (I) (Includes human embryo)
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Filmstrips

- 611 Cells - Building blocks of life.
- 641 Food: Fuel for the body. (Digestion and assimilation)
- 612 The Human body.
- 611 The Mouth. (Digestion and Respiration)
- 611 Skeletons. (Animals and Man)

Filmstrips (continued)

- 611 Skin, hair and nails.
- 612 Your body and its care.
- 612 Your heart and circulation.
- 612 Your lungs and how you breathe.

Information file

- Ear
- Eye
- Human body
- Senses: Books
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Books (continued)

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Books

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1956. (I)
- 610 Liting, Mary. First book  
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- j610 Greene, Carla. Doctors and  
Cr nurses: What do they do?  
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Professions:

Books (continued)

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Children's Press,  
195 (P)

## Effective Living - Bibliography II

Compiled by (Mrs.) Connie Smith, Librarian  
Instructional Materials Center  
Alexis I. duPont Middle School

## Health and the Human Body:

Books (Non-fiction)

- |              |  |              |  |
|--------------|--|--------------|--|
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| 610.69<br>En | Engeman, Jack. <u>Doctor, his training and practice</u> . New York, Lothrop, 1964.       | 611.8<br>We  | Weart, Edith Lucie. <u>The story of your brain and nerves</u> . New York, Coward-McCann, 1961. |
| 610.69<br>Le | Lee, Russel V. <u>The Physician</u> . New York, Time, 1967.                              | 611.88<br>Sc | Schneider, Leo. <u>You and your senses</u> . New York, Harcourt, 1956.                         |
| 610.73<br>Do | Dodge, Bertha S. <u>The story of nursing</u> . Boston, Little, 1965.                     | 612<br>Ad    | Adler, Irving. <u>Taste, touch and smell</u> . New York, John Day, 1966.                       |
| 610.73<br>Wr | Wright, Helen. <u>Great adventures in nursing</u> . New York, Harper, 1960.              | 612<br>As    | Asimov, Isaac. <u>The Living River</u> . New York, Abelard-Schuman, 1960.                      |
| 610.9<br>Di  | Dietz, David. <u>All about great medical discoveries</u> . New York, Random House, 1960. | 612<br>Be    | Best, Charles Herbert. <u>The Living body</u> . New York, Hold, 1958.                          |
| 610.9        | Eberle, Irmengards. <u>Modern medical discoveries</u> . New York, Crowell, 1960.         | 612<br>Ga    | Gabb, Michael. <u>Human Kind</u> . Boston, Ginn, 1966.   |
| 610.)        | Seeman, Bernard. <u>Man against pain</u> . Philadelphia, Chilton, 1962.                  | 612<br>Gf    | Gilmour, Ann Boyce. <u>Understanding Your Senses</u> . New York, Warner, 1964.                 |
| 610.9        | Thwaites, John Gilbert. <u>Modern medical discoveries</u> . New York, Deitton, 1958.     | 612<br>Gf    | Glemser, Bernard. <u>All about the human body</u> . New York, Random House, 1958.              |

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Books (Non-fiction) continued

- 612 Gr Gramet, Charles. Light and sight. New York, Abelard-Schuman, 1963.
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- 612 No Nourse, Alan Edward. The Body. New York, Time, 1964.
- 612 Sc Schneider, Herman. How your body works. New Jersey, Scott, 1949.
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- 612 Zi Zim, Herbert Spencer. Our senses and how they work. New York, Abelard-Schuman, 1966.

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- 612.009 R1 Riedman, Sarah Regal. How man discovered his body. New York, Abelard-Schuman, 1966.
- 612.11 We Weart, Edith Lucie. The story of your blood. New York, Coward-McCann, 1960.
- 612.6 Tt Tanner, James M. Growth. New York, Time, 1965.
- 612.85 St Stevens, Stanley Smith. Sound and hearing. New York, Time, 1965.
- 920 Fl Fleming, Alice. Doctors in petticoats. Philadelphia, Lippincott, 1964.
- 920 Hu Hume, Ruth Fox. Great men of medicine. New York, Random House, 1961.
- 920 Sh Shippen, Katherine B. Men of medicine. New York, The Viking Press, 1957.
- 920 Si Silverberg, Robert. The Great doctors. New York, Putnam, 1964.
- 921 Bar Boylston, Helen Dore. Clara Barton: founder of the American Red Cross. New York, Random House, 1955.

Non-fiction (continued)

- |            |  |            |   |
|------------|--|------------|---|
| 921<br>Bar | Pace, Mildred. <u>Clara Barton</u> .<br>New York, Scribner, 1941.  | 521<br>Doo | Dooley, Thomas A. <u>Doctor<br/>Tom Dooley, my story</u> .<br>New York, Ariel Bks.,<br>1962.  |
| 921<br>Bar | Kose, Mary Catherine. <u>Clara<br/>Barton: soldier of mercy</u> .<br><u>Champaign, Ill.</u> Garrard,<br>1960.        | 921<br>Doo | Dooley, Thomas Anthony.<br><u>The Night they burned<br/>the mountain</u> . New York,<br>Farrar, Straus, 1960.                       |
| 921<br>Bar | Ross, Isabel. <u>Angel of the<br/>battlefield</u> . New York,<br>Harper, 1956.                                       | 921<br>Car | Manton, Jo. Elizabeth<br><u>Garrett, M.D.</u> New York,<br>Abelaid-Schuman, 1960.   |
| 921<br>Bar | Stevenson, Augusta. <u>Clara<br/>Barton: girl nurse</u> . In-<br>diana, Bobbs, 1962.                                 | 921<br>McD | Rich, Josephine. <u>Pioneer<br/>surgeon, Dr. Ephraim<br/>McDowell</u> . New York, 1959.   |
| 921<br>Bar | Baker, Rachel. <u>First woman<br/>doctor</u> . New York, Messner,<br>1944.   | 921<br>Nig | Hume, Ruth Fox. <u>Florence<br/>Nightingale</u> . New York,<br>Grosset, 1952.   |
| 921<br>Bla | Chambers, Peggy. <u>Doctor alone</u> .<br>a biography of Elizabeth<br>Blackwell. New York,<br>Abelard-Schuman, 1958. | 921<br>Nig | Leighton, Margaret. <u>The<br/>Story of Florence Night-<br/>ingale</u> . New York, Grosset,<br>1952.                                |
| 921<br>Cav | Elkon, Juliette. <u>Edith Cavell</u> ,<br>heroic nurse. New York,<br>Messner, 1956.                                  | 921<br>Nig | Woodham Smith, Cecil. <u>Lonely<br/>crusader, the life of<br/>Florence Nightingale</u> .<br>1820 - 1920. New York,<br>McGraw, 1951. |
| 920<br>Hu  | Hume, Ruth Fox. <u>Great women<br/>of medicine</u> . New York,<br>Random House, 1964.                                | 921<br>Osl | Noble, Iris. <u>The Doctor<br/>who dared: William Osler</u> .<br>New York, Messner, 1959.   |
| 921<br>Bar | Noble, Iris. <u>First woman am-<br/>bulance surgeon: Emily<br/>Barringer</u> . New York, Mes-<br>sner, 1962.         |            |   |

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- F Boylston, Helen. Sue Barton, staff nurse. Boston, Little, 1952.
- F Boylston, Helen. Sue Barton, student nurse. Boston, Little, 1936.
- F Boylston, Helen. Sue Barton, superintendent of nurses. Boston, Little, 1940.
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Alexis I. duPont High School

Books: Living Arts Center

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|--------------|--|--------------|--|
| 136.7<br>Ge  | Gesell, Arnold. <u>Youth: the years from ten to sixteen.</u> Harper, 1956.           | 371.42<br>No | Nourse, Alan E. <u>So you want to be a nurse.</u> Harper, 1961.                      |
| 136.7<br>Na  | National Forum Foundation. <u>About growing up.</u> National Forum Foundation, 1956. | 371.42<br>Pa | Paul, Grace. <u>Your future in medical technology.</u> Rosen, 1962.                  |
| 136.7<br>Na  | National Forum Foundation. <u>Being teen-agers.</u> National Forum Foundation, 1962. | 371.42<br>Ro | Roth, Claire Janett. <u>Hospital health services.</u> Walck, 1964.                   |
| 136.7<br>Sc  | Schimmel, John L. <u>How to be an adolescent and survive.</u> Rosen, 1961.           | 371.42<br>Wr | Wright, Helen. <u>Great adventures in nursing.</u> Harper, 1960.                     |
| 136.73<br>Fe | Fedden, Ruth. <u>A girl grows up.</u> Graw-Hill, 1957.                               | 641.1<br>Ha  | Haller, Albert van. <u>The vitamin hunters.</u> Chilton, 1962.                       |
| 137<br>Cr    | Crawford, John. <u>Teens...how to meet your problems.</u> Morrow, 1953.              | 641.1<br>Na  | Nasset, Edmund Sigurd. <u>Your diet, digestion and health.</u> Barnes & Noble, 1958. |
| 301.43<br>Cr | Crawford, John. <u>Milestones for modern teens.</u> White-side & Morrow, 1954.       | 641.1<br>Ta  | Tannenbaum, Beulah. <u>Understanding food.</u> McGraw-Hill, 1962.                    |
| 371.42<br>H1 | Hleich, Alan. <u>Your career in Medicine.</u> Messner, 1964.                         |              |  |
| 371.42<br>Da | Day, Enid. <u>Adventures of a nurse's aide.</u> Woman's Press, 1951.                 |              |  |
| 371.42       | Lewis, Edith Patton. <u>Nurse.</u> Macmillan, 1962.                                  |              |  |

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|----------------|---|-----------------|---|
| 136.7354<br>Ga | Carrison. <u>Psychology of Adolescence</u> . Prentice-Hall, 1965.                               | 610.8<br>Ca     | Galdston, Iago. <u>Medicine in transitions</u> . University of Chicago, 1965.                     |
| 152<br>Fe      | Feitelbaum, Philip. <u>Physiological psychology</u> . Prentice-Hall, 1967.                      | 610.9<br>Fo     | Fox, Ruth. <u>Milestones of medicine</u> . Random, 1950.  |
| 155.3<br>Ju    | Julian, Gloyd J. <u>Modern sex education</u> . Holt, 1967.                                      | 610.9<br>Ca     | Calder, Ritchie. <u>Wonderful world of medicine</u> . Garden City, 1958.                          |
| 301.4315<br>Du | Duvall, Evelyn. <u>Today's teenagers</u> . Association Press, 1966.                             | 610.9<br>Se     | Seeman, Bernard. <u>Man against pain</u> . Chilton Books, 1962.                                   |
| 573<br>We      | Wells, Calvin. <u>Bones, bodies, and disease</u> . Praeger, 1964.                               | 610.9<br>Wr     | Wright, Helen (ed.). <u>The amazing world of medicine</u> . Harper, 1961.                         |
| 576.6<br>Si    | Sigel, Wendell. <u>Viruses and the nature of life</u> . Dutton, 1961.                           | 610.973<br>Du   | Dunlop, Richard. <u>Doctors of the American frontier</u> . Doubleday, 1965.                       |
| 610<br>Du      | Dubos, Rene. <u>Health and disease</u> . Time, Inc., 1965.                                      | 611<br>Ka       | Kalb, S. William. <u>Your body: its anatomy and nutrition</u> . O.S. Hammond, 1962.               |
| 610.69<br>Ne   | Neal, Harry Edward. <u>Disease detectives; your career in medical research</u> . Messner, 1959. | 612.01449<br>Ha | Hanrahan, James Stephen. <u>Space biology</u> . Basic Books, 1960.                                |
| 610.78<br>Po   | Poole, Lynn. <u>Electronics in medicine</u> . McGraw-Hill, 1964.                                | 612.015<br>As   | Asimov, Isaac. <u>The chemicals of life: enzymes, vitamins, hormones</u> . Abelard-Schuman, 1954. |



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612.3 Mi	Mickelsen, Olaf. <u>Nutrition, science, and you.</u> McGraw-Hill, 1964.	613.8 Oc	Ochsner, Alton. <u>Smoking and your health.</u> Messner, 1964
612.015 Wa	Walker, Burnham S. <u>Chemistry and human health.</u> Blakiston, 1956.	613.8 U.S.	U.S. Dept. of Health, Education and Welfare. <u>Smoking and health.</u> U.S. Govt., 1964.
612.6 Le	Levine, Milton. <u>The wonder of life.</u> Simon and Schuster, 1952	613.83 Sm	Smith, Kline and French Laboratories. <u>Drug abuse: escape to nowhere.</u> Nat. Education Ass., 1967
612.6 Ta	Tanner, James. <u>Growth.</u> Time, Inc., 1965.	614 Fo	Fowler, John M. <u>Fallout.</u> Basic Books, 1960.
612.39 Ge	Gerard, Ralph. <u>Food for life.</u> University of Chicago Press, 1952.	614 Ka	Kallet, Arthur. <u>100,000,000 guinea pigs.</u> Vanguard, 1933.
612.6007 Jo	Johnson, Eric. <u>Love and sex in plain language.</u> Lippincott, 1965.	614 Mo	Morgan, Murray Crowwell. <u>Doctors to the world.</u> Viking, 1958.
613.8 Bl	Black, Marvin A. <u>Alcoholism, its facets and phases.</u> Day, 1964	614.20942 Li	Lindsey, Almont. <u>Socialized medicine in England and Wales.</u> University of North Carolina Press, 1962.
613.8 Ca	Cain, Arthur H. Young <u>People and smoking.</u> Day, 1964.	614.3 Sm	Smith, Ralph. <u>The health hucksters.</u> Crowell, 1960
613.8 Ne	Neuberger, Maurine B. <u>Smoke screen.</u> Prentice-Hall, 1963.	614.4 Ha	Hare, Ronald. <u>Pomp and Pestilence.</u> Philosophical Library, 1955

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|---------------|--|-----------------|--|
| 614.49<br>Co  | Cockburn, Aidan. <u>The evolution and eradication of infectious diseases.</u> Johns Hopkins Press, 1963. | 615.4<br>Fa     | Fay, John T. <u>Pharmacy, a synthesis of science.</u> Heath, 1964.             |
| 614.715<br>Ca | Calder, Ritchie. <u>Living with the atom.</u> Univ. of Chicago Press, 1962.                              | 615.7<br>Bu     | Burn, Joshua. <u>Drugs, medicines, and man.</u> Scribner, 1962.                |
| 614.772<br>Ca | Carr, Donald Eaton. <u>Death of the sweet waters.</u> Norton, 1966.                                      | 615.854<br>Hc   | Heinz (H.J.) Co. <u>The Heinz handbook of nutrition.</u> McGraw-Hill, 1965.    |
| 614.86<br>Fo  | Fox, Bernard H., ed. <u>Alcohol and traffic safety.</u> Govt. Printing Office, 1963.                     | 615.88<br>Yo    | Young, James. <u>The Toad-stool millionaires.</u> Princeton Univ. Press, 1961. |
| 615<br>Ma     | Mahoney, Tom. <u>Merchants of life.</u> Harper, 1959.  | 615.9<br>He     | Herber, Lewis. <u>Our synthetic environment.</u> Knopf, 1962.                  |
| 615.19<br>Mi  | Mintz, Morton. <u>The Therapeutic nightmare.</u> Houghton Mifflin, 1965.                                 | 615.9024<br>Cr  | Gray, C.H. <u>Laboratory handbook of toxic agents.</u> Prentice-Hall, 1961.    |
| 615.3<br>Re   | Reinfield, Fred. <u>Miracle drugs and the new age of medicine.</u> Sterling, 1962.                       | 616.20507<br>An | Andrewes, Sir Christopher. <u>The common cold.</u> Norton, 1965.               |
| 615.32<br>Ta  | Taylor, Norman. <u>Plant drugs that changed the world.</u> Dodd, Mead, 1965                              | 616.5<br>Lu     | Lubowe, Irwin. <u>New hope for your skin.</u> Dutton, 1963.                    |
|               |  | 616<br>Zi       | Zinsser, Hans. <u>Rats, lice and history.</u> Bantam Books, Inc., 196C.        |

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|------------|--|------------|---|
| 920<br>Hu  | Hume, Ruth (Fox). <u>Great women of medicine.</u> Random House, 1964.                                | 921<br>Lis | Farmer, Laurence. <u>Master surgeon: a biography of Joseph Lister.</u> Harper, 1962.                |
| 920<br>Ro  | Robbin, Irving. <u>Giants of medicine.</u> Grossett, 1962.   | 921<br>May | Reggi, Adolph. Mayer, Pioneer in medicine. Messner, 1942.   |
| 920<br>De  | DeKruif, Paul. <u>Microbe hunters.</u> Harcourt, 1926.   | 921<br>Pas | Pain, Nesta. <u>Louis Pasteur.</u> Putnam, 1958.  |
| 921<br>Fle | Ludonici, Laurence James. <u>Fleming, discoverer of penicillin.</u> Indiana Univ. Press, 1955.       | 921<br>Ree | Dolan, Edward F. <u>Vanquishing yellow fever: Walter Reed.</u> Encyclopedia Britannica Press, 1962. |
| 921<br>Fle | Mauroids, Andre. <u>Life of Sir Alexander Fleming.</u> Dutton, 1959.                                 | 921<br>Ree | Wood, L. <u>Walter Reed, doctor in uniform.</u> Messner, 1953.                                      |
| 921<br>Har | Marcus, Rebecca E. William. <u>William Harvey, trail blazer of scientific medicine.</u> Watts, 1962. | 921<br>Rom | Anderson, Eva. <u>DOG-team doctor: Dr. J.H. Romig.</u> Caxton, 1942.                                |
| 921<br>Her | Hertzler, Arthur. <u>The horse and buggy doctor.</u> Harper, 1938.                                   | 921<br>Sch | Gallomb, Joseph. <u>Albert Schweitzer: genius in the jungle.</u> Vanguard, 1949.                    |
| 921<br>Hip | Goldberg, Herbert S. <u>Hippocrates, father of medicine.</u> Watts, 1963.                            |            |   |
| 921<br>Jen | Eberle, Irmengarde. <u>Edward Jenner and small-pox vaccination.</u> Watts                            |            |   |

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|-----------------|---|-----------------|---|
| 616.8<br>W1     | Wilson, John Rowan. <u>The mind. Life Time Inc., 1964</u>   | 616.98<br>Ca    | Caidin, Martin. <u>Aviation and space medicine.</u> Dutton, 1962                          |
| 616.80973<br>Ro | Rolo, Charles, ed. <u>Psychiatry in American life.</u> Delta Books, 1966.                               | 616.98021<br>Ki | Kinney, William. <u>Medical science and space travel.</u> Watts, 1959.                    |
| 616.858<br>An   | Anderson, Wayne J. <u>How to understand sex.</u> Denison, 1966.   | 616.8<br>Mc     | Menninger, William. <u>You and psychiatry.</u> Scribner, 1948.                            |
| 616.861<br>Ca   | Cain, Arthur. <u>The cured alcoholic.</u> Day, 1964   | 616.994<br>Wo   | Woodburn, John H. <u>Cancer, the search for its origins.</u> Rinehart and Winston, 1964.  |
| 616.861<br>Ke   | Kessel, Joseph. <u>The road back.</u> Knopf, 1962.  | 617.95<br>Wa    | Warshofsky, Fred. <u>The rebuilt man: the story of spaceparts surgery.</u> Crowell, 1965. |
| 616.89<br>Mc    | McKowon, Robin. <u>Pioneers in mental health.</u> Dodd, 1961.   | 628.1<br>Le     | Lewis, Alfred. <u>This thirsty world.</u> McGraw-Hill, 1964.                              |
| 616.97<br>Al    | Allergy foundation of America. <u>Allergits mysterious causes and modern treatments.</u> Grosset, 1967. | 628.1<br>Mi     | Milne, Louis. <u>Water and life.</u> Atheneum, 1964.                                      |
| 616.8616<br>Mo  | Monroe, Margaret. <u>Alcohol education for the layman.</u> Rutgers Univ. Press. 1961.                   | 628.53<br>Wo    | World Health Organization. <u>Air pollution.</u> World Health Organization, 1961.         |
|                 |   | 632.9<br>Mc     | McMillen, Wheeler. <u>Bugs or People?</u> Appleton-Century, 1965.                         |

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|-----------|--|---------|---|
| 301.431   | Hechinger, Grace. <u>Teen-agers, tyranny. Mor-row, 1963.</u>                     | 921     | Nolan, Jeannette. <u>The story of Clara Barton of the Red Cross. Messner, 1941.</u> |
| 301.427   | Felsen, Henry Gregor. <u>Letters to a teenage son. Dodd, Mead,</u>               | 921     | Causins, Norman. <u>Dr. Schweitzer of Lam-barene. Harper, 1960.</u>                 |
| 362.10973 | Cook, Fred J. <u>The plot against the patient. Prentice-Hall, 1967.</u>          | 973.776 | Alcott, Louisa May. <u>Hospital sketches. Harvard Univ. Press, 1960.</u>            |
| 362.11    | Hartog, Jan de. <u>The hospital. Atheneum, 1964.</u>                             |         |   |
| 368.41    | Goldberger, Sydney. <u>Medicine. Oceana Pub., 1963.</u>                          |         |   |
| 616.0409  | Baldry, P.E. <u>The battle against bacteria. Cambridge Univ. Press, 1965.</u>    |         |   |
| 921       | Dooley, Thomas A. <u>Doc-tor Tom Dooley, my story. Arill Books, 1962.</u>        |         |   |
| 921       | Dooley, Thomas. <u>The night they burned the mountain. Farrar, Straus, 1960.</u> |         |   |

Effective Living - Bibliography III

Pamphlets in Information File and Career File are in folders under the following subject headings:

Living Arts Center: Career Guidance File

Biologist  
Dietician  
Doctor  
Health Physicist  
Health Physics Technician  
Hospital Administration  
Hospital Careers  
Medical Assistant  
Medical Technology  
Microbiologist  
Nursing  
Osteopath  
Pharmacist  
Pharmacologist  
Podiatrist  
Psychologist  
Psychiatric Aid  
Psychiatrist  
Radiologic Technologist  
Sanitarian  
Social worker  
Speech pathologist  
Therapist X-Ray technician

Science Center

Drugs  
Health protection--Public  
Mosquitoes--of public health importance and their control  
Health

Science Center

Mental Health  
Delaware's plan for mental health  
The comprehensive community mental health center  
Smoking  
Facts for teenagers--Smoking, health and you  
Radiology  
U.S. Atomic Energy Commission  
Fallout from nuclear tests. U.S. Atomic Energy Com., 1967  
U.S. Atomic Energy Commission  
The genetic effects of radiation. U.S. Atomic Energy Com., 1967  
U.S. Atomic Energy Commission  
Your body and radiation. U.S. Atomic Energy Com., 1967

Filmstrips:

Living Arts Center

641.1 Go, grow and glow with Carnation. Carnation Co, 1963.

641.1 The Nutrients in food. Popular Science Pub. Co, 1947.

642.1 Planning meals for nutrition. McGraw-Hill, n.d.

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158.2	<u>I never looked at it that way before.</u> Guidance Ass., 1967.	616.2	<u>Cures and colds.</u> A.V. School Service Inc., n.d.
612.6	<u>"And they lived happily ever after"-Under-standing teenage marriage.</u> Guidance Ass. 1967.	616.8	<u>Protection of the nervous system.</u> Society of Visual Education.
612.6	<u>Sex: a moral dilemma for teenagers.</u> Guidance Ass. 1966.	616.86	<u>Alcohol and your health.</u> SVE, 1965.
613.8	<u>Cigarettes and health.</u> Delaware Interagency Council on Smoking and Health, 1966.	616.86	<u>Drug misuse and your health.</u> SVE, 1965.
615	<u>From test tubes to tablets.</u> Audio-Visual School Service Inc., n.d.	616.86	<u>Tobacco and alcohol; the 50,000 dollar habit.</u> Guidance Ass., 1967.
615.37	<u>Immunity-safeguard against disease.</u> F.O.M. Clubs, 1963.	616.86	<u>To smoke or not to smoke.</u> American Cancer Society, 1960.
615.7	<u>Antibiotics-Disease fighting Champions.</u> F.O.M. Clubs, 1957.	616.86	<u>Tobacco and your health.</u> SVE, 1965.
616	<u>How your body fights disease.</u> F.O.M. Clubs, 1958	641.1	<u>Veneral disease and your health.</u> SVE, 1965.
			<u>Foot, the prime cosmetic.</u> Audio-Visual School Service, n.d.