

- 1 Learning About the Body
- 2 Organs of the Body
- 3 Body Functions
- 4 Human Growth
- 5 Human Muscles
- 6 Injuries and Diseases of Muscles
- 7 Body Bones
- 8 Disorders of Bones
- 9 Human Cells
- 10 Body Senses
- 11 Learning About Sense Organs
- 12 Human Skin
- 13 Skin Care
- 14 Skin Injuries and Diseases
- 15 Learning About Hair and Nails
- 16 Care of Hair and Nails
- 17 Human Eyes
- 18 Caring for Eyes
- 19 Human Ears
- 20 Caring for Ears
- 21 The Tongue
- 22 The Nose
- 23 Learning About Nosebleed
- 24 Your Sinuses
- 25 Mucous Membranes of the Body
- 26 Your Skeletal System
- 27 Arm and Leg Bones
- 28 Human Joints
- 29 The Muscular System
- 30 Learning About Smooth Muscles
- 31 Your Heart Muscle
- 32 Skeletal Muscles in Humans
- 33 How Muscles Help You Move
- 34 Waste from Muscles
- 35 The Respiratory System
- 36 Human Breathing
- 37 When the Body Doesn't Breathe
- 38 Human Respiratory Diseases
- 39 The Circulatory System
- 40 Your Heart
- 41 Human Blood
- 42 Exchanging Carbon Dioxide for Oxygen
- 43 Blood from the Lungs
- 44 Circulation Before Birth
- 45 Arteries of the Body
- 46 Veins of the Body
- 47 Capillaries of the Body
- 48 Blood Cells and You

CONTENTS

- 49 When You Bleed
- 50 The Lymphatic System
- 51 Lymph in the Body
- 52 What Does the Lymphatic System Do?
- 53 The Spleen
- 54 Disorders of the Circulatory System
- 55 The Nervous System
- 56 Your Brain
- 57 Human Spinal Cord
- 58 How to Protect the Nervous System
- 59 Body Nerves and Nerve Cells
- 60 Reflexes of the Body
- 61 Emotions and Health
- 62 The Endocrine System
- 63 The Pituitary Gland
- 64 The Thyroid Gland
- 65 The Parathyroid Glands
- 66 The Adrenal Glands
- 67 The Islands of Langerhans
- 68 Who Gets Diabetes?
- 69 The Ovaries
- 70 The Testes
- 71 Thymus and Pineal Glands
- 72 The Urinary System
- 73 The Kidneys
- 74 The Kidneys at Work
- 75 Urine from the Body
- 76 Importance of Kidney Function
- 77 Reproductive System
- 78 The Male Reproductive System
- 79 The Female Reproductive System
- 80 How Males Grow
- 81 How Females Grow
- 82 Heredity and You
- 83 Health and Environment
- 84 The Digestive System
- 85 Organs of the Alimentary Canal
- 86 Use of Nutrients
- 87 Other Organs of the Digestive System
- 88 Proper Weight
- 89 Nutrition and Your Weight
- 90 Your Teeth
- 91 Taking Care of Your Teeth
- 92 Your Personal Hygiene
- 93 Exercise and Your Health
- 94 Body Systems Working Together
- 95 Your Body Is Your Responsibility
- 96 Taking Care of Your Body

