

disinfection, etc., such diseases will readily spread to other persons. The contagion is conveyed to others usually with the air or water, sometimes with foods.

Besides the above causes of disease, there are what may be called climatic causes—sudden changes in the state of the atmosphere or weather, mental, emotional, or moral causes, and hereditary causes—those inherited from parents, over all of which we have less control. Nevertheless, by proper regard to general cleanliness and to the state of the skin, to the clothing, and other agencies, climatic causes may be rendered almost inoperative; and by careful attention to the laws of health generally, hereditary diseases would disappear in a few generations; and diseases arising from mental or moral causes would become rare.

VALUE OF HYGIENE.—By means of knowledge regarding the nature of these agencies or necessities of life, *in all their varying conditions*, and of their relations to, and effects upon, the organs and functions of the body, one is enabled to control the causes which disturb and pervert these organs and functions, and thus to prevent disease. Happily, it is much easier for every one—much less knowledge is required—to take care of and preserve the health than to regain it when lost; to keep the organs and functions in a perfect and healthy condition, than to get them into such condition again after they have become deranged or perverted. When the parts and their functions become altered from their natural state, the most extended knowledge and profound skill and experience may be required to set them right again, if indeed it be possible to set them right, as it may not be.

Every one has, then, in his or her own hands, to a great extent, the power to prevent disease and to prolong life, which disease might greatly shorten.

CAUSES OFTEN SLOW IN PRODUCING EFFECTS.—It must be borne in mind that the injurious effects on the organism of any of these causes of disease are not always, or even usually, immediately perceivable, but are frequently slow and cumulative, and not noticeable until much mischief has been done. The breathing of air contaminated by the products of respiration, as in unventilated rooms, is believed to be a most common cause of that most fatal of all diseases, consumption; yet, frequently, this disease arises and increases so imperceptibly, that it is not manifested until too late to be remedied. So, intemperance, in both drinking and eating, is a very