

therefore the more prone to derangement, and its functions to perversion, by the many and various causes of disease by which we are surrounded. Let us now very briefly notice the nature of some of these causes.

The necessary conditions of health and life are a supply of air to breathe, water to drink, and food to eat, and also exercise, rest and sleep, clothing, and bathing. These conditions or agencies of health and life are very liable to changes, and to become perverted or to be improperly used. The air around one becomes impure from the breath; water becomes foul from other waste matters; foods are often improperly prepared; or one may take too much or too little exercise. Now as all the functions of the body are directly dependent upon these agencies, when any one of them is deteriorated, or not good and appropriate, it acts at once as a cause of disease, and more or less functional derangement—disease, will assuredly speedily follow its continued use.

CAUSES OF DISEASE.—Nearly all causes of disease, and of premature death are intimately associated with the agencies or essentials of life; or, in other words, they are to be found in perverted conditions of these agencies, which of necessity all are continually making use of. Breathing foul air, drinking impure water, eating bad or too much food, insufficient rest and sleep, improper clothing, or want of suitable exercise and want of cleanliness, each and all interfere directly, more or less, with the natural or healthy actions of the organism, and cause disease.

Moreover, a very large proportion of the causes of disease arise from the imperfect manner in which the waste matters from our own bodies are disposed of; from these waste matters being conveyed back into our bodies again, and chiefly along with the air and water consumed. Many persons, in their bedrooms, breathe, over and over again, air laden with excrement given off by the lungs and skin, a highly injurious practice, and a very common cause of disease. Other excrete matters from the body are often thrown in proximity to wells of water, and hence find their way into the water, and with it get back into the system. These waste matters, if not absolutely poisonous when thrown off, soon undergo changes and become in many cases highly deleterious. All in the long list of contagious diseases—small-pox, cholera, scarlet-fever, typhoid, and the like—are often spread in this way. The contagion is in the excrete matters, and if these are not properly disposed of, as by free ventilation,