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PRACTICAL HYGIENE.

CHAPTER I.

INTRODUCTORY*—HEREDITY—MORAL AND SOCIAL CAUSES
OF DISEASE.

SECTION I.

HEALTH AND DISEASE AND HOW DISEASES COME.

Health is that condition in which all actions or functions proper to the body are performed in the most perfect and harmonious manner. Such a condition necessitates a perfect and natural state of all the organs of the body. The perversion or partial cessation of one or more of the functions or processes of life constitutes disease. And anything which prevents, or interferes with, the perfect and harmonious performance of any of these functions, or which obstructs any of the vital processes, is a CAUSE of disease. The continued operation of any such cause will sooner or later give rise to ALTERED ORGANIC STRUCTURE, and we then have diseased organs as well as diseased functions. Health is an active and unimpeded renewal of the body and prompt rejection of all worn-out substances, giving rise to the highest development of life in every part and organ. Disease has been termed a partial death. Furthermore, health, besides meaning freedom from sickness, with soundness of body, means clearness, happiness and vigor of mind. Disease, besides meaning deranged function of organs and altered organic structure, means weakness, perplexity and distress of mind.

The human organization is of the highest complexity, and it is

* Much of the first two or three pages of this paper has been published in this Journal before, but as a large number of readers will receive this who have not received the Journal in the past, the repetition will we trust be pardoned.—ED. S. J.