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HEALTH THROUGH PROPER CARE OF THE BODY.

It is somewhat surprising that in our elaborate scheme of education, in which almost every subject in the realm of human knowledge is included, no provision is made for instruction and training in the most important of all subjects, the proper care of the body, to secure and maintain perfect health. We present to young pupils a smattering of hygiene; we give them information about the lungs and how they are affected by disease; we teach them concerning the knowledge as to how to take care of these organs and keep them free from disease; we teach them covering the digestive and assimilative organs, without instructing them in regard to what to eat, when to eat or how to eat. We explain the circulatory system and the importance of pure blood without putting them in possession of means to create pure blood. Proceeding in our educational plan we find that instruction regarding the body becomes restricted to those pursuing their studies along medical lines, and even here, throughout the entire course, the methods possess a lack of rationality truly amazing. In the first place it should be understood that all disease is abnormal, foreign to our nature. There is no necessity for being sick.

Disease is the result of misuse of the body and failure to live in accordance with natural laws. When disorders do arise through the violation of correct methods of living, the only cure is right living and proper care of the body. Under existing circumstances, however, in the majority of cases an abnormal state of the body is combated with drugs, poisonous substances which set up irritation and add to the trouble.

Suppose a man finds himself suffering from digestive troubles, obstipation, biliousness, kidney, or heart disease. He consults a medical man. Does the doctor say, "Look here, my man, why don't you treat your body with a little horse-sense? Let me tell you a few plain facts. You have been gorging yourself three or four times a day and stuffing your stomach with an amount of different kinds of food quite beyond its capacity to dispose of. The food could not be digested, and besides there was far more than the body required. The digestive, assimilative and excretory organs simply could not get rid of it as fast as you put it in. This surplus food accumulated in the intestinal canal, decomposed, formed gases which distended the stomach and caused you