

gymnastics for the improvement of health and the cure of disease.

Hippocrates devoted himself to the study of hygiene, while following physic under the guidance of his grandfather, Nebrus, an eminent physician. It was the custom of Hippocrates to study the tablets in the temples of the gods where individuals had written down the diseases under which they labored, and the means by which they recovered. It was his proficiency in sanitary precautions that enabled him to deliver Athens from a dreadful pestilence in the beginning of the Peloponnesian war, for which he was publicly rewarded with a golden crown.

Galen, or, more properly, Claudius Galenus, the intimate friend of the Emperor Marcus Aurelius, and who is said to have written three hundred volumes, a large part of which were lost in the destruction of the Temple of Peace at Rome, where they had been deposited for safety, acknowledges his indebtedness to Hippocrates, and it may be truly confessed that to the writings of these two eminent men, the moderns are debtors for many useful discoveries. His celebrated tripartite epochs of a human being, on which he descants with great perspicuity and clearness, are noted expressly as

First, of Growth, (including infancy and youth).

Second, of Maturity, when, for many years, the body remains apparently stationary.

Third, of Decay, when, without actual disease, though doubtless in consequence of some chemical changes, molecular feebleness and death commence in some part or other, forewarning us of general decay.

These epochs of life must be before us while we are studying the various circumstances that incidentally arise to disturb the natural course of the health and vigor of the human organization under the vicissitudes of these several changes.

Now Hygiene is that part of medicine whose subject is the preservation of health and necessitates an acquaintance with those laws which are conducive to the maintenance of the normal condition of health. It embraces not only a knowledge of healthy man, regarded individually or in society, but an acquaintance also with the objects used and employed by him, with their respective influence on his constitution and organs. Thus, by