

or grand regulator, whose throne was the stomach. A high remedial value therefore attaches to hygienic measures, and in all diseases their practical application is of the first importance. On the near approach or actual occurrence of disease even, the prompt removal or avoidance of all causes, as well those giving rise to the disease as all others, will very materially assist in restoring health.

All descendants of those who labor under any hereditary disease, or all who have any inherited tendency or predisposition to any disease (sometimes manifested in a weakness or imperfect development of certain organs) should be protected as far as possible from everything which may prove to be an exciting cause of the disease—from everything which may develop the latent tendency. And they should be surrounded with the most favorable hygienic conditions, in accordance with the rules, etc., laid down further on in this book, relating to the material causes of disease. Besides this, the different predispositions require somewhat different or special hygienic management.

The descendants of consumptives, especially, should, live in high, and dry, but protected, localities. They should be most of their time in the open air and sun-shine, and carefully expand and develop the chest and lungs; and with a plain but nutritious diet, use a full proportion of fatty and oily foods. It will often be advisable for individuals in whom the predisposition to the disease is strong, to select as a place of residence some locality or country with an equable climate, specially suited to such cases.

The descendants of the apoplectic and gouty should observe the most rigid temperance, especially in the use of alcoholic drinks and animal foods. With a vegetable diet, and milk, a well marked apoplectic or gouty habit may be overcome in a little time. Those with an inherited predisposition to insanity, should be especially guarded from everything tending to worry or irritate the mind.

The marriage of persons with similar predispositions, as with tendencies to consumption or insanity, should be avoided or prevented as far as possible. (Law v. Heredity) statutes can hardly be so framed as to be of much service in this way; but the inculcation of a knowledge of the evil consequences of such marriages may lessen their frequency.

The time will probably come, and it is to be hoped it will not be very long deferred, when much more attention will be given to the prevention of the development into actual disease of hereditary pre-