

been written on hygiene containing general rules for the preservation of health, but these rules are all the same, or nearly so for all; and it is as impossible to restrict every constitution to the same regimen, as it is to exact from all men indiscriminately the same amount of work during the same space of time. Every one wishes to write books; but most writers, instead of thinking ten times more than they write, write ten times more than they reflect! the consequence is, that most of these hygienic precepts produce disastrous effects on the economy. Thus, exercise is looked upon as the *palladium* of health; but no means are given to determine its limits from the power of respiration inherent to each constitution. What happens then? A man with only one spark of life remaining, imagining that the more exercise he takes, the more vigor he will obtain, starts off, hunting, &c., doubling, trebling the work of a thoroughly robust man; he makes superhuman efforts to overtake his idol, but in vain; the goddess flees from him at a light and rapid pace. The combustion, which he has set up in his body by a too violent exercise and too accelerated respiration, destroys the remains of his strength, and compels him to give up his pursuit. He presents then to the eye the aspect of a body deprived of the combustible principle, still susceptible of emanating a faint degree of heat under the influence of an abundant source of borrowed caloric, but incapable, by itself, to generate and maintain it. If one of the three fatal sisters (*Parcæ*) does not cut off suddenly the thread of his life, he lingers out a feeble existence in the pangs of a tumultuous circulation which can no longer retrieve its former regularity.

" Better to rush at once to shades below
Than *linger* life away, and nourish woe."

Organic diseases of the heart, so frequent at the present time, may generally be traced to the foregoing cause.

11. After the constitution comes animal heat, which should also be in harmony with the force of the normal respiration. Under its influence the mind manifests agreeably its conceptions, and the will is transmitted to the limits of the capacities of our nature.

The animal heat and the nervous centre impart to the circulating fluid a movement regulated by a rhythm of dilatation and contraction in the vessels which contain it.

Thus rolling in a continual circle, the stream of life successively brings to every tissue its tribute of materials for the repair of waste.

12. Thirdly, what we call for convenience sake exercise, or work, &c., &c., is not less essential to the maintenance of health.

Exercise accelerates respiration; respiration increases animal heat; which in its turn excites the nervous system to a more active manifestation of its functions. The circulation, which is dependent on respiration and animal heat, becomes more rapid, and ultimately, assimilation and elimination are carried on in a more energetic and complete manner. But the extent of this exercise must be rigorously subordinated to the development of the constitution, and the degree of respiratory capacity. Any deviation in this respect, however slight it may be, will more or less interfere with the condition of health.