

common cause of disease ; yet the diseases arising therefrom do not commonly attract attention until the intemperate habits have been indulged in for a long time, perhaps not until serious organic disease has been produced.

Pain, in some form or degree, whether severe or only amounting to slight uneasiness, is the most common symptom of disease, and not unfrequently acts as a kindly monitor to warn us that something is going wrong in our body, or that we have committed some error : but we are not always thus warned. Causes of disease may continue to act, and produce effects of a more or less serious or permanent character, without causing pain or giving any warning whatever.

One thing is certain, causes always produce effects ; and this ought never to be forgotten. If we breathe foul air, or use bad water or improper food, if we over-work ourselves or are indolent and take no exercise, or if we neglect to bathe and wash the waste, dead matters off the skin, some ill effects are certain to follow ; though they may not be appreciable to our senses, or possibly not of a permanent character.

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## SECTION II.

### HYGIENE, INDIVIDUAL AND PUBLIC, HOW PROMOTED.

DEFINITION AND HISTORY OF HYGIENE.—Hygiene is that art by which the health is preserved, and the most perfect action of body and mind obtained during the longest possible period of time consistent with the laws of life. It must not only prevent disease and preserve health, but it must include the Macrobiotic art, that of prolonging life. For it must be observed that the means sometimes employed to preserve and, especially, to regain, health may tend, as it were, to accelerate life, and, consequently, to shorten its duration. Again, it not unfrequently happens that a disease prolongs life by counteracting the life-destroying effects of some previous disease. Hygiene “aims at rendering growth more perfect, decay less rapid, life more vigorous, death more remote.”

This art has been practised from the earliest times of which we have any record. There were treatises on hygiene before the time of Hippocrates. The effects of diet and of exercise were carefully noticed at a very early period, and were considered the basis of hygiene. Herodicus, one of the preceptors of Hippocrates, was the first to introduce a system of gymnastics for the improvement of