

GENERAL RULES FOR DETERMINING DISEASE.

1. When the body is in health, there is a constant occurrence of certain well-known vital manifestations which are called the language of health.
2. When the body is diseased, some or all of the vital functions are disturbed; consequently, the vital manifestations are disturbed, i. e., they differ from those which occur in health. These disturbed vital manifestations are the language of disease, and are called symptoms.
3. It is by noticing that the vital manifestations differ from those that occur in health that we discover that the body or any portion thereof is diseased.

The Hygienic Family Physician: A Complete Guide for the Preservation of Health, and the Treatment of the Sick without Medicine, pg. 213 by M. G. Kellogg