

## LANGUAGE OF HEALTH.

**When the entire body is in health, there is a uniform temperature of all its parts.**

There is neither chilliness nor sensation of heat, but an unvarying temperature at about 98°. The skin is soft, velvety, and clear. The appetite is not capricious, but relishes plain, wholesome food without requiring that it should be seasoned with condiments. With the regularity of clock work, it demands a moderate supply of food. The stomach digests the food so easily and so perfectly that after the food is once swallowed the individual never thinks or knows anything more concerning it.

The bowels move with regularity and are neither too tight nor too loose. There is **no rumbling to be heard in them nor motion felt**, except in the act of defecation. The kidneys excrete the urine, which is retained in the bladder without the individual becoming conscious of it until by distention it presses on other organs or stretches its nerves, when cognizance is taken of its condition, and its contents are readily voided by painless micturition.

The **circulation is regular**, the blood being carried in an even and steady current to all parts of the body. The breathing is full and free and noiseless, the breath is

sweet, and the mouth moist and clean. The vital organs all perform their functions in such an easy and perfect manner that the individual would never know by the sense of feeling that he had vital organs. The body is so perfectly maintained that from infancy to adult life it does not cease to grow, and after attaining to adult life it neither increases nor diminishes much in size or weight until it reaches old age. The sleep is undisturbed and refreshing. The senses are all acute, the mind is clear, tranquil, hopeful, and cheerful. The voluntary organs all act promptly to the dictation of the will, all the bodily sensations are pleasurable, and there is a love for exercise. Such is the language of health.

*The Hygienic Family Physician: A Complete Guide for the Preservation of Health, and the Treatment of the Sick without Medicine, pg. 213-215 by M. G. Kellogg*