

## THE NAMES OF DISEASE.

Any deviation from the healthy standard, either of vital action or of organic structure, is disease. Now, as the number of these deviations (in other words, the whole number of diseases), if we include all their differences in kind and degree, is scarcely calculable, **it follows that any attempt to enumerate, name, and describe, each separately would be an endless task, for it is seldom that any two individuals ever manifest exactly the same symptoms, or are diseased just alike;** therefore, we shall group them together and present them in some order. Many persons have read in their water-cure manuals a description of a disease and its treatment, yet when they come to the bedside they perhaps find that the symptoms manifested by the patient vary somewhat from those laid down in the book, and they are at a loss to know with what disease the patient is suffering. They think that if they only knew the name of the disease they would know what to do, but they do not know how to find out with what disease the patient is troubled.

It is to be hoped that whoever reads these pages will not be satisfied with learning the names of various diseases, but that they will endeavor to learn the conditions

of body that are signified by these names, and then, by reflecting upon the deviation of these conditions from those which occur in health, try to understand what condition should be supplied, or what hygienic agent applied, or what bad habit corrected— in other words, what principles of treatment should be adopted to restore the patient to health. **If we understand the exact conditions of the various organs of the body when in disease, it does not matter whether we know the name of the disease or not, nor whether the disease has a name, for the name of a disease is only intended to express certain conditions or actions.**

*The Hygienic Family Physician: A Complete Guide for the Preservation of Health, and the Treatment of the Sick without Medicine, pg. 217-218 by M. G. Kellogg*