

CONCLUSION.

In view of the foregoing, we find that good health is not a condition that can exist independent of governing circumstances or laws, but that it is a state of vital activity which is very liable to be interrupted by surrounding circumstances, and which is largely dependent upon the existence of certain conditions that are within the control of human beings, and that these conditions are all met when we supply the body with pure air, light, pure soft water, wholesome food in proper amount and at proper times, temperature of the right degree, clothing in proper amount and properly adjusted, exercise of the right kind and amount, proper rest and sleep, proper mental and social influences and external relations, and are actuated in all we do by the principle of love to God and love to man. When these conditions are all supplied, health follows as an inevitable consequence.

In the preceding pages, the aim has been to state in a brief, yet concise, manner, the conditions upon which health is based. None of the subjects treated have been by any means exhausted, as the plan of this work would not permit us to devote any more space to them than has been done, though perhaps sufficient has been said to impress the reader with **the importance of carefully observing all the laws of hygiene if he would preserve, even in a measure, that priceless and God-given boon— health.** But inasmuch as ninety-nine one-hundredths of civilized human beings are in a condition of disease, and as it is the chief object of this work to meet the wants of this numerous class of suffering individuals, the following pages are devoted to a description of the nature and cause of disease and the so-called "action" of medicines, and also of the use and application of the bath and other hygienic agencies in the treatment of disease, together with a description of its more common forms, and the special modes of treatment which should be adopted in each case.

See [hydrotherapy](#) page for water treatments for disease.

The Hygienic Family Physician: A Complete Guide for the Preservation of Health, and the Treatment of the Sick without Medicine, pg. 55-56 by M. G. Kellogg