

HEALTH AND HYGIENIC AGENTS.

Health is that condition of the body in which every organ performs its whole duty; and as health consists of the proper performance of all the organic functions, it follows that health is normal vital action. When every organ of the body performs its whole duty, there is an equalized or balanced condition of the circulation of the blood in all parts of the system, and, consequently, a proportionate distribution of vital force. The digestive organs transform the food into good blood, the lungs receive sufficient air to properly vivify the life fluid, while the circulatory organs convey it in an even and steady current to all parts of the system, and the depurating organs excrete therefrom the broken-down tissue, or worn-out material, and effete matters. When the system is properly maintained, it does not diminish in size or strength, neither does it become clogged with gross matter; but everything moves on in perfect harmony among the vital organs, and the mind is cheerful, hopeful, and clear, and the individual is happy. Such is health. There are certain conditions on which health is based, which it is highly important that we should understand if we would know how to restore the sick to health; for it is the absence, or change, of these conditions, that occasions disease. Now as disease is an effect, it is evident that if we would have the effect cease, we must remove the cause; and this we do when we supply the conditions on which health is based.

The Hygienic Family Physician: A Complete Guide for the Preservation of Health, and the Treatment of the Sick without Medicine, pg. 5-6 by M. G. Kellogg