

**THE ECONOMY OF HEALTH OR THE STREAM
OF HUMAN LIFE FROM THE CRADLE TO THE
GRAVE WITH REFLECTIONS MORAL,
PHYSICAL, AND PHILOSOPHICAL ON THE
SUCCESSIVE PHASES OF HUMAN EXISTENCE,
THE MALADIES TO WHICH THEY ARE SUBJECT,
AND THE DANGERS THAT MAY BE AVERTED**

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The economy of health or The stream of human life from the cradle to the grave with reflections moral, physical, and philosophical on the successive phases of human existence, the maladies to which they are subject, and the dangers that may be averted by James Johnson

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JAMES JOHNSON

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FRANCIS PICKENS, Esq.
Governor of South Carolina, 1852.

Francis Pickens

MHY.
S.

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Fourth Edition.

By JAMES JOHNSON, M.D.

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"THE PROPER STUDY OF MANKIND IS MAN."

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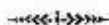
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P R E F A C E

(TO THE FIRST EDITION.)



The following Essay, though small in size, is the result of long experience and observation. It consists of the deductions which have been drawn from facts and reflections, rather than the processes through which these deductions had been arrived at. After all, it is but an outline of the subject, the details of which would fill many volumes.

The Author will not be accused of having followed, or borrowed much from his predecessors in this walk. The various "arts of prolonging life," and the ponderous "codes of health and longevity," though read by many, have been remembered by few—and practised by still fewer. Even where the precepts have been put in execution, they have often done more harm than good. The reason is not difficult to divine. From the cradle to the grave, man is perpetually changing, both in mind and body. He is not, to-day, what he was yesterday, and will be to-morrow. Though these changes are not perceptible to the eye, at very short intervals, yet, if an individual is only seen every four or five years, the alterations will appear very remarkable. In tracing the successive phases of human existence, it was necessary to adopt some arbitrary division of time

—and, after long observation and reflection, the Septennial periods appeared to the Author the most natural epochs into which the journey of life could be divided.

In respect to the execution of the work, whether good or bad, the Author can safely aver that the great object aimed at, was UTILITY. Pecuniary emolument was out of the question—the race of competition is abandoned—and the goal of ambition has dropped the mask, and assumed its real character—the scoffing TERMINUS of man's vain hopes—the withering finger-post pointing to the tomb!

In a survey of human life, there was much temptation to moral reflection, and even some excuse for metaphysical speculation. Into the latter the Author has seldom ventured, and then with great brevity. In fine, he has endeavoured to simplify the leading principles of preserving health and attaining happiness, rather than to multiply details and amplify precepts that can only be applied by each individual to himself.

Suffolk Place, November, 1836.



PREFACE TO THE SECOND EDITION.

The favorable reception of the First Edition, published three months ago, has induced the Author to revise the work very carefully, and introduce a great deal of new matter. Four entire Sections have

been added—one on PULMONARY CONSUMPTION, especially as regards prevention and climatorial treatment—another on GOUT—a third on MEMORY—and a fourth on the “Consolations of Old Age.” The Author is not without hopes that the Essay, as it now stands, will contribute something to the health and happiness of society. He has gratefully to acknowledge the indulgence of the Public and the liberality of the Press, on this as well as upon many other occasions.

Suffolk Place, February 1837.



PREFACE TO THE THIRD EDITION.

In this Edition considerable additions and improvements have been made, while some retrenchments rendered it unnecessary to increase the size of the Work.

Suffolk Place, 1st August, 1838.



PREFACE TO THE FOURTH EDITION.

Some alterations and improvements have been made in this Edition.

August, 1843.

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