

**HEALTH AND DISEASE. A POPULAR
EXPOSITION ON THE ESSENTIALS OF
HEALTH, THE CAUSES OF DISEASE,
THE CARE OF THE SICK AND
CONVALESCENT, WITH ADDENDA**

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649387267

Health and disease. A popular exposition on the essentials of health, the causes of disease, the care of the sick and convalescent, with addenda by C. G. R. Moutoux

Except for use in any review, the reproduction or utilisation of this work in whole or in part in any form by any electronic, mechanical or other means, now known or hereafter invented, including xerography, photocopying and recording, or in any information storage or retrieval system, is forbidden without the permission of the publisher, Trieste Publishing Pty Ltd, PO Box 1576 Collingwood, Victoria 3066 Australia.

All rights reserved.

Edited by Trieste Publishing Pty Ltd.
Cover @ 2017

This book is sold subject to the condition that it shall not, by way of trade or otherwise, be lent, re-sold, hired out, or otherwise circulated without the publisher's prior consent in any form or binding or cover other than that in which it is published and without a similar condition including this condition being imposed on the subsequent purchaser.

www.triestepublishing.com

C. G. R. MOUTOUX

**HEALTH AND DISEASE. A POPULAR
EXPOSITION ON THE ESSENTIALS OF
HEALTH, THE CAUSES OF DISEASE,
THE CARE OF THE SICK AND
CONVALESCENT, WITH ADDENDA**

Presented to:
Professor Wheeler
President of the
State University
of California,
By the Author,
as a token of
Respect and Esteem.



J. L. R. Montour. M.D.

HEALTH AND DISEASE

A POPULAR EXPOSITION ON
The Essentials of Health
The Causes of Disease
The Care of the Sick and Convalescent
with Addenda.

AND ALSO
AN APPENDIX

Containing Essays on
The Gradual Physical Degeneration of the Human Race
The Causes of the Increasing Occurrence of Childlessness
And The Principles of Sexual Physiology



By DR. C. G. R. MOUTOUX
Surgeon to Lyon Post No. 8, G. A. R.
Oakland, California

PUBLISHED BY THE AUTHOR
OAKLAND, CALIFORNIA

1905

*Adm.
to Mrs. Wheeler*

Entered according to Act of Congress in the year 1904

By C. G. R. MOUTOUX

In the Office of the Librarian of Congress, Washington, D. C.

All Rights Reserved

DEDICATED

TO ALL EARNEST SEARCHERS FOR SCIENTIFIC REALITY
AND RATIONAL RESULTS

Paracelsus says: "That which is looked upon by one generation as the probable climax of human knowledge is often considered an absurdity in the next; and that which is regarded as superstition in one century may form the basis of science in the next."

The unconditional acceptance of teachings or propositions of so-called authorities has been subservient to the encouragement of blind following rather than reliance upon personal experience and rational reasoning.

Medical science based on practical proofs will stand the test at all times.

DR. MOUTOUX

PREFACE

In offering this work to the public, I desire to state that it contains my experiences, observations, studies, and conclusions regarding health, disease, and other relative matters, gained in a professional career as practising physician for more than thirty years, and that I wish to present the results in as plain a manner as may be consistent with a satisfactory understanding; not in a spirit of assumed infallibility, but as appealing to the common sense and rational reasoning of an indulgent reader desiring to grasp the truths the work may contain.

It has been at all times my endeavor to enlighten and guide thinking persons, as much as reasonably could be expected, to comprehend the true principles of hygiene, the essentials of health, and measures for the prevention of disease, as well as the proper care of the sick and convalescents; also to teach them, when professional aid may be imperatively demanded, that we should comply with our duty in serving mankind to the best of personal knowledge and ability.

As to my standpoint regarding the principles of hygiene and the causes and prevention of disease, I may differ from many colleagues, yet I entertain the consolation that time, the tester of all things, will finally prove the correctness of my conclusions.

The diverse methods of treating disease have been impartially presented, as it is my thorough conviction that all extremes of any special system or method are of very questionable value, and that the real merits of any method should be freely recognized and made use of in appropriate cases; in other words, we should be prompted to practise at all times a rational conservatism, and to secure the fullest benefits of any means in maintaining or restoring health, and to be guarded against ridiculing principles and methods of treatment without having given such an impartial, practical test. Success may often be attained by combining the doctrines of

several systems or methods in appropriate cases, as may prove to be most rational.

In discussing the more common forms of disease, and recommending certain simple medication, I do so with the assurance that the treatments given have been very successful in my hands, and, as the prescriptions do not contain any poisonous substances, no harm can accrue from their proper use in the hands of intelligent persons, but great benefits may be confidently expected.

The attached "Addenda" may serve the reader to appreciate the real services of the doctor, and to beware of bold, unscrupulous, and unworthy individuals.

With reference to the "Appendix," containing an essay on "The Physical Degeneration of the Human Race," it may seem to superficial readers rather exaggerated, yet time will verify the correctness of my opinion.

The essay on "Sexual Physiology," and allied matters, seemed to me a fitting subject with which to conclude the work; and, while it is not intended to gratify vulgar curiosity, specially interested persons will find the subjects presented with reasonable plainness to serve its real purpose.

I can not refrain from expressing the feeling that it would be very gratifying to me if members of the medical profession should also find in this work matter for deep reflection and consideration, and deem it worthy of a careful perusal.

And it is hoped that my labor may be received in the same kind spirit in which it is presented, and that fair criticism and favorable reception may be my reward.

DR. C. G. R. MOUTOUX.

Oakland, Cal., Dec. 1, 1904.

NOTE.—The author, a German-American, never received any schooling in the English language, hence it is hoped that due allowance may be made as to probable imperfections of style or expression.

C. G. R. M.