

**THE LONDON SCIENCE
CLASS-BOOKS; THE LAWS
OF HEALTH; PP. 1-152**

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W. H. CORFIELD

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THE LONDON SCIENCE CLASS-BOOKS

ELEMENTARY SERIES

EDITED BY

PROF. G. C. FOSTER, F.R.S. AND SIR P. MAGNUS, B.Sc. B.A.

THE LAWS OF HEALTH

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THE
LAWS OF HEALTH

BY
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HANOVER SQUARE : PRESIDENT OF THE SOCIETY
OF MEDICAL OFFICERS OF HEALTH

REVISED AND CORRECTED

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EDITORS' PREFACE.

NOTWITHSTANDING the large number of scientific works which have been published within the last few years, it is very generally acknowledged by those who are practically engaged in Education, whether as Teachers or as Examiners, that there is still a want of books adapted for school purposes upon several important branches of Science. The present Series will aim at supplying this deficiency. The works comprised in the Series will all be composed with special reference to their use in school-teaching; but, at the same time, particular attention will be given to making the information contained in them trustworthy and accurate, and to presenting it in such a way that it may serve as a basis for more advanced study.

In conformity with the special object of the Series, the attempt will be made in all cases to bring out the educational value which properly belongs to the study of any branch of Science, by not merely treating of its acquired results, but by explaining as fully as possible *the nature of the methods of inquiry and reasoning*

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by which these results have been obtained. Consequently, although the treatment of each subject will be strictly elementary, the fundamental facts will be stated and discussed with the fulness needed to place their scientific significance in a clear light, and to show the relation in which they stand to the general conclusions of Science.

In order to ensure the efficient carrying-out of the general scheme indicated above, the Editors have endeavoured to obtain the co-operation, as authors of the several treatises, of men who combine special knowledge of the subjects on which they write with practical experience in Teaching.

The volumes of the Series will be published, if possible, at a uniform price of 1s. 6d. It is intended that eventually each of the chief branches of Science shall be represented by one or more volumes.

G. C. F.

P. M.

AUTHOR'S PREFACE

TO

THE SIXTH EDITION.

THE FOLLOWING PAGES have been written with the view of supplying the widely felt want of an elementary text-book on the Laws of Health.

The study of this subject should follow that of 'Elementary Physiology,' so that, although physiological explanations have been given where it seemed desirable, these are not intended to supersede, but rather to supplement, the teaching of Elementary Physiology.

Household Sanitary Arrangements have been explained more in detail than may be thought by many to be necessary in a text-book for schools: this has been considered advisable on account of the great importance of the subject, and the growing interest attaching to it, and in order that the book may be more widely useful.

This edition has been carefully revised and corrected throughout.

W. H. C.

19 SAVILE ROW, W.:

March 1889.

THE
LAWS OF HEALTH.

CHAPTER I.

PERSONAL HYGIENE.

§ 1. **Health and Disease.**—HEALTH consists in the proper performance of their duties or functions by all the parts or organs of the body, these organs themselves being perfectly constructed : that is to say, it consists in the normal performance of their functions by normal organs ; or we may say, that in a healthy state there is absence of disease or of any marked tendency to disease. It follows from this, that in order to preserve health we must endeavour to prevent disease, and to do this we must study the causes of disease. This study we call the Science of Hygiene.

The causes of disease are *internal* and *external*,—the internal being those which arise within us, and the external those which come from outside of us, as the influences of the weather.

The causes of disease are also known as *predisposing* and *determining*. The predisposing causes are those which render us liable to diseases ; the deter-