

**GOOD HEALTH; THE
POSSIBILITY, DUTY, AND
MEANS, OF OBTAINING
AND KEEPING IT**

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Good health; the possibility, duty, and means, of obtaining and keeping it by Anonymous

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to them that have it,” *Eccles. vii. 12.*

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CHAPTER I.

INTRODUCTION.

SANITARY SCIENCE—LEGISLATIVE MEASURES ALONE INSUFFICIENT—INDIVIDUAL EFFORT REQUIRED—SCOPE AND DESIGN OF THE PRESENT VOLUME.

THE present era is remarkable for the commencement of what may be fairly called a new science, which has for its direct object the extension, so far as means may avail, of the average duration of human life. It would be culpable ingratitude not to hail with sanguine hope the energy of the sanitary movement, which now pervades Europe, and is nowhere, perhaps, so active as in England. It will not, perhaps, be until after two or three generations, that much impression will be made by its agency on existing evils. But posterity will, probably, see the public mind submitting to be enlightened, and the public will directed, by men who have rendered themselves com-

petent to the office. The result will, in all likelihood be, that, with God's blessing on the work, an incalculable amount of physical suffering will be averted, and a large accession of good, in all senses of the word, will be obtained. Each successive generation will occupy a position, as regards health, beyond that of its predecessor, and will leave to its children a still greater immunity from the bodily ills that afflict humanity.

The health of communities may be improved, without their having any intelligent apprehension of the reasonableness of the means employed; cities and towns may be drained and ventilated, and both rich and poor participate in the advantage, without one of the inhabitants understanding how the benefit was brought about. But the utmost good that can be effected by wise legislation, will be less than each individual may enjoy, if he will but cooperate with it. Acts of Parliament never will come into operation within the walls of people's houses, or regulate their personal habits. Personal good health must depend on so much that can neither be prescribed nor enforced by public authority, that no kind of information is more immediately important, than that which may induce each to provide for himself and his family the greatest amount of health which his circumstances render possible. While the necessary instruction was not accessible, the duty of being in good health could not be felt as it now may be and ought to be.