

HOMELY HINTS ON HEALTH

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Homely Hints on Health by Mrs. W. T. Greenup

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MRS. W. T. GREENUP

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ON HEALTH**

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BY

MRS. W. T. GREENUP

EXAMINER TO THE SOUTH KENSINGTON SCHOOL OF COOKERY



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Dedicated

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TO

THE HON. E. F. LEVESON-GOWER, M.P.,

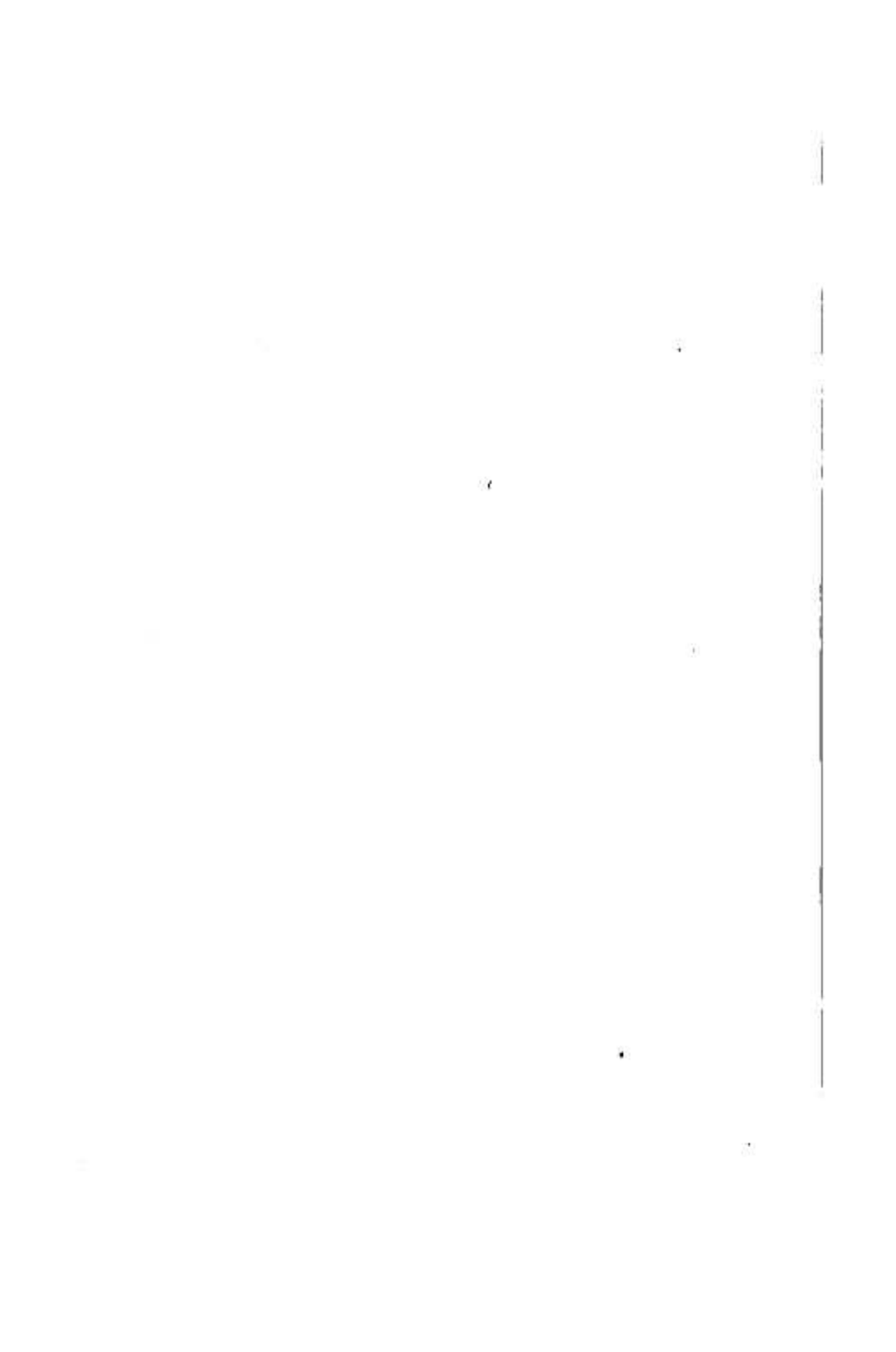
CHAIRMAN

OF

THE EXECUTIVE COMMITTEE

OF THE

SOUTH KENSINGTON SCHOOL OF COOKERY.



P R E F A C E.

THE subject of National Health is one of increasing interest and importance. "How to secure it," is a question which has occupied the attention of many great minds during the last few years.

There is no doubt that the diffusion of the knowledge of the Laws of Health must play a great part in solving this grave question, by bringing it *home* to the people. They cannot practise what they do not know; nor can we have a healthy nation unless we first have healthy homes. If we would secure National Health, we must *convince the people* of their individual responsibility in the matter. We must also *train the children* to know and to practise the Laws of Health. It is generally easier to instil principles into young minds than to change them in more mature ones.

This little book is sent forth in the hope that it may serve both to *convince* and to *instruct*.

ORMONDE HOUSE, RYDE, I.W.,
May 1st, 1884.

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