

BIBLE HYGIENE; OR, HEALTH HINTS

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Bible Hygiene; Or, Health Hints by Anonymous

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ANONYMOUS

**BIBLE HYGIENE;
OR, HEALTH HINTS**

BIBLE HYGIENE.

Dr. L. C. Lane
with the Author's Compliments

BIBLE HYGIENE

OR

HEALTH HINTS.

BY

A PHYSICIAN.



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PREFACE.

THIS volume, written mainly for the public, has a threefold purpose.

First: to impart in a popular, easily understood, and condensed form, the elements of the all-important study of Hygiene, or the art of health-preservation; doubtless destined to be the chief element in the medicine of the future.

Second: to show how numerous, varied, and important are the health-hints contained in that most ancient of all authorities—the Bible.

Third: To prove that the secondary trendings of modern philosophy run in a parallel direction with the primary light of the Bible; and to point out the indirect

evidence thus derived from an unexpected quarter, namely, these far-seeing sanitary maxims, and the medical science of the Scriptures generally, in proof of the inspiration and credibility of Holy Writ.

The principal source of information has necessarily been the Sacred Book itself, of various editions, annotated and otherwise; to which Cruden's well-known Concordance has proved an indispensable key. The admirable hygienic handbooks of Parkes and Wilson; the physiological writings of Carpenter and other recognized authorities; are also quoted or alluded to when necessary, especially to show where they are corroborated and established by the medical conclusions of Scripture.

August 1878.

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