

HEALTH- CULTURE

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Health-culture by Gustav Jaeger

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GUSTAV JAEGER

**HEALTH-
CULTURE**



Gustav Jaeger M.D.

"The first wealth is Health."—EMERSON.

HEALTH-CULTURE

BY

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Translated and Edited by

LEWIS R. S. TOMALIN.

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P R E F A C E .



“**P**HYSICIAN, heal thyself!” This inward monition first started me on the special path of investigation which has led to the results recorded in these pages. In my youth I was an active, vigorous athlete, but before I was thirty an injury to the leg, accompanied by blood-poisoning and followed by varicose veins, rendered all strenuous exertion painful, and condemned me in an ever-increasing degree to a sedentary life. As a consequence, I gradually grew fat and scant of breath; my digestion was disturbed; I suffered from hemorrhoids, and was troubled with a tendency to chill-diseases. While my health was in this state I was appointed to lecture on anthropology, in addition to my course on zoology, at the Royal Polytechnic School, Stuttgart. Conformably to my invariable rule to proceed not merely theoretically, but also practically, in whatever I undertake, I determined to choose for my lectures on anthropology the subject of “Health-Culture.” But here it seemed to me, sick man as I was, that my lecturing on health was as though a bald-headed person should extol the virtues of a patent “hair-restorer,” and this feeling inspired my endeavour to heal myself with the energy requisite to the success which I have achieved.

My success, however, was not attained all at once, and the various short essays, printed in their chronological order, which appeared in the earlier editions of this

work, afforded to some extent a chart of the route by which I gradually arrived at the reforms embodied in my Sanitary Woollen System.

Since these essays were written, the popularity of my reforms has advanced with giant strides, and the experience of many thousands of wool-wearers in every country and climate under the sun has added new and valuable information as to the hygienic worth of my System, which has the happy faculty of attracting the enthusiastic interest—I had almost said affection—of those who adopt it.

The present book is divided into six parts, the first five containing a detailed description of my Clothing and Bedding Reform, and the sixth, various short essays dealing in a popular manner with questions of hygiene which are of general interest.

The Company which represents my System in the British Empire has had the honour of supplying to eminent Travellers and Explorers outfits of clothing and bedding for use under every possible climatic condition (see pages 76 and 78 of this volume). This affords striking evidence in favour of my contention that the Sanitary Woollen Clothing is eminently adapted for wearing in hot countries as well as in cold, and, *a fortiori*, in our changeable European climates.

G. JAEGER, M.D.

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