

**THE ELEMENTS OF
HEALTH: AN
INTRODUCTION TO
THE STUDY OF HYGIENE**

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The Elements of Health: An Introduction to the Study of Hygiene by Louis C. Parkes

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LOUIS C. PARKES

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ELEMENTS OF HEALTH

AN INTRODUCTION TO THE STUDY
OF HYGIENE

BY

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PREFACE

THE intention of this little work—as its title explains—is to form an introduction to the study of Hygiene. The author's main idea has been to give some simple yet practical information and instruction on the preservation of individual or personal health in the ordinary routine of domestic life. An attempt has been made to place within the small compass of the following pages just that amount of practical knowledge in Hygiene which it is desirable that every individual should be in possession of. Matters relating to questions of Public Health—over which the individual citizen has little or no control—have for the most part been avoided.

L. C. P.

61, CADOGAN SQUARE, S.W.

April, 1895.



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