

**THE PRESERVATION OF  
GENERAL HEALTH,  
WITH SOME REMARKS  
UPON HEALTHY SKIN**

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The preservation of general health, with some remarks upon healthy skin by Edwin Payne

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**EDWIN PAYNE**

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THE PRESERVATION  
OF  
GENERAL HEALTH

WITH SOME REMARKS UPON  
HEALTHY SKIN

AND SUBJECTS OF MEDICAL INTEREST TO THE PUBLIC GENERALLY,  
INCLUDING NOTES UPON HOMOEOPATHY, NURSING, OR ATTENDANCE  
UPON THE SICK, AND THE MEDICAL ACT.

BY

EDWIN PAYNE, M.D. St. AND

NEW COLL: LOND.

LICENTATE OF THE ROYAL COLLEGE OF PHYSICIANS, EDINBURGH,  
MEMBER OF THE ROYAL COLLEGE OF SURGEONS, LONDON,  
ASSISTANT PHYSICIAN TO THE ROYAL GENERAL DISPENSARY, BARTHOLOMEW CLOSE,  
MEMBER OF THE HUNTERIAN SOCIETY, &c., &c.

*"Mens sana in corpore sano."*

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## INTRODUCTION.

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THE following pages have been written for popular use. Their object is not to furnish matter by which any one may attempt to treat either himself or another medically, in a technical sense, but the intention has been to give such information as may be used by persons in health, for the preservation and improvement of the same, and to put this knowledge in a plain and understandable form; and, at the same time, a few remarks upon some subjects of medical interest to the public generally have been introduced.

There is information connected with Medicine which may be fairly used by the public in general; again, there is a judicious limitation and boundary, beyond which it is well that those uninitiated in a science so

extensive and practically important as medicine should not pass. It is the purpose of these pages to indicate in how far it is judicious or injudicious to manage the state of health and ill-health domestically; and it is hoped that the reader will find in them not declamation alone, but reason also. Upon such subjects, and treated of too in so short a space, it is impossible that there should be much of originality, nor is this necessary for the purpose of utility and truth, which it is hoped will be considered its compensator.

34, ARTILLERY PLACE,  
FINCHBURY SQUARE, LONDON.

THE PRESERVATION  
or  
GENERAL HEALTH.

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HEALTH is not readily defined; indeed, it may be said to admit of neither definition nor description—of none, at least, which can be applied to any useful purpose. If we define it as the integrity of every structure, and the perfect and harmonious play of every function, we give a true definition, but not a useful one. The more lengthened description in which some writers have indulged, answers no better end, for it establishes no standard of comparison; and that is what we are in want of. Perfect health, like perfect beauty, is perhaps an ideal compounded of the perfections of many different individuals; or, if it exist, it falls to the lot of few, and its phenomena have met with no accurate description. Health, however, is regarded as a standard condition of the living body; and by health of



body is, perhaps, generally meant freedom from pain and sickness, and freedom from all those changes in the structure of the body that endanger life, or impede the easy and effective exercise of the vital functions.

The opposite conditions of health and disease have been quaintly pictured in the following words: "Health is that which makes your meat and drink both savoury and pleasant, else Nature's injunction of eating and drinking were a hard task and a slavish custom.

"Health is that which makes your bed easy and your sleep refreshing, that revives your strength with the rising sun, and makes you cheerful at the light of another day; 'tis that which fills up the hollow and uneven places of your carcase, and makes your body plump and comely; 'tis that which dresses you up in Nature's richest attire, and adorns your face with her choicest colours.

"'Tis that which makes exercise a sport, and walking abroad the enjoyment of your liberty.

"'Tis that which makes fertile and increaseth the natural endowments of your mind, and preserves them long from decay; makes your wit acute, and your memory retentive.

"'Tis that which supports the fragility of a corruptible body, and preserves the verdure, vigour, and beauty of youth.

"'Tis that which makes the soul take delight in her mansion, sporting herself at the casement of your eyes.

" 'Tis that which makes pleasure to be pleasure, and delights delightful ; without which, you can solace yourself in nothing of terrene felicities or enjoyments.

" But now take a view of yourself when health has turned its back upon you, and deserts your company ; see, then, how the scene is changed, how you are robbed and spoiled of all your comforts and enjoyments.

" Sleep, that was stretched out from the evening to the fair, bright day, is now broken into pieces, and subdivided not worth the accounting ; the night, that before seemed short, is now too long, and the downy bed presseth hard against the bones.

" Exercise is now toiling, and walking abroad the carrying of a burden.

" The eye, that flasht as lightning, is now like the opacous body of a thick cloud—that rolled from east to west, swifter than a celestial orb, is now tired and weary with standing still—that, penetrated the microcosm, hath lost its planetary influence, and is become obtuse and dull." \*

Though the definition of health may not be readily, or, to all minds, satisfactorily given, yet the value of that condition which is generally understood by being in good health, will be admitted by every one.

The value of health is unquestionable ; without it life is of little worth ; the man of business can effect no great

\* Maynwaringe, on the " Method and Means of Health," 1683.

purpose in commerce if he be not in health. The same applies to all, whatever their engagements may be—the whole hopes and prospects through life of every individual must depend upon the condition of health; the body being unsound, exhausted, or diseased, the mind will be influenced by its condition, and will sympathize with it. For a time the system may run down, and lose its tone by neglect; and for a time the mind retains its activity, as fires created by some kinds of fuel burn brighter and brighter, till they sink away at once. Sometimes, while the body is rapidly failing, the mind is even more active as decay approaches, and the fires of the soul burn with a more beautiful and intense glow. The ear will frequently become so exquisite just before dissolution, that it can gather music from the room of death; the harp is about to be crushed in pieces, but ere it breaks it sends forth notes that are sweet beyond expression, till it breathes itself away into ruins. But, for any great purposes of usefulness or success in this life, there must be health of body conjoined with health of mind; if this desirable co-relation do not exist, either an early grave impends, or the mental energies fail, and in the train come the depressions of melancholy or the ravings of mania. Health is the mainspring of intellectual as well as bodily enjoyment, and the greatest blessing bestowed in common by a munificent Creator; yet how wantonly it is sported with, tampered, and abused, and