

**THE ELEMENTS OF  
HYGIENE, OR,  
EASY LESSONS ON  
THE LAWS OF HEALTH**

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The Elements of Hygiene, or, Easy Lessons on the Laws of Health by W. E. Dhanakoti Raju

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**W. E. DHANAKOTI RAJU**

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THE  
ELEMENTS OF HYGIENE  
OR  
EASY LESSONS  
ON THE  
LAWS OF HEALTH.

BY  
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FELLOW OF THE UNIVERSITY OF MADRAS.

*"Health and good estate of body are above all gold, and a strong body above infinite wealth."*—EccI. XXI, 15.

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## PREFACE.

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THIS little book is principally a compilation and adaptation from several valuable English works on the subject. The author has spared neither time nor labour to render the whole subject adapted to the peculiar circumstances and wants of the people of this country, and to present it in an interesting, and, at the same time, a simple form suited to the comprehension of the class of readers for whom the book is especially intended.

The portion of the book which is printed in large type, being simpler and easier than the remaining portion, is particularly intended for the use of juvenile readers, and this portion is published separately in the form of a much smaller book.

In the compilation of this work the author is especially indebted to the valuable works of Drs. Parkes, Pavy, Strang, Ward, and Cornish.

The substance of the greater part of this work has, during the past few years, appeared in several of the vernaculars of the Madras Presidency. The author feels it his duty to avail himself of this opportunity to express his deep sense of gratitude for the very kind and favorable reception the vernacular editions have met with from the public, and for the most generous patronage bestowed upon them by the Madras Government.

W. E. D.

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THE  
ELEMENTS OF HYGIENE.

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CHAPTER I.

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INTRODUCTION.

THAT bodily health is the first and the greatest of all earthly blessings, and ill-health the worst calamity that can befall one, are indisputable truths. When the digestive organs by which the food we take is converted into nourishment,—when the heart and the blood-vessels by which the blood derived from food is conveyed to every part of the body,—when the organs of respiration which purify the blood by means of the air we breathe,—when these and other organs of the body remain entire and sound and perform their respective functions regularly and smoothly, no uneasiness or pain is felt, and we are enabled to enjoy life, and to discharge efficiently the various duties devolving upon us. Such a condition of the body is called health.

2. Various causes often impair or destroy this healthy condition of the body and give rise to many diseases and miseries. The Lord of the universe has ordained certain laws relative to health. It is His appointment that so long as we acquaint ourselves with those laws and regulate our life in accord-