

**HEALTH PRIMERS.
PERSONAL APPEARANCES
IN HEALTH AND DISEASE**

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649419791

Health primers. Personal Appearances in Health and Disease by Various

Except for use in any review, the reproduction or utilisation of this work in whole or in part in any form by any electronic, mechanical or other means, now known or hereafter invented, including xerography, photocopying and recording, or in any information storage or retrieval system, is forbidden without the permission of the publisher, Trieste Publishing Pty Ltd, PO Box 1576 Collingwood, Victoria 3066 Australia.

All rights reserved.

Edited by Trieste Publishing Pty Ltd.
Cover @ 2017

This book is sold subject to the condition that it shall not, by way of trade or otherwise, be lent, re-sold, hired out, or otherwise circulated without the publisher's prior consent in any form or binding or cover other than that in which it is published and without a similar condition including this condition being imposed on the subsequent purchaser.

www.triestepublishing.com

VARIOUS

**HEALTH PRIMERS.
PERSONAL APPEARANCES
IN HEALTH AND DISEASE**

Royal 16mo., cloth. Price One Shilling each.

HEALTH PRIMERS.

A SERIES OF SHILLING VOLUMES ON SUBJECTS CONNECTED WITH THE PRESERVATION OF HEALTH, WRITTEN AND EDITED BY EMINENT MEDICAL AUTHORITIES.

The following Volumes are now ready:—

Premature Death: its Promotion and Prevention.
Alcohol: its Use and Abuse.
Exercise and Training.
The House and its Surroundings.
Personal Appearances in Health and Disease.
Baths and Bathing.

To be followed by—

The Nerves.	Temperature in Health and Disease.
The Ear and Hearing.	The Throat and Voice.
The Heart and its Functions.	Health of Travellers.
The Skin and its Troubles.	Health in Schools.
The Head.	The Eye and Vision.
Clothing and Dress.	Breath Organs.
Water.	Foods and Feeding.
Fatigue and Pain.	

And other Volumes.

London: HARDWICKE & BOGUE, 192 Piccadilly, W.

Health Primers.

LONDON:
PRINTED BY WILLIAM CLOWES AND SONS, STAMFORD STREET
AND CHURCH LANE.

CONTENTS.

	PAGE
INTRODUCTION	5
THE FORM AND SIZE OF THE HUMAN BODY	7
CHANGES IN THE FATTY LAYER	24
CHANGES IN THE BONY FRAMEWORK	36
CHANGES IN ORGANS	45
ARTIFICIAL ALTERATIONS IN SHAPE	60
THE COLOUR OF THE HUMAN BODY	64
CHANGES IN COLOUR IN HEALTH	80
CHANGES IN COLOUR IN DISEASE	87
ON 'TEMPERAMENT,' 'HABIT,' AND 'TONE'	92

PERSONAL APPEARANCES

IN HEALTH AND DISEASE.

INTRODUCTION.

IF a person wholly unacquainted with the structure of the body or with any of its functions could be confronted with a number of individuals, some of whom are what we call healthy and others what we call unhealthy, he would have very little difficulty in discriminating the one group from the other. The unhealthy ones might none of them be suffering from any grave disease, they might even be pursuing their ordinary avocations, and yet without putting a single question to them this unskilled, and possibly not very discerning, individual would have but little hesitation in making the broad distinction. He could not tell why he arrived at that conclusion, he might only say that these did not "look so well" as those; yet he would have gone through the process of picturing to himself what a healthy man should be, and would contrast his ideal with the forms before him. It is very likely indeed that here and there he might make a mistake, for being an undiscerning man he might be deceived by the appearance of health which some dis-

6 PERSONAL APPEARANCES IN HEALTH AND DISEASE.

eases give, or by not knowing the limits to which a body performing all its functions well enough to be considered healthy may exhibit a leanness to which he would feel inclined to apply the term of illness. Still, with some few exceptions, he would be in the main right. If he were asked to push his conclusions further, and to point out among the unhealthy ones those whom he deemed most and those least ill, and try and construct a scale of ill-health from the frames before him, it is likely that he would go very wide of the mark indeed.

Now it is the object of this little book to try and explain as briefly as possible how and why variations that are so plain on the surface can be taken as indices of disorder within, to give the reasons for form-changes which occur within the limits of health, and for those which mark the departure from those boundaries. It cannot be denied that this is a subject of very great importance; but it is beset with difficulties on all sides, difficulties such as those which the mere definitions of the terms "health" and "non-health" imply.

One great difficulty stares us in the face at the outset, and it is this: although built up on a definite plan, when viewed from the standpoint of the morphologist alone, the individual variations in the form of the body, slight though they be, are yet so numerous as to dispel once *and for all* any notion that there is an ideal of human *form which can be described* in so many words. Of