

**HYGIENE: OR, THE
HANDBOOK OF
HEALTH. IN TWO PARTS**

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Hygiene: Or, the Handbook of Health. In Two Parts by Harry Wm. Lobb

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HARRY WM. LOBB

**HYGIENE: OR, THE
HANDBOOK OF
HEALTH. IN TWO PARTS**

HYGIÈNE:
OR,
THE HAND-BOOK OF HEALTH.

In Two Parts.

THE FIRST PART BEING ADDRESSED TO MEMBERS OF DISTRICT BOARDS
UNDER SIR BENJAMIN HALL'S "LOCAL MANAGEMENT ACT,"
MAGISTRATES, CLERGYMEN, &c.

THE SECOND PART TO THE PUBLIC IN GENERAL.

BY
HARRY WM. LOBB, L.S.A., M.B.C.S.E.

Salus populi suprema lex.
Здоровье народа, высший закон.

PRICE TWO SHILLINGS.

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TO

JOHN SIMON, ESQ.

AND TO

CHARLES DICKENS, ESQ.

THIS LITTLE VOLUME

IS CORDIALLY

Dedicated,

BY

THE AUTHOR,

AS A SLIGHT TESTIMONY OF HIS ADMIRATION OF

THEIR CONTINUED EFFORTS

IN THE ADVANCEMENT OF SANITARY REFORM.

PREFACE.

I HAVE been long expecting a popular work on Hygiène; but as no one has come forward to fill the vacancy, this little work is published as a stop-gap until a better should appear. I shall make no apology for the large extracts that I have made from the authors I have consulted, as I do not pretend to produce an original work, but a useful one. The works of Drs. Pereira, Dunglison, West, and others, are addressed to the profession, and are not intelligible to the general public, on account of the technicalities they contain, and their style altogether. The present volume is intended for readers of all classes, containing the rules found most conducive to health, by the most eminent physicians, past and present.

“Prevention is better than cure,” is so old a proverb, and has become so musty, that, except on rare occasions, it is never acted upon; but if it were, in reference to health, our epidemics would be less in frequency, and milder in character, and we should gra-

dually remove from the land (by the improvement in the health of the parent), that frightful curse—hereditary disease.

Health, like money, produces itself; the best preservative from disease is health. A man in perfect health might walk through a pestilence unscathed, whereas his weakly neighbour would be sought out by it, and carried off.

With the materials at my command, I might have compiled a work of twenty times the size of the present volume, but that has not been my aim. A condensed, concise, and I trust clear exposition of the subject, has been the object endeavoured to be attained by

THE AUTHOR.

GLoucester Terrace, Hyde Park,

November 24, 1855.

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H Y G I È N E,
OR
THE HAND-BOOK OF HEALTH.

Part the First.

GENERAL HYGIÈNE.

"Mens sana in corpore sano."

HEALTH may be lost, and sickness induced by numberless causes, many under our own control, many under the control of our neighbours, and many over which we have no control. In this part I shall consider those causes over which we, and our neighbours combined, have control; causes resulting from the congregation of numbers forming a city, and which, if left to themselves, produce pestilences, and every form of disease. In legislating upon the improvement of public health, the most important subject to be considered is the salubrity of the habitations of the people, for without this is done, all other attempts must eventually prove failures;—strike first at the root of an evil, then lop off the branches at your leisure.

Mr. Dickens, in some admirable articles in his *Household Words*, has traced out the great benefits conferred upon a great number of poor people, by the purchasing of a court full of most wretched houses (the Augean horrors of which are, I trust, unparalleled, although I fear, I may say know, not) by a society