

**THE SCIENCE OF LIFE, OR HOW
TO LIVE AND WHAT TO LIVE FOR:
WITH PRACTICAL REMARKS ON
THE HEALTH, DIET, AND
LONGEVITY**

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The Science of Life, or How to Live and What to Live for: With Practical Remarks on the Health, Diet, and Longevity by Anonymous

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ANONYMOUS

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WITH
PRACTICAL REMARKS
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By A PHYSICIAN.

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P R E F A C E.

THE Author of these pages approaches the public in the triple capacity of a husband, a father, and a physician, with the proffer of advice and information on subjects which none can be expected to receive with confidence, but from one commanding those claims to attention; and which certainly should never be offered by persons not similarly qualified. The parent and the medical proficient are, when properly experienced, the natural teachers of all that it is expedient to learn and observe on the subjects of conduct and physical condition; it is needless to dwell on the intrinsic and practical nature of the counsel and information contained in the few chapters now for the first time condensed from a mass of voluminous notes, resulting from the researches and experience of more than twenty years.

The proper objects of existence are contained in its duties and enjoyments; the first regulating the second, and a due regard to others as well as ourselves balancing both. Important as is this simple fact, it receives less attention than is commanded by the most trivial consideration connected with financial matters or position; and it is a lamentable truth that by the neglect, prejudices, and indifference of those to whom the rising generation