



The elements of hygiene, or, Easy lessons on the laws of health

By W. E. Dhanakoti Raju

RareBooksClub. Paperback. Book Condition: New. This item is printed on demand. Paperback. 46 pages. Dimensions: 9.7in. x 7.4in. x 0.1in. This historic book may have numerous typos and missing text. Purchasers can usually download a free scanned copy of the original book (without typos) from the publisher. Not indexed. Not illustrated. 1875 edition. Excerpt: . . . like them to the organic laws. It grows with use, and lessens with disuse. It can be inherited and transmitted. Moderately indulged in, it is sanitarily and socially a blessing; immoderately, it becomes a curse to its victim, and a social pest. 303. It appears, then, that physiology and experience, and assuredly also the precepts of religion, offer no objection to the moderate use of the various good things which Providence has furnished for us, and among them, of the wine that maketh glad the heart of man. 304. The great lesson to be inculcated, in respect to eating as well as drinking, is temperance. In order to bring the body into the highest degree of vigour, as in the process of training for different athletic exercises, the strictest temperance is necessary, and St. Paul uses this fact in illustration when he...



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