Moore Theses
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Hygiene
A Branch of Education

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Indecent reflections on self, exercise, and on the meaning of the word regulation.
In the Senate of Pennsylvania

J. B.泽洛

[Handwritten text illegible]
Hygiene as a branch of Education.
It is now pretty well accepted as a fact, that any
means of Religious Instruction, which is the brute
abuse by Human Agency, must, after wide spreading,
be the foundations laid in the minds of the Young.
Analogy and daily experience enforce the truth of the
above. The want will have the inclination given to the
sapping. The child almost invariably adopts the Religion,
manners, & mode of life of the Parent.
That this is the universal opinion, the free
possession of the Public Fund, is manifested from the
great efforts that are now being made in the Cause
of Education — and in the anxiety shown by various
parties to have the Young instructed in their own
peculiar system. senate knowing well, that, the
only means of obtaining lasting adherents.
the subject of Hygiene, with more especial reference
of the buildings & management of our towns, the govern-
ment of our factories, workhouses & prisons, has of
late occupied much the attention of Philanthropists
& philanthropists; but the matter of personal, as
well as general Hygiene, has been well neglected
as a question of Education.
It is not stranger — while an immense industry to
make
one's growth accomplished Scholars useful Members.
of Society in their own particular sphere. No information is imparted, as to the best means of preserving the individual and collective health. On what, then, are the fruitful and efficient results? It cannot be help the neglect of the subject in question, has been through its difficulty. Astronomy, Chemistry, Natural History and Natural Philosophy, all invaluable subjects, have each a place in a liberal education. And why should the nature, properties, and governing laws of God's work be wholly neglected? This is also in the case of the lower animals; their hearing, smelling and development are deduced to a mechanical theory, and most simply and such knowledge is to the fortunate possession of it.

"Few" says an able author, speaking of the Philosophy of Health, "is present recogniz'd his importance, but he, who has a clear conception of the means by which human beings are advance to a happy and happier state, of the advance at all, can have no doubt that knowledge of this kind, with part and parcel of the mind, in consequence of having been acquired at a very early period of life, is destined hence to exercise an all-pervading influence on the speculations of the Philosopher, the discipline
Discipline derived by the practical Educator from the Institutions sanctioned by the Public and the laws positively commanded by the Legislature. But it ought to

\[\text{... in Latin...} \]

be observed, is it not necessary to possess the whole

\[\text{... in Latin...} \]

knowledge of the properties of the parts of the 

\[\text{... in Latin...} \]

Mechanist than that every Engineer, architect, merchant, 

\[\text{... in Latin...} \]

or any man of that sort. In fact, it is easier to learn the 

\[\text{... in Latin...} \]

parts of the parts of the Mechanist than to learn the parts of the Mechanist. And it is not only to see a probable

\[\text{... in Latin...} \]

possibility of a bill, but by their knowledge and experience anticipate a probable failure. And have not the young engineer the same

\[\text{... in Latin...} \]

Mechanist, whose work, being a device, is of vital importance? Should not they know the long chain continue as the requirements of this

\[\text{... in Latin...} \]

inanimate organism? To be able to preserve it from the evil effects of climate, disease, 

\[\text{... in Latin...} \]

exposure atmosphere, various employments, 

\[\text{... in Latin...} \]

mechanical injuries, etc, etc, the proper 

\[\text{... in Latin...} \]

preparations character of animal and many

\[\text{... in Latin...} \]

other provisions influence it are from within.
and from innumerable mental sensations, evil
pressions to which are born in them.

Besides, in the lower grade, those cannot
be denied, but that a greater amount of waste
mental labour, learned, is not yet out of a People
than bodies, as well as minds, have been subjected
to a self-regulating discipline.

The organized system of Man, constitutes the
mechanism, with which alone his mind operates,
during other common as soul and body.
Forming the apparatus then, and you facilitate
and inform the work. As the mind performs
with it, precisely as you facilitate clean
operation to enhance its product, by improving
the mechanism, with all this needed. In the
mechanism, in the inner spirit, continue
undamaged and each works of produces with
a degree of perfection corresponding to that of
the instrument it employs.

"If you wish" says Rousseau, "to develop the
mind of a perfect, develop the power which
that mind has to perform, exercise his body
make him healthy and strong. Not for
his sake, but for his own independent and reasonable
ability, therefore fully prepared, to the
insignificant.
benefit in health, must follow upon a wide
spread knowledge among the living generation of the
art of preserving health. On America, on the
present occasion, to show the practicability of
Hygiene, being being treated as a useful branch
in the numerous Seminarys of Great Britain.
The annual P他说s of Health, as well as the stations
of Antiquity, appear to have contributed this form
of education, to a much greater extent, than the
problems do. 
Necessity Albertus has the cause
of this, as being the High degree deficient in the
improvements of art; especially in their Knowledge
of mechanical powers, they were obliged to depend
mainly on the development of their bodily powers.
The Greek Goddess of Health Aigleia was
placed "Among the Blissful Host.
Securing Invicto vicinity, most."
Hygiene, then, is the art of preserving health
and Fusius respect to man, both in this social, and
individual Connection. Our present purpose
does not refer especially to the latter connection.
What is health? This is a difficult
question to answer, seeing that what may be
considered as health in one person, is a state
of disease in another.
"Men's name, in corporeal sense", was its true
definition of old. — We may say that it
is, that state of a living body. In it the parts
are sound, well-organized, well-proportioned, and in
the, they all perform fully their natural functions.
Presupposing in the body, an elementary know-
edges of Chemistry, Physics — the only function in
property of the atomic matter which organises
special function is that of Gradus loci, i.e. the system of
permeability of such tissues to liquids and gases.
A ladder to Higher Spirit and Matter — in the familiar
illustration of salted meat, will soon explain their
permeability to the former. A knowledge of the laws
of the diffusional power of gases — the passage
through Animal membrane as a liquid, will make
them permeable to the latter intelligible.

Taking the events of an ordinary day in
Man's life, we would consider with reference
to Hygiene — Sleep, Wooliness. The thing is the
treatment of one's skin — Exercise & Food.
Sleep is the natural rest to expose intended
by the Creator to restore the powers of the mind
& body. When shamsteal or fatigue,
the period for the accumulation of Nerve
force according to some. It is technically,

On
a temporary and periodic suspension (?) of the functions of the Brain, capable however of interruption on the application of Stimuli. To enquire, helpfully, as to what is the Physiological condition of the Brain during Sleep, would be inside the mark, but my present post glance at this truly interesting subject -

Sir Henry Holland says: "Sleep is not a unity of states, but a series of fluctuating conditions of which no two moments are perfectly alike. Sleep is most probably due to a "slow" circulation through the Hemisphere that the Central circulation is more languid during, would seem to mean. To assist confirmation from a case related by Hummell, the Brain of a person who had been transfused was observed to sink during Sleep and wake up when he was awakewhich the animal too transfused by Mr. Omeron - the ventricle of the Brain was seen through the transverse hatch glass, the nearly emptied during Sleep, it became flaccid, on the Animal being aroused. We know that Brain attacks commonly occur in the right hand and consequently at the time when the power of the Brain is lowered - On the other hand
hand, Dr. Caffee contends, that in sleep there is diminished (?) retention of therefore a lesser amount of blood in the capillaries, and as a consequence of this, less pressure is exerted on the walls of the capillary veins, which become distended and so compress the central vessels. In this pressure he attributes the phenomenon of Sleep. But it is difficult to understand how if the veins are merely passively filled from removal of support and therefore to prevent a vacuum, a greater amount of pressure is exerted on the brain, than actually existed before. Dr. Caffee, too, seems to think it far greater that the brain during sleep, is in a state closely allied to palsy, the schizoid state which admires its dreams should. (Dreaming is a perfect sleep during which the imagination is active it may with numerous ideas succeed each other with more or less regularity. But the avenues of the senses are not completely closed in sleep, so sounds will be heard by the sleeper through dimly, a light will be seen and a touch felt. These dream sensations are reflected in his dreams, and are the fruitful source of many startling scenes, with the dream plays.
think, still be considered, a scarce one — and as to the state of the circulatory — whether it went directs as diminished pressure — there are those who demur the query — on what does the production of aneuphene depend? the solution of which difficulty will the same — have yet looked for in the nervous system itself.

During sleep not only the heavier persons, but all the functions of organic life, enjoy a period of diminished activity — hence the discomforts & asthmas caused by a late supper — hence also the chill that awakes the too lightly clad sleeper — the state of hibernating animals during their long sleep, is another familiar illustration. The average time in sleep of night is eight hours, this variety of human life, but a longer time is absolutely necessary for the young. The consumption of oxygen being at its minimum about 9% would seem to point to that home as the proper one for sleep — and in the least artificial state of society — it is the home commonly adopted. The requirements for healthy sleep are: a firm mattress, light, warm clothing, a bed with soft sheets, few curtains, an airy room, and if possible, too close to the face of the sick person, an open fire.
five places; absence of light, early hours
of the day, retiring and rising, and a Contented
mind — or at all events, one, that can for the
present, lay aside all cares, or business matters.
Much of cheer and comfort and positive health
depends upon a prudent treatment of our skin.
and it should on being first — and in attention.
Independent of its Virtue and the regulating
powers, its important character as a great
organism — and in its operation. The
surface of the skin is kept clean, the
appearance of a change of 28 parts in 20, and
with some amount of cold; it is consider
as a rest. This can only be done by frequent
ablation with Soap and Water, which renders
the skin smooth. The same process is continual
the may have collected, reconcile with, and
thing the removal of a, water, and those accu
mumulations, which might be productive of disease
are removed, and the outlet of the sweat glands
rendered free.
But the action of water on the skin, is not
less useful as a sink of preservation against
cold — in the form of cool sponging, which
should be done immediately on stepping out from
bed, while the body is warm, I am able to resist
the shock, I should not need a compression thicker
than followed by asphyxia from the necessity
of applying heat of propriety to each individual
is indicated by the gleam that should follow. The
Winter of the bath being made glorious Summer.
The tone and vigor of the circulation through the
skin are thus promoted, and by subjecting
the body to a lower temperature than it will
probably meet with during the day, the painful
influence of external cold are much diminished.
The same remarks apply to cold bathing,
another useful tone. The rule only when the
body is warm to the process of the Nervous System.
the firm depression, the thin mental or physical,
and mind a sound of caution might be insisted
as to the fashionable and indiscriminate use
of the Turkish Bath in the present day, instead
of extreme exhaustion and almost invariably
want of reception having followed the idea in
the case of persons of delicate or enfeebled
constitution. Last year Mr. F. G., a
Sergeant in the Indian Army (present among
the Siege of Lucknow) was in England on furlough
for his health, previously to his return to India,
he
he took a Turkish bath. The result was nearly fatal to him. The hydroelectric establishments of this country of Germany, testify however what liberties may be taken with our bodies, and of times in the dépouillement a som benefit.

Speaking of the Russian bath, Mewes observes, "it is almost a miracle to see how their bodies accustomed, to, hardened by cold can endure so intense a heat, how that when they are unable to endure it longer, the current of their blood, as naked as they were born and plunged into cold water, because it is the pound on them." It is not likely that a similar practice will become common in Great Britain. found as we are of copying our neighbours.

The object of all clothing is to preserve the natural warmth of the body. Its subject is negative - to prevent the escape outward of that generated by the body. Clothing therefore should be a non-conductor and a good insulator - and so arranged, that a layer of warm air may rest between it and the body. Some tight-fitting clothes grow to an extent that they sit loosely. The young and agile having the best powers of resisting...
resisting the depressing effects of cold, should
have warmer clothing than the infant and
middle-aged — care being to avoid the opposite
extreme, which by chilling the skin and causing it
to perspire freely, renders the body more liable
to be affected by the slightest variations of
temperature. This applies more especially to
the young — at the same time, we must not forget
that ⅓ of the deaths of children result from cold.
"Infants therefore must be warmly fostered, young
children warmly & judiciously clad, and old persons
must learn to appreciate their clothing to their age
and not to their desires of maintaining a perpetual
and artificial growth."

Of the Various of Clothing. Thick textures are warmer
than thin ones of the same material, because the
body of air retained in their meshes is great, as is
seen in blankets & woollen garments.

Silken is a good conductor & bad radiator of heat
it therefore feels cold to the body — hence if worn
should always be covered by woolen or cotton.
The two last named materials together with silk, are
all bad conductors & good radiators — and therefore
much warmer to our senses.

But whatever keeps heat in, will also keep it out.
Hence why flannel is often worn in hot countries.

As regards Colour - White is the best for both Summer & Winter - Black is a good absorber of a good radiator - therefore it absorbs heat in Summer & radiates heat from our bodies in Winter - While in the contrary is just the reverse - solid color in Summer & white in Winter.

The advantage of loose-fitting garments, with reference to warmth, has been alluded to, and in addition they permit that play between the skin and the clothes, which conduces so much to the health of the former - but more especially they allow of a free action of the lungs and the Digestion organs & circulatory which are almost unattainable in the present system of tight clothing. Scott, Luxury has shown that good clothing, renders less food necessary in Winter, reducing the appetite to a Summer level - an important matter with reference to the Poor.

In noting the benefits arising from abolition, it was mentioned, that, in addition to the removal of sweating in cholera, it facilitated an extensive drainage, which should at all times be in action - viz the Perspiration System.

The Perspiration is one of the usual channels by
which, excess of water is removed from the body, as also animal matters & salts. The retention of which would be ruinous to animal life. Although for convenience of expression, it is divided into “Sensible” & “Insensible” Perspiration, the difference is only one of degree, being determined by the state of the circulatory machinery or bodily influence. Of the temperature & humidity of the surrounding atmosphere, an additional and most important office of this structure, is that of a Regulator of the Animal Heat.

Seeing that the temperature of our bodies is the same within a degree or two of whatever age or sex, and that a dry heat at which ordinary foods can be cooked & cattle may be endured for a while without injury, it is manifest that our bodies have in themselves an apparatus by which, within certain limits, intense heat is defended. The constant evaporation going on from the surface of our bodies in the form of insensible perspiration affords a ready explanation of this matter.

In Wolfe's "W. Findlay sustained a dry heat which reached 260° Fahr. On the other hand, a degree of cold many degrees below..."
Zero has been endured by our Arctic Explorers. Flannel, but more especially the increased activity of the respiratory function from the increased character of the food taken, and the capacity of the organic changes going on in the body from active habits, tended to keep up and generate a large amount of Animal Heat without which life would be impossible, in those Ice-bound Regions. Exercise favors the preservation of health by calling into direct action the majority of the organs of the body, and it also acts powerfully on the brain, through stimulating its functions, increasing its temperature, awakening its tone, andsubjecting it to a current of atmospheric favourable for its respiratory offices. It furthermore an assistant to the intelligence, as much as it is the most suitable interruption to mental labour and the best recreation after it. The strengthening of the body and of the Nervous System diminished and is a high degree for the change. The texts for Sensuous pleasures. Monodier says "All sensual passions are found in effeminate bodies. The more they are excited, the less they can be satisfied, a weak body weakens also the mind."
Exercise should be regular, moderate,
membrane, cheerful, and in pure air.
Regular not only because it invigorates the
whole system, but also that it promotes the
removal of incipient from it.
The effect of regular exercise also is to develop,
a gradual degree the muscular system, as
seen in the arm of the Blacksmith, the muscles
of the thumb of fencers in the bony hand of a
Pianist, the legs of Pedestrians etc.
But the performance of astounding muscular
 feats requires, in addition to the development
of - an elevation of Nervous Energy
intense Nervous Action, a subjecting the whole
frame to the bondage of a self-confident
determined will. The combination of
these two is seen in such fleshly feats as that
of Mr. Davis at the fates of Niagara, the specimens
injuries of the prize ring.
The system of training and discipline which one
Ashle Volunteers from in danger with the utmost, not
only for the safety of the Nation, but
also for the moral and physical condition of the
members of our noble People's Army.
The functions of life being inherent in their
actions.
actions and requirements, and service being essential for their lasting and efficient performance, it should therefore be observed daily. All service must be modelled and appointed to the powers of the been girls. Charming and unrestrained, as distinguished from inelastic and formal. "I do believe you sweet enough your taste."

This is what makes the difference between the Sunday's walk and the company's gait down the Office. Between the School Girls' innocent proceedings and their Brothers joyful romp to the Cricket-ground.

Since the Service of Boys should be chiefly, their's should assume that of girls. Should have some object of Interest connected with it, as Botanical or Geographical pursuits for the older, and games for the younger. The advice given by the Physician to one of the Eastern King's when he brought him a beaked fruit the size was in the handle to be thrown out by sweet. Is an apt illustration of the healthy character in that kind of music, which affords at the same time. Muscular exertion and mental amusement.
Another useful mode of exercise, having especial reference to the development of the lungs, is the practice of declamation and singing. Such training strengthens the lungs, as certainly as exercise strengthens the ordinary muscles; and it does so on the same ground. Speaking on this subject, Dr. Rush says, that in the experience of a long life, he had seen, known a singing schoolmaster, an ascetic, or a watchman who chanted the hours of the night, "the attendice of Pulmonary Consumption." The influence of declamation by the sea shore, amidst the noise of the surf, in strengthening the lungs of Demosthenes, might be cited as testifying to the same effect.

As inspiration is much quickened during exercise it is manifest, that the air inhaled should be as free from impurities as possible. The freeing and stimulating effects of exercise, whether in a hilly country or on an open plain, is discerned by the amount of certain which can be inhaled in front of fatigue—a fact which has led some observers to attribute the remarkable whitening effect...
effects of the air of high mountains to the
presence in abundance of that remarkable
condition of oxygen called ozone.
Residents in town therefore should seek
the country, or at all events to open spaces
as are accessible.
The clothing during exercise is best so
arranged as to offer no impediments to
the free action of all the limbs. When
powdered cotton is under flannel is the best.
Sweat should be worn.

The time should be during immediate before
or after meal, but the important function
of digestion be interfered with.
The part of the day selected that when the
temperature is most agreeable. Midday in
winter, morning evening in summer.
The body should always be warm before going
out. The purest part of the air for exercise is
without a veil of breath by the time the
superabundance has been dissipated.
The common practice of waiting until you have
cooled down, is thus a fruitful source of the
organie. This tendency to produce a

Man is subject to continuous change, he is not the same today that he was yesterday. Fresh particles are constantly being generated to fulfill their function to live, to reproduce, etc. Thus in the healthy subject, is carried on so regularly and imperceptibly that we are wholly unconscious of it.

Seeing then that every moment of our body, every function of the mind, is connected with them, waste & repairation - the question naturally arises - by what means is this expenditure of material compensated for? By aliments.

All organic matters consist ultimately of some or all of the following Elementary Bodies of O, H, C, N, combined with certain Minerals - all food. Therefore must necessarily have a like constitution. Thus is formed into the cells.

In the chemical balance of organic Nature, described by Aries, we find that a constant interchange of elements is going on between the Organic & Vegetable Kingdoms.

And here one cannot but be struck with the Wisdom & Beneficence, which the wise have made the two great Kingdoms, mutually dependent upon each other, so that if the Animal Kingdom


increases greatly, it is followed by a proportionate increase in the Vegetable Tone.

It has been said that all foods must consist of three
four elements, the nominal, the fat, and the mineral.

The constituents of an Animal body, and the Alluminous, the fatty and the mineral.

The food therefore, intended to nourish the animal,

must have a like composition.

It is found by actual experiments of Tragerede.

Edwards & Walkers, that in one of their provisions
principles will support life alone, they must all
be united...

Living trees consist all food
into two great divisions. Respiration in None.

Nitrogenized. The Fatty. & Flesh forming on

Nitrogenized. The Alluminous.

Before however

the question of food, it will be necessary

to consider, very briefly, the two important functions

of Respiration and Digestion.

The Crucible. She has been long, the sailor. She

fell over board. Then channeled, the Navy. The

stormed by a slip of the land, into a Tunnel.

the person found dead in bed with a channel

through in the room, the unfortunate person

drowned by some sinking immigrant, and
but their decline from the same cause
as Phytophages of Respiration. This life
supporting function may be said to consist
in the abstraction of O. by the Blood in the Lungs
the exhalation of £ from the same Blood.
but whether the combination of O with C and H
actually takes place in the Lungs, is a debated
question, from an Animal, which inhales it and
is then given out. £ for a while.
The requisites for Respiration are a Circulatory
medium (The Blood), a proper apparatus
(The Lungs) and a respirable gas (The Air).
The Blood is the reservoir of all the fluids in
the body, and the removal of effete worn out
materials, as at the same time, the life giving
win. The main source of the Citadel of Life.
A stop cock in the Wind pipe of a dog, and an
open artery, will demonstrate that the blood
does undergo a remarkable change during the
process of Respiration. An analysis of Vinos
Arterial Blood proves that change. It must
especially - in an alteration of the proportion of
O and C in the Blood.
The simplest form of Lung is the bag of the
Pulmo Verticalis - on the membrane of which it consists.
The blood vessels ramify, and it is through the walls of these vessels that the interchange of CO₂ by respiration. The same process goes on in the human lungs only in an exaggerated degree. The air being previously warmed by the natural (nasal) respirator. The capacity of the chest is 2½ litre. The quantity of the mechanical respirator inhaled ordinarily 2½ cubic inches. Whenever the combination of CO₂ with H₂O is formed, the same amount of heat is evolved, as if the combination had taken place out of the body. Respiratory heat has been compared to a slow combustion, producing heat of just as much quantity as in a burning candle. This heat is one of the sources of bodily heat, but not the only one. We should find the temperature greater in the lungs, then in the other parts of the body, which is not the case. The changes of animalsthi, which are going on in every part of the body, are a most important source of general heat. Death from the presence of a carbonic chaffen in the room and headache from a crowded meeting are both the result of the same cause, i.e., the presence of an excessive proportion of CO₂ in the respired air.
The effect of combustion, in the other of Respiration, on the air in the air compiles the evolution of some gases from the lungs, so that although the proper proportion of O is present, or some lesser amount, there is the air not fit for respiration, where its quantity doubles that of the CI. Claude Bernard in his recent experiments with Sparrows found that a bird could live in vitiated air for some time, if gradually accustomed to it when a fresh bird placed in the same bell jar died immediately. This is also found to be true of the human being, as any one may satisfy himself by walking into a close inhabited room, where many persons are at work, and he as quickly become by his seeking the fresh air, where the workers in the room breathe the air with apparent impunity. But their unequalled listless appearance, slow habit, and muddy complexion, show that they are breathing daily a slow poison. All the vital functions are depressed, both body and mind determined by the simple need of fresh air - Gourmand Inspection has undoubtedly mitigated this most important evil.
That Venerealism is a Difficult question. 

must readily be admitted, as the costly example of H. Stephens painfully reminds us as as a Nelson. — True it is, if we think importance 

that the difficulty ought to be met — we should see, long. The Health of Rome's life will rest 

in hand, the constitution of the Chancellor of the 

pope — one of the cheapest and simplest. 

modes is that recommended by St. Ignatius — is a pace in each sunday 4TH place with a 

plate of finely prepared zine (200 leares) 

The abolition of the Window Tax has done 

much, yet only for Inscription, but also for the 

abolition of the system of famine 

distension, which was necessarily carried on before. 

Nin Nitrogen的食物 then is called Inscription 

by St. Ignatius, because it contains in it H., H. 

used so largely in this Natural Furnace. — but, 

this is not — the only source of the fuel — the waste 

of the Tintes is also used — as is seen in the 

remarkable flowering of Hydramyrii among them long sleep. — Nitrogen的食物 is also used — but so it contains a small 

composition amount of H. — it is manifestly 

very useful signal of material.
This is seen especially in Parvenus Annulo, who are almost always of spare habit,
burning away their own tissues.
The expulsive use of Nitrogenized food is to
expel the vestige of the Misanthropic Tissues, and
is often called Plush Forming; as a sample
of it may be named Albusen Felix Goldoni, so
from the time to the process of Digestion, which
owing to the accident of this Mr. Turner, has been
pretty fully investigated.

The Description of the first process connected
with Digestion would be beside our present
symposium, which is to relate in these only that
have a practical bearing on our daily life.
First, the Instructed is of the utmost
importance as upon its being properly and
effectively performed - defends the competence
of digestion in the Stomach. For as the Gastro-
Scotum only acts on the outside of such muscles,
the parts to act upon being gradually milled
and carried into the bowel, it is clear that
of the muscles be larger, they cannot be digested
in the time allotted for an ordinary meal.
It so will press out but half digested into the
bowel, as an uncomfortable load.

vandit
until the stomach has recovered, or been guarded to recover
from inward eruption, by some stimulant.

The scotch fire, therefore, should be kept very clean, and free
from ashes, if the grist is not consumed away, and in
place thereof be substituted supplied by artificial
blocks, so that the food may be reduced to a
complete pulp. It is not probable that the
masticated ingredients of digestion in aged persons,
and therefore in scarcely three quarters longer,
when compared with half a century ago. It is partly
due to the acid afforded by the chinchez.

Nothing need be said here of digestion, except in
mastication, salivation, articulation, the
cathele action, the faith, function of an oxygen
carrier (acetylicdehyde), or agent of decomposition.

a process in an article familiar with, and the
mechanism of the act only be understood by a fond
anatomical knowledge of the parts.

If mastication has been well performed, if the person
be in health if the quantity, quality of food
be suitable, and the stomach has not in hours
and since its last act of digestion, the process of
Chymisation will go on quickly, and agreeably.

But if one of these be required, the writing the subject
will be fulfilled, and in the cell Indigestion.
The sensation of a load, sometimes alarming as regards quantity, can be little doubt that most of us both eat far more than is required by nature. This is especially the case with those who partake of many Expense highly seasoned dishes. Too much of one or two plain dishes, it will hardly be Batten of any adult in health. It has been computed that an able Bodied Man should have 31 3 6 lbs of Dry Food - 5 lbs of Oil as the Animal + 2 5 lbs of Vegetable Food - But the quantity varies with the age, habits of the individual, and the temperature of the Gruh in which he resides - Some being required in hot Countries. Both grain are the best forms of Nutritive Food containing the Digestible Proportions of Flesh forming Babies the Matter 8 to 15 According to the Table of Leving - Lean Meat, have +meal than far too little Respirating Mutter, therefore it should be added to them in the shape of Potatoes Them + fine since. For rice the nutritious Universal use of Bacon, others, pork, speck, pudding. Make them potatoes with rice with lean meat, flour, salad with eggs.
But food may be very nutritious, but not very digestible & vice versa. Liquid matters as Soup, broth to require to pass their fluid parts absorbed, before the bitter solid matter they contain can be acted on by the Gastro-Intestinal juices. Hence they should be given in very concentrated form to weak stomachs.

The time occupied in the digestion by the stomach of a full meal of animal & vegetable matter is about 3 1/2 hours, but this of course varies with different kinds of food. Roast pig takes an hour, roasted pork 5 1/4 hours. Roast beef & Turkey both take the same time to digest, but the one produces much more discomfort than the other. This is due to the larger proportion of fat which the pork has— the fatty matters not being digested in the stomach. While all the red meats seem to take, then, roasted, about three hours in digesting but it must be remembered that this only applies to the action of the Gastro-Intestinal juices. The change, which the particles of food (especially the fatty ones) undergo, in the intestines, are of equal importance and upon this part of the process we have not such precise data.
The mode in which the food has been cooked influences greatly both its digestibility and also the amount of indifferent matter it contains.

As, according to Liebig, all the savory constituents of flesh are contained in the juice which is removable by cold water, it is manifest that any process of cooking should be arranged so that the juices are kept in, or are retained in the form of a portion of the meat in the shape of soup.

The first object is attained by keeping both boiling and quick roasting. In each case the meat should be boiled; after the first few minutes, by which time the external layers of albumen will have gellled, it is kept in the juices until the joint itself had been cooked.

The second—by slow boiling—the meat is kept just under boiling water for some hours. In this way the best soup is made.

Braised meats are much less agreeable and digestible. May not the great superiority of the English roasted joint be partly due to the mode in which it is cooked, as compared with the boiling system carried out in the Continent?
Vegetables should be cooked in a small quantity of liquid, which ought to be taken with them, else their salutary constituents are lost.

Fish is nutritious. If it be boiled then fried, oysters should be eaten raw.

Tall Paston says of Paris, "is an abominable town." Bacheville that one half of the cases of dysentery at once after dinner parties, may be traced to this cause.

The more intimately the butter on land is mixed with the dough, the less indigestible it is; so that short is better than puff paste.

Alcoholic drinks have been known to influence the animal economy independently of their stimulating properties. Sclaff says, that the large quantity of carbon the contents is of use as respiratory fluid - that why they may be taken in larger quantities with impunity in cold climates and also by persons taking much exercise when the respiration is very active. The experiments of Dr. P. Smith could then be rivaled. Three conclusions of Sclaff's:

Dr. Smith found that alcohol was just assimilable but produced out of the system unchanged - it had become the.marketer.
property of limiting the waste of the system.

He thus as it may - it is a, unique question.

whether, in counting like oasis. Alcohol

drinks are at all needed by active invalids

persons - whose deficient出境 is

great enough to meet all the requirements

of both Flesh & Liquors.

If the rule be adopted of giving the second

an hour and a half after the first meal has been

digested - then between one and two

hours ought to separate the times of feeding.

Food should never be taken while the system

is in a state of exhaustion - as for example

immediately after exercise. Or strictly

during sleep or the treatment of an illness.

one hour is often felt while it has been

gained. Thus free time for the Nervous

System to recover itself. From the

~Frotch about quarter of an hour before

dinner is of quiet use in quietening the

Nervous System giving it for its important

part in digestion. It acts when the

person is much exhausted by long fasting &

violent exertion. The Feats of the Stomach

[Handwritten]
should first be restored by a Stimulant after which food may be taken.

The effects of joy on the Appetite and Digestion are well known.
The pleasurable state was an useful adjunct to Aliment.
A Bacchanal, enjoying his presence, combustion, ought to change

Drunk indeed, the body should not for at least half an hour be allowed to digest, being thoroughly set a going.

In conclusion, in few words may be said as to the Regress of the Brain.

Without entering upon the much debated question as to the mysteries involved which subsist between the Brain and the Mind, we may state it is generally agreed that the Brain is the organ of the Mind. So far as the intellectual faculties are concerned, more than this would lead us into the realms of contingency, seeing that some Physiological facts, that it is only one organ of the Mind, not the exclusive Sanctorum, i.e. the all other parts of the System; the Brain by suitable vitals regulated activity, is enlarged, viviparous, winded. When denatured in action, therefore improved in every respect.
as the organ of mind, and, as is the case with every other organ. It also has its habits and functions ingrained by force, and enforced by the little actions. 

In short we find what the same laws which favour the development of Modes have a like beneficial effect upon that of the Brain.

The first requisite for a healthy central action, is to prevent supply, both as to quantity and quality, of the bloodstream to the brain. Frequently, is overlooked the debilitated state, as do still the contents of the cerebral vary in amount, (the weight of evidence being in favour of the degenerative view), but it is insufficient for the present purpose, to assert that a certain quantity of arterial blood is necessary for the proper exercise of the functions of the Brain.

In quantity, a due performance of the various functions of Respiration, Digestion, Assimilation, Circulation, Secretions, is necessary, for by the blood is renewed, purified, and so translated for its important duties. The stimulating effects of fresh air. The depressing
depressing one of fort am., are seen known by experience to all., and is doubtles...

In the former case to a plentiful supply of rare magnetite corpuscles & the... nation - in the letter to the converse.

Dept of the American organism (if perhaps in craft the stomach) is so malnourished as the... in the breast of science so mistrusted both as that of education itself, in the popular sale.

The brains of the young are turned to an extent, & if radical from physical powers, is the thought to little short of madness.

Then again, from minds are crowded with a variety of abstract facts, upon which they are more resigned to truth, or reason for themselves. So that the mental instruction is filled up in reflection with materials, which the

shackles possession knows not how to utilize or part together. Truly, education is a monstrous punished system.

The present system of competition in our universities tends in a degree, it fostered a hot bed mode of education. How few of the great men, are born to sf as again!纷纷表示 exceptions doubters claim, men.
New possessors of minds, far above
their fellows, of a strength to bear almost
any usage, but the great majority,
kept the fruits of their own intellect
sections, in a disappointed mediocrity.
The exercise of the Mani ought to be productive
that is appertained to the age & capacity
of its own. No one would think of making
a slight stone boy, do the work of this
stronger stone. What companion, then
should the less blessed in the mortal
prison, be subjected to large space in this
fellow, in whom perhaps, these possess an
aftin fear. Of course, the common of this
is true, and as an extreme instance of the
enruffling influence of the Mani, of instance
the case of Casmir Hansen, might be cited
the conclusion, but disgraceful upon it.
upon them, showing complete isolation.
To bring about a mortal state as degraded
as that of wrists in the brute creation.
May not the strongly marked division
into the two classes of talent show
mediocrity in our Public Schools, be
partly caused by this indiscriminate
intelligence?
intellectual forcing. In youth the feeling of prime strength, the perhaps older desire of some boy, is apt to be sought within the system, in some fulfilment of his mental development, the end and object of all juvenile study. The trial effects of sustained caution taken on the young, are now becoming generally acknowledged, and the expressions of Mr. Chalmers show that a daily tuition of some sort, in the art of those exercises for a like time, will effect as much mental advancement, as to the cast children, who are under instruction from six to twelve days, as has been stated. The brain, like the other organs of the body, is impressed in degree, and accordingly through increased or reduced, regular exercise. In short, in młth of birth, the same laws, as regulate muscular development, but we are too apt to separate mind wholly from matter, view it as an abstract entity. It is not to be recollected that the perfect manifestation of the former depends on a quiet agency upon a well regulated management.
management of the letter.
To sum up briefly, I fear I have been allowed into the Country. The habits of the young should not be regulated too early, especially those of a vigorous nature. Their minds are frequently precocious. The young mistake early opportunities to their proper advantage in leisure, and habits of observation and reasoning for themselves encouraged.
Let it ever be forgotten that the physical education of the human race, ought not the empirical alone to be the humble object of
practicing Chirurges. Its aim should be
to be ever in accordance with the destiny and character of its subject —
To reach the summit of literature.