

HEALTH, AND HOW TO PROMOTE IT

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Health, and How to Promote It by Richard McSherry

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RICHARD MCSHERRY

**HEALTH, AND HOW
TO PROMOTE IT**

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HOW TO PROMOTE IT.

BY

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"L'aisance et les bonnes mœurs sont les meilleurs auxiliaires de l'hygiène."
—BOUCHARDAT.

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P R E F A C E .

HYGIENE, public and private, has become, of late years, one of the most important elements of modern civilization. It is a subject in which all mankind has an interest, even if it be, as it too often is, an unconscious interest. The life of every man, woman, and child, ought to be guided and governed by its laws. This being so, the subject ought to be presented and agitated in many forms, so that its importance shall be everywhere appreciated. Physicians and their patients are equally interested in it, for the success of physic will be vastly greater wherever hygiene is understood.

In the following pages the author proposes to direct attention principally, almost entirely, to personal matters under individual control ; that is, to what each individual may do for himself, or what *paterfamilias*, or his wife (*incedit regina*), may do for the household.

Public hygiene, or what should be done by communities, States, or cities, the author leaves to such eminent scientists as Mr. Chadwick, Dr. Bowditch, Dr. Bell, of *The Sanitarian*, and others, and to such associations as the American Medical, Public Health, Medico-Legal, of New York, etc., whose united efforts will bring within a few years incalculable good to the whole civilized world.

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The present work is addressed to the general reader, no matter what his pursuit, and the language is such as any physician may use in conversation with an intelligent patient ; it is therefore as free as such a work can be made from scientific technicalities. It is intended to be rather suggestive than didactic, dealing rather in principles than in minute details ; for the last must always be modified by existing conditions, which will vary more or less with every individual, or in every household.

It is offered as a contribution to a great cause, and the writer trusts that it will have some influence in promoting the health, happiness, and welfare of all who may honor it with a careful perusal. The principles advocated have been, to a great extent, put in practice in the personal experience of the writer in various parts of the world, and under many vicissitudes, and he has found them to be not vague theories, but practical truths of the greatest importance.

He begs the reader to pardon the defects of the work, while he accepts the truths therein, which, reduced to practice, will greatly contribute to ease the burdens borne by each and every one of us, from the beginning to the end, more or less, of the mortal career.

R. McS.

BALTIMORE, *August*, 1878.

CONTENTS.

PART I.

CHAPTER I.

INTRODUCTORY REMARKS. HYGIENE THE BETTER PART OF MEDICINE pp. 1-13

The aims of medicine. The natural term of life. Seventy, eighty, or ninety years. Casualties. The vision of Mirza. Trap-doors and pitfalls. A long life or a good one. *Dum vitium, vitiumus*. The doctor of medicine and the doctor of divinity. Suicide, direct and indirect. The temperance of Epicurus. Human happiness depends upon health, physical and moral. Pure enjoyment. The sea, the springs, the mountains. Health, spirits, and temper, exhausted in the cities. Renovation in pure air. Destitution and exposure impairing mind and body. Elixir of life dispensed by mountain nymphs. Worship of Hygeia better than worship of Mammon. Blue devils put to flight by milk-diet. Cornaro's good stomach and good humor. Methodical habits of life. Keeping on the course. Avoiding pitfalls. Medicine involves prevention as well as cure of disease. Medicines for the fishes. Total exemption from disease unattainable. *Enoch*, forever. Sanitary science the great study of the day.

CHAPTER II.

THE FOUR DIVISIONS OF HUMAN LIFE pp. 14-51

According to Pythagoras: The first score of years—infancy, childhood, youth. The second score of years—the young man. The third score of years—the man. The fourth score of years—the declining or old man.

THE FIRST QUARTER, OR THE FIRST SCORE OF YEARS.

SECTION 1. *Infant Life*.—The supplies. The bath. The cry of temper, of pain. Injudicious exposure. On all-fours. The diet and the teeth. Milk. Meigs and Pepper on milk. Clothes to be changed according to temperature. Ventilating the nursery. Fatal diseases from foul air, Cholera infantum. Sensitiveness of young subjects. Care out-of-doors, in regard to cold and to heat. Nutrition. Qualities of milk and bread. All elements of food in milk. Variety in food

- allowed. Fruits. Superfluous food. Tea, coffee, wine, beer, and liquors, objectionable. Food too strong or rich. Cleanliness of clothes, of bedding, of person. Baths of pleasant temperature. Playing on the sword.
- SECTION 2. *Intellectual and Moral Training.***—Early education. Education by inheritance. With or without books. From example. Children close observers. Walking in the footsteps. Checks and restraints. No imaginary terrors allowed. Too much exactness. Counsels from Fénelon. Simple pleasures. Companionship between mother and child.
- SECTION 3. *Kindergarten.***—Infant prodigies of little promise. Physical growth not to be wasted by labor of thinking. A well-ordered Kindergarten a proper school.
- SECTION 4. *Childhood.***—Sayings of Aristotle. Climacterics. Seven-year terms. Mortality of first seven years. Schoolboys and schoolgirls. Elementary education. Edward Everett's views. Precocity. Cramping. A French caricature. Girls quicker to learn and more docile than boys. Often injured thereby. Recreation urged. Roger Ascham's opinions. Boys do not die of hard study. Waste of time in schoolroom. Mr. Chadwick's investigations. Advantages of diversity between mental and physical occupation. Physique of children exhausted by excess of bodily or mental work.
- SECTION 5. *Youth. Progressive Education.***—For boys. For young ladies. The mental faculties. The moral faculties. Self-culture based on primary education. Special education. Everybody to be educated. But not a nation of scholars. Bad farming in Laputa. Thinkers and workers. Athenian education. Age of gymnastics. Violent exercise unnecessary. Dr. Allbutt on brain-forcing. Control and restraint. Education of young ladies not to be the same as for the male sex. Intellectual competition not productive of good results. Failure of republic of women. Callisthenica, and a palfrey. Prof. Clarke on sex in education. Coeducation intellectually a success, physically a failure. Dr. Nathan Allen's vital statistics. Impairment of stamina. Causes. Transmission of neuroses. Wealth of bone and blood required. Jersey City High-School. High-pressure system of culture. Penalties. Education to give dignity and importance to female character.
- SECTION 6. *The Schoolhouse.***—Inspections needed. Light, ventilation, warming. Maryland State Normal School. To let fresh air in and foul air out. Dr. Bell on schoolroom stunting. Intelligence and mental faculties impaired by foul air. Hot-house plants. Temperature adjusted to the season and to the day. Passive exposure to cold intolerable. Appendages to schoolroom. Play-grounds. From school to college, farm, or workshop. Consumption starting in the school-room.
- SECTION 7. *Physical Exercise.***—Physical exercise. Preferably out-of-doors. No violent exertion. Dr. Bowditch's correspondence with college presidents. Exercise promotes manly carriage and womanly grace. Letters (replies) from officers of United States Naval Academy and Virginia Military Institute.

CHAPTER III.

THE YOUNG MAN, THE YOUNG WOMAN . . . pp. 52-61

- SECTION 1. *The Young Man.***—The commencement day. Pleasures. Carees. Manly development. Education brought into use. Occupation. The physician. Mechanical Pursuits. The printer. Slaves of civilization. Necessity of occu-

patience. Overwork. Paying too high for a fortune. Alternate labor and rest. Temptations. Dangers. Early marriage conservative. Husband on the passion of love. To be well directed. Alcohol. An insidious enemy. Illustrative case. Human wrecks. Treating and being treated. Mind and body to be kept in action. Wit and wisdom. Steady industry.

SECTION 2. *The Young Woman*.—A *poetess*—the central figure of the domestic circle. Duties and qualifications. Great men always sons of superior women. Fitted in maturity for great duties. Too much society, or too much drudgery. Represented in her children. She may be bread-winner. She ought to be the valiant woman.

CHAPTER IV.

THE MAN. THE WOMAN pp. 62-68

SECTION 1. *The Man*.—In his prime. On an even keel. Passions lively, but under control. *Mens conscia recti*. Earning competence. Seven days in the week. Sunday savings-bank. Vicissitudes of fortune. The man a good worker, not a slave to gain.

SECTION 2. *The Woman*.—Wife, Matron. Character formed. Order in the household. Arrangement of time. Care of her health. *Age de retour*. Tilt on important changes. Conservatism of a well-ordered life. Extreme conditions. Trials. Endurance.

CHAPTER V.

THE DECLINING OR OLD MAN pp. 69-84

Cato's opinion. Bodily powers falling before mental powers. Highest faculties in operation. Seventy years and onward. Elderly man inactive, but not unemployed. Moves carefully. He becomes earthy. The tripod of life damaged. Less subject to acute diseases. Must not be exposed to severe cold or vicissitudes. Homeward bound. Accommodates himself to his condition. The use of artificial teeth. Suitable food. Overthrow of the Duke of Wellington. A frosty but kindly winter. Rules for hurrying through life. Fatty degenerations. Induration. Softening of tissues. Elderly man to move in grooves. Cooperation difficult. Prof. Bain on improved judgment. Age of reason. Not that of the French philosophers. Growing old gracefully. Regular habits. Use of wine. Temperature of apartments. Gradual changes. Intestinal torpor. Certain functions to be aided. Clothing. Woolen or linen. Protecting the chest. Feet warm and head cool, with conditions. Mr. Bryant, his habits of life. Suitable employment always necessary.

PART II.—HYGIENICS IN SOME DETAIL.

CHAPTER I.

RACE, TEMPERAMENTS, AND IDIOSYNCRASIES. INHERITANCE.
HABIT. CONSTITUTION pp. 85-92

SECTION 1. *Temperaments and Idiosyncrasies.*—Temperaments acknowledged, but indefinite. Elements supposed to temper each other. Idiosyncrasy or individual peculiarities.

SECTION 2. *Inheritance.*—Tendencies transmitted in families. Internarrriage of disease. Near relatives should not intermarry. Cancer and consumption.

SECTION 3. *Habit.*—System desirable. Not too rigid. Requires discretion. Bad habits. Idleness. Recreation.

SECTION 4. *Constitution.*—A good constitution. Physical excellence. Many advantages. A single drawback. Individual and family defects. Protection given by *medicina conservativa*.

CHAPTER II.

THE AIR WE BREATHE. SEWERS AND CESSPOOLS. OZONE.
MALARIA. ANIMAL EMANATIONS. DEVITALIZED HOUSE-
AIR pp. 93-103

SECTION 1. *The Air we breathe.*—Atmospheric air diluted oxygen. Oxygen, nitrogen, hydrogen, carbon. Feeders of organic life. Air entering and leaving the lungs. Pure air for pure blood. Impurities generated by crowding. Illustration. The emigrant-ship. Ochsleis. Close rooms. False economy. Airing bedchambers. The dust in the sunbeam. Carrying germs of disease. Tubes over gas-burners. Changes produced by respiration and transpiration.

SECTION 2. *Sewers and Cesspools.*—Foul air. *Air puant*. Pernicious influence. Enteric fever. Cholera infantum induced. Great cities destroyers of the race. Prof. F. Donaldson on impure air and want of sunlight inducing consumption. Prof. Langenbeck on open air. Improvement in cities. Richardson's "city of health." Not yet attainable.

SECTION 3. *Ozone.*—An air-purifier. Destroys organic remains.

SECTION 4. *Malaria.*—Bad air with peculiar properties. *Koinomiasmata*. Heat, moisture, and vegetable decay, factors. Periodical diseases. Home-bred. Carried by winds and fogs. Protection given by woods. By eucalyptus-trees. Impreguates water. Rocky Mountain fever. Dr. Smart's investigations. Snow. Snow-water. Malaria set free by turning up soil. A great source of disease. May be met by hygiene and prophylaxis.

SECTION 5. *Animal Emanations.*—Influence not uniform. A dangerous dissection. Putrid effluvia.

SECTION 6. *Devitalized House-Air.*—Coal-gas. Carbonic oxide. Leakage. Dangers of explosion. An accident. Modes of keeping foul air in the house. The water-closet. Sunlight and pure air wanted. Inclosures about houses objectionable. In-doors or out-of-doors. Close closets. Airing clothes and bedding.