

Medical Missionary Health Lesson

Healthful Items



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1868

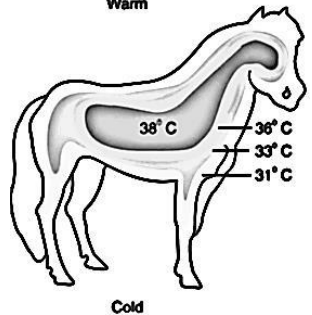
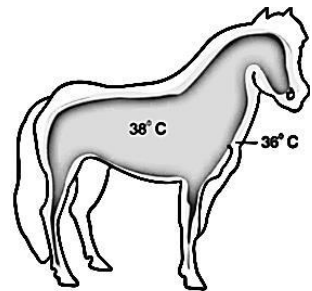
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ANIMAL HEAT

WHAT HAS BEEN THE COMMON THEORY IN RELATION TO THE PRODUCTION OF ANIMAL HEAT?

That the production of animal heat was a mere chemical process; the lungs serving as a stove, or fire-place, and the carbonaceous substances of the food serving as fuel, "to be burned in the lungs." If this were the correct theory, corpulent persons, who are surcharged with carbon, should bear cold better than lean persons, who have but little of it in their bodies; but such is not the fact. Again, the carbonic-acid gas, which is expelled from the lungs, instead of being produced in the lungs is really - a large portion at least - formed in the tissues of the body distant from the lungs.

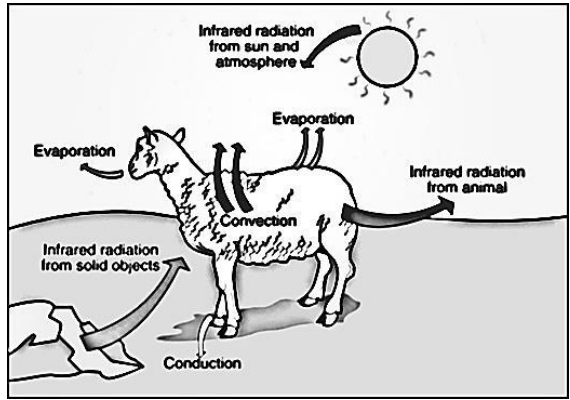


WHAT WOULD BE THE FACT, IF THE ABOVE THEORY OF ANIMAL HEAT WERE CORRECT?

That those eating fat, blubber, oil, etc., would have the greatest amount of heat in their bodies, and hence be the best prepared to resist cold. But the facts in the case are just the reverse: the man who is fully accustomed to a pure vegetable diet, can endure severe cold, or bear the same degree of cold much longer, than the man who is fully accustomed to a flesh diet. In the coldest parts of Russia, the people subsist on coarse vegetable food, and are hardy and vigorous. The same is true of Siberia. Exiles there, accustomed to a vegetable diet, endure the severities of the climate the best.

HOW IS ANIMAL HEAT PRODUCED?

It is probably a vital function, depending immediately on the vital properties and functional powers of the nerves of organic life. Heat is probably not peculiar to any particular part of the system, but is as universal as the distribution of the nerves of organic life and the blood-vessels. The combination of oxygen with carbon in all the



tissues of the body is undoubtedly a source of animal heat, in common with all the organic functions and chemical changes which take place in the body. The great regulator to the heat of the body is a healthy skin.

WHAT DO YOU SAY IN GENERAL OF THE USE OF FIRE IN HEATING THE BODY?

Its effect is to relax and debilitate the system, and diminish the power of the body to regulate its own temperature. As far as possible we should let our bodies be warmed by their own vigorous calorific function. Let fire be used only as a necessary evil. Do not expose the body to unequal temperatures at the same time, or to powerful heat on one side, and cold on the other. Let the temperature of your room be mild and equal in every part, ranging from 55 degrees to 70 degrees, according to the health and bodily vigor of the person.

WHAT IS REQUISITE TO THE DUE REGULATION OF THE ANIMAL TEMPERATURE?

Good digestion, free respiration, vigorous circulation, proper assimilation, and perfect depuration, or in short, - good health.

WHAT FURTHER IS ESSENTIAL TO THE PROPER PERFORMANCE OF THE ORGANIC FUNCTIONS, AND THE GENERATION OF ANIMAL HEAT?

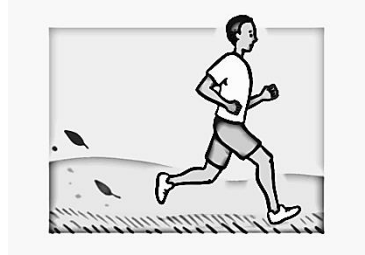
That the body should be regularly and systematically exercised. The health of the whole body depends on the fluids of the body being kept in constant motion; that the grand vital circulation may be kept up, a proper supply of blood be carried to every part, and the vital changes be accomplished with perfectness. If exercise is neglected, the body will become feeble, and all its

physiological powers will be diminished; but if exercise is regularly and properly attended to, the whole system will be invigorated, and fitted for usefulness and enjoyment.

EXERCISE

WHAT DO YOU SAY IN RELATION TO PROPER TIMES OF EXERCISE?

The most severe and active exercise should never be performed on a full stomach, nor immediately before or after a meal. A laboring man who takes his meals at the regular hours we have recommended, and retires and rises at regular and early hours, would do well to exercise moderately an hour or so before breakfast, perform their hardest labor between breakfast and dinner, and work



moderately again after dinner. Much evening work is a violation of nature. Persons of sedentary occupations should choose such out-of-door exercises as they can habitually and regularly attend to. Their most active exercise should take place at those times in the day when the stomach is partially empty. Evening exercise is not objectionable for them.

WHAT IS ESSENTIAL TO SECURE THE FULL BENEFITS OF EXERCISE?

It is essential that it should be coupled with an object of either utility or amusement. Some useful business pursuit which requires, and hence secures, attention and labor during several hours of the day - according to the strength - is essential to the best sanitary condition of the body. If your exercise is simply walking, don't go into it with a monotonous drudge, but have some object before you, and let your mind drop the train of thought which has sufficiently taxed it. Walk with some one; walk with cheerfulness, and intersperse it, if strong enough, with running a short race, seeing who can run or pace to a given point the quickest. Four hours of daily labor on the soil is probably the best thing to invigorate the body and mind of those of sedentary habits.

"Other creatures all day long Rove idle, and unemployed, and less need rest:
Man hath his daily work of body or mind Appointed, which declares his dignity,
And the regard of Heaven on all his ways; While other animals inactive range,
And of their doings God takes no account."

WHAT IS THE COMPARATIVE DIFFERENCE BETWEEN THOSE WHO EXERCISE, AND THOSE WHO DO NOT?

If man takes too little voluntary exercise, he suffers; if his exercise is too excessive, he also suffers. The sufferings of excessive exercise bear no proportion to those resulting from inactivity. A man greatly abbreviates his life by over-toiling, and yet, for the most of his life, may have a cheerful mind, good health, and sweet sleep. But a lack of exercise, connected, as it often is, with excessive alimentation, and other dietetic errors, produces the most intolerable of human miseries. Temperance in this matter, then, will promote health, happiness and length of days.

WHAT IS ESPECIALLY ESSENTIAL TO THE HEALTH OF CHILDREN?

The welfare of the body, especially of children, demands that each part should be duly exercised. Children are instinctively inclined to action, and the symmetrical development of their bodies requires much exercise in the open air. It is unnatural and improper to keep them in a state of confinement or inaction for any considerable time. Girls should be allowed to exercise as freely, in open air, while their bodies are growing, as boys. Avoid rocking young children to keep them quiet, or to get them to sleep. When they begin to notice things, give them plenty of room on the smooth floor, with plenty of playthings, anything with which they will not injure themselves.

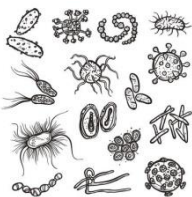
WHAT OF THE EXERCISE OF AGED PEOPLE?

Aged people, after they have retired from the active employments of life, must keep up their regular exercise, or they will soon become feeble and infirm. Walking and horse-back riding are among the best modes of exercise for the aged. They also should connect cheerfulness with their exercise. Exercising the mental, as well as the bodily powers, serves in no small measure to preserve life and enjoyment with the aged.

DISEASE

WHAT MAY DISEASE IN GENERAL TERMS BE CALLED?

Disease in its incipient state, as a general fact, may be said to be nothing more than an excessive healthy action of nature in resisting morbid or irritating causes. This action continued too long brings the overacting part into a



morbid condition, and may involve the whole system in sympathetic irritation. All that nature asks to cure such conditions is to have the disturbing causes which produce this morbid condition removed. Chronic diseases result, if the disturbing cause is not removed, in the change of structure of the parts of the system acted upon. If the disturbing causes are removed before change of structure takes place, the diseased action of the part will not long continue, but nature will at once commence its restorative work.

WHAT ARE THE MOST FRUITFUL SOURCES OF DISEASE?

In general, diseases are produced by bad air, improper light, impure and improper food and drink excessive or defective alimentation, indolence or over-exertion, and unregulated passions.

WHAT, THEN, ARE THE CONDITIONS OF THE BODY IN DISEASE?

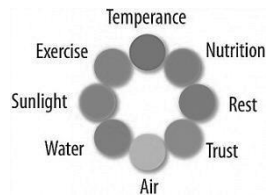
Impure blood, unhealthy secretions, obstructions in the capillary vessels, excessive action in some parts or organs, with deficient action in others, unequal temperature, or in other words, a loss of balance in the circulation and action of the various parts of the vital machinery, producing great discord in some portions of it, and more or less disorder in all.

IS PAIN ALWAYS MANIFEST IN THE PART AFFECTED?

It is not. It requires considerable skill and experience to tell, in all cases, by the pain, just where the disease is located. Pain produced by some diseases of the liver is indicated by a pain under the shoulder. Hip disease is frequently first perceived by a pain in the knee. A morbid condition of the stomach and liver may be perceived first by pain or soreness in the head.

WHAT IS THE FIRST EFFORT TO BE MADE IN PAVING THE WAY FOR THE RESTORATION OF NATURAL ACTION IN THE BODY?

To remove obstructions, wash away impurities, supply healthful nutriment, regulate the temperature, relax intense, and intensify torpid action. Water with its proper accompaniments, air, light, food, temperature, exercise and rest, must best answer nature's demands in this work.



MEDICINE



CAN MEDICINES OF ANY KIND EFFECT WHAT THE SYSTEM NEEDS IN CASE OF DISEASED ACTION?

Medicinal drugs can never accomplish this work. They may suppress a symptom, remove a pain, transfer an irritation, excite a new vital resistance, produce another obstruction, and so divide the organic struggle between two points, and diminish vital power to resist disease and cause pain, by increasing vital expenditure. Let it always be borne in mind that all medicine is in itself an evil, and its own dire effects on the living body are in all cases, without exception, unfriendly to life. In every case, to a greater or less extent, it wears out life, impairs the constitution, and abbreviates the period of human existence. Still, in the present condition of human nature, there are some cases of disease in which medicine, to some extent, is indispensably necessary to the salvation of human life, but in these cases it must be regarded as a necessary evil. That physician who uses the least medicine is the best friend to man's physical interests.

PASSIONS



WHAT CAN YOU SAY OF THE EFFECT OF THE PASSIONS ON THE GENERAL HEALTH OF THE BODY?

All excessive mental irritations, as anger, grief, and despondency, are injurious to the body. In about the same ratio do lustful feelings and habits debase man and undermine his health. The young man or woman who would have a symmetrically-formed body, strength of mind, and a constitution capable of enduring the labors incident to even a temperate life of man or womanhood, should avoid the secret evil habits and vices of youth with the same dread that they would the bites of the most venomous reptiles. Do not sin against God and your own soul by destroying yourself.