



A Handbook of Health

Woods Hutchinson

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Just as an automobile, if it only has plenty of gasoline of good quality in its tank, will plough through the mud, climb the mountains, splash across the fords, and jolt over the rocks without once losing its headway, so the man-motor the human body, if well and abundantly fed, can make its days march through life without weariness, conquer the hardest task of work with positive enjoyment, defy wind and weather and shake off the attack of infectious disease. We are embodied sunlight, and we eat that sunlight in the form of food. This is in accord with the aim kept in view throughout the whole of the book, of making its suggestions and advice positive instead of negative pointing out, in the language of the old swordsman, that attack is the best defense. If we cheerfully and actively do those things which make for health and efficiency and which, for the most part, are attractive and agreeable to our natural instincts and unspoiled tastes such as play in the open air, three or four square meals a day of real food, nine or ten hours of sleep, plenty of fresh air and cool water, both inside and out, and, above all, a certain amount of regular and congenial work this will of itself carry us safely past the openings of all the forbidden paths, without even needing to look at the D on the sign. Must not signs with which it has been the custom to border and fence in the path of right living. The first idea that a fence suggests to the mind of a boy is to climb it, and a Forbidden sign to see what lies behind it. If you just keep on doing the right thing vigorously and joyously you will never need to worry about the wrong.

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