



Health Lessons

Alvin Davison

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Fisher, Metchnikoff, Sedgwick, and others have shown that the health of a people influences the prosperity and happiness of a nation more than any other one thing. The highest patriotism is therefore the conservation of health. The seven hundred thousand lives annually destroyed by infectious diseases and the million other serious cases of sickness from contagious maladies, with all their attendant suffering, are largely sacrifices on the altar of ignorance.

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