

HEALTH AND EDUCATION

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HEALTH
AND
EDUCATION

BY CHARLES KINGSLEY

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THE SCIENCE OF HEALTH.



WHETHER the British race is improving or degenerating? What, if it seem probably degenerating, are the causes of so great an evil? How they can be, if not destroyed, at least arrested?—These are questions worthy the attention, not of statesmen only and medical men, but of every father and mother in these isles. I shall say somewhat about them in this Essay; and say it in a form which ought to be intelligible to fathers and mothers of every class, from the highest to the lowest, in hopes of convincing some of them at least that the science of health, now so utterly neglected in our curriculum of so-called education, ought to be taught—the rudiments of it at least—in every school, college, and university.

We talk of our hardy forefathers; and rightly. But they were hardy, just as the savage is usually hardy, because none but the hardy lived. They may have been able to say of themselves—as they do in a state