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THE
PRINCIPLES OF PHYSIOLOGY

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APPLIED TO THE
PRESERVATION OF HEALTH,
AND TO THE IMPROVEMENT OF
PHYSICAL AND MENTAL EDUCATION,

BY
ANDREW COMBE, M.D.,

1894-1897

FELLOW OF THE ROYAL COLLEGE OF PHYSICIANS OF EDINBURGH ; PHYSICIAN EXTRAORDINARY
IN SCOTLAND TO THE QUEEN ; CONSULTING PHYSICIAN TO THE KING AND
QUEEN OF THE BELGIANS ; AND CORRESPONDING MEMBER
OF THE IMPERIAL AND ROYAL SOCIETY OF
PHYSICIANS OF VIENNA.

FOURTEENTH EDITION,
REVISED AND ENLARGED.

EDITED BY
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FELLOW OF THE ROYAL COLLEGE OF PHYSICIANS OF EDINBURGH.

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“ Nor is it left arbitrary, at the will and pleasure of every man, to do as he list; after the dictates of a depraved humour and extravagant phancy, to live at what rate he pleaseth: but every one is bound to observe the Injunctions and Law of Nature, upon the penalty of forfeiting their health, strength, and liberty—the true and long enjoyment of themselves.”—MAYNWAYRINGE.

ГОСУДАРСТВЕННЫЙ
ОРДЕНА ОТЕЧЕСТВЕН-
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Г. В. И. СЕННИНА

Ура 22277-78

TO

HIS MAJESTY

LEOPOLD THE FIRST,

KING OF THE BELGIANS.

SIRE,

IN consenting to ascend the Throne, to which you were called by the fervent prayer of the Belgian people, your Majesty was graciously pleased to declare, that, having from early life been placed in many difficult and trying situations, you had learned to value power only as a means of advancing the solid and lasting happiness of your fellow-creatures. How nobly your Majesty has redeemed the pledge implied in this generous assurance, the tranquillity, security, and increasing prosperity of your Majesty's adopted country proclaim in language which it requires not the aid of individual testimony to confirm; and I venture to refer to it only because your Majesty's gracious permission to dedicate to you a work having for its aim the prevention and alleviation of human suffering is but another proof of the sincerity of the feeling by which it was dictated, and of the deep interest which your Majesty takes in every thing connected with the welfare and improvement of mankind.

As every amelioration of the physical condition of the people conduces not less to their advancement in intelligence and good conduct than to their bodily comfort, I am inclined to hope that, even in a moral point of view, some good may be effected by the present exposition of the more important laws of the animal economy,

and of the numerous practical advantages to be expected from their regular and adequate fulfilment.

While thus laying my little work before your Majesty as a sincere though humble tribute of respect and admiration, may I be farther permitted to express my profound gratitude for the condescending goodness with which you have been pleased to receive my imperfect services, as well as for the professional confidence with which your Majesty continues to honour me.

That your Majesty may long be spared, in health and happiness, to watch over the interests of the Belgian nation, is the sincere and earnest wish of,

SIRE,

Your Majesty's most grateful

and devoted Servant,

ANDREW COMBE.

EDINBURGH, *November 1, 1838.*

THE AUTHOR'S PREFACE

TO THE

TWELFTH EDITION.

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THE first edition of the present work made its appearance in the spring of 1834. At that time, Physiology had attracted so little public attention, and so many popular prejudices were arrayed against its becoming a subject of general instruction, that, doubtful of my own ability to excite that interest in its favour which I was conscious it deserved, I felt some hesitation in venturing upon an edition of even 750 copies, as I expected that some years at least would elapse before another would be required. To my equal surprise and gratification, however, the public appreciation of, and desire for, physiological information have far exceeded my most sanguine expectations. Already, in Great Britain and Ireland, eleven editions, consisting together of 16,000 copies, have been exhausted; and in the United States of America, where foreigners enjoy no copyright, upwards of 30,000 copies were sold within the first six years. On the Continent also, the work has been favourably received—a German translation having appeared at Leipsic in 1837, and a Danish one subsequently at Copenhagen. These facts shew unequivocally, that the practical value of physiological knowledge is every day becoming better understood among the intelligent classes of society, and that the present attempt to communicate it, in a plain and unambitious style, has not been unsuccessful.

At the time when the first edition appeared, the proposition that physiology should constitute a part of general education, was generally received with ridicule or doubt, and by very many with absolute disgust. Of late, on the contrary, opinion has been almost unanimous