

Russell, Robert

Publication/Creation

1904

Persistent URL

<https://wellcomecollection.org/works/ypfdjuzu>

License and attribution

You have permission to make copies of this work under a Creative Commons, Attribution, Non-commercial license.

Non-commercial use includes private study, academic research, teaching, and other activities that are not primarily intended for, or directed towards, commercial advantage or private monetary compensation. See the Legal Code for further information.

Image source should be attributed as specified in the full catalogue record. If no source is given the image should be attributed to Wellcome Collection.



Wellcome Collection
183 Euston Road
London NW1 2BE UK
T +44 (0)20 7611 8722
E library@wellcomecollection.org
<https://wellcomecollection.org>

First Conditions of Human Prosperity. by H. H. Russell Longman 1904

1. Only a combination of the causes of decay in the great Empires of the past & a determination to maintain the springs of health, can save the Modern Empire from a like fate
2. Lecky's view of what constitutes national power
3. The conditions of life are rapidly becoming more uniform over large tracts of the globe
4. The fashion etc. nations borrow from each other & the blighting influence of conventionalities, but there can never be a uniformity
5. When a community, formed out of a nation like itself in most respects, but unlike in some important matters of opinion, begins to set itself up with a separate esprit de corps, springing from some religious or social belief it is remarkable how apt it is to prosper in spite of a notorious environment
6. Homogeneity of China. Dominance of militarism in Russia & Germany
7. Old Rome - Imperial prostration - Rise of Capitalism
8. Up to a certain level in their progress the instincts of a primitive people keenly admire the total strength & hopelessness. The broke themselves and themselves
9. 12. Examples 13. Scotland now submits to foreign merchants
10. The instability of a primitive people shows itself in the tendency to throw off the nation strength & to throw the other weakness (It overcomes pain but is overcome by pleasure)
11. It is in contact with the products of civilization that the primitive races find the physical diseases are conspicuous master in Fiji 15. Consumption
12. Ch. Dickens on Christmas cheer 17. Hansen on Eskimo. Her views of the missionaries
13. In favor of more missionaries 21. All Negro races do not do out
14. Increase of insanity (Tahiti records) twenty fold
15. Pacific Islanders dead disease, the Maori are still doing it more backward than those multiply 23. The Chinese
16. The slow migration of the Asians a success, the interference of them disconcerts all India, not so (??)
17. Excellent health of British & Scandinavian crews in far north, S.W. the whole, short, working & economical (they are perfect men & disciplined)
18. Europeans are in a small little better than savages - cannibals for children to come to nation don't quantity

42. RUTLAND GATE, S.W.

file

- 27 The white races are as a whole, less sound in body, (2
and scarcely more sound, though far more advanced, in
moral & domestic than the black. (1/2
28. A large proportion of the lives saved (by sanitation & wealth) as maimed,
30. Such of big towns - the same loss about 8 cases of Europe. See
34 The failure of mothers to supply breast-milk, which now
extends to all classes, and the sudden scarcity of condensed milk, which
is a profound deficiency.
35- Impure food & drinks 35- Sterilized milk reduced infant mortality
in France by about 40% (? authority)
38 Abolition & oppression - leaders of music (? authority) - Germany & U.S.
39 Various foods with different countries & their influence
48 Gov't Report on the dietaries of the labouring people of Sweden in 1872
59 (The migration from Nydalen & Bruberg, and Columbia & Norway, known in the
fact of 82 miles a day to 1000 or 1400 miles)
59 In Chinese households no animal diet is allowed but even
eggs & butter but their vegetable fare is surprisingly varied
Chinese cookery keeps almost entirely rice & vegetables but
a flesh occasionally 60 Japan - Great famine. The people are
(described as the happiest & healthiest in the world) 61 Bismarck
Leaves 62 Prisoners 63 Religious orders - Physicians of Germany
Trapped (? authority). These have greatly declined in the army
with the tremendous increase of cancer & insanity among
this community which use flesh, tea & coffee largely (ask more)
64 U.S. - & unnatural life are fatal to the organism 64- Chile (Darwin)
70. Greece & Rome rose upon frugality, declined upon luxury
71. Societies in the Near East. Pythagoras & Buddha both urged non-carnivory
72 Modern athletic training - instances of record-breakers who were vigorous
74. As vigorous are relatively few, their successors are the more noticeable
75. Parker on Hygiene says that the flesh eaters & the non-flesh eaters are
(equally strong, & capable of rapid action)
77. Men thrive on almost any kind of common food & especially on simple fare
78. A table [worth little without more explanation & facts]

- 81 Great anatomists -- declare that men are physiologically adaptable to a diet of fruit, nuts, & grain 82. The apes are nearly all vegetarians
- 84 Great nations are flesh eaters, but they have been brought on a simple diet, and having acquired riches have eaten excessively & drunk excessively & after a while have fallen into decay.
- 85 Fungal Cancer gravid - a host of them
- 86 Metabolism - The exhalation & sense of happiness in chlorophyll
87. Conclusions
- 89 adoption of the natural diet has a remarkable effect in reducing the craving for alcohol (But Saenger!)
- 90 The misery of large masses is the obscure side of luxury
93. Hardy is the curse of modern life. -- we are fools of custom
drug habit cocaine 94 Excessive tea
- 94 Fresh air -- 95 Space for every family is necessary for health & development. Ratio of mortality varies with density of dwelling & height 97 for all that, in sanitary ways in Russia, 11th in concentration
97. Character of occupations
99. (Corrupting idleness among the rich, excessive hours of work among the toilers)
- 100 Women are shamefully and calamitously overworked in many countries
- 102 Towns versus country
- 105 (Why is not the ever burning fire of human decay quenched against by every life-saving engine known to man.) -- Manchester rejection for military service
106. Cigarette smoking by ladies - "... nearly all suffer from palpitation of the heart"
- 107 Royal Commission on physical training in Scotland - Edinburgh
- 108 Berlin 1893 32 } (males) (authorities)
Brandenburg 1898 32 }
East Prussia 53 66 } (females) & for other countries
- 110 Emerson says "the one prudence in life is concentration; the one evil is dissipation" men about crowded dwellings Glasgow - Birmingham
- 113 Bournemouth
- 114 H.M. Gosselin - Channel Islands
116. The paralyzing & decaying hand of the landlord
The two prime conditions for prosperity may be said to be, facilities for acquisition of a home island, difficulties in obtaining pecuniary loans
- 117 Ireland - contractors who make home their own land
- 119 Bournemouth (again) Port Sunlight (Ireland)

120 Arthur Young on Sancerre in France

121 We are the only civilized community now existing in which the bulk of the land under cultivation is not in the hands of small proprietors

122 Happiness in France in Lombardy - Tuscany

123 Lower Luxembourg - Flanders 124 Germany 125 Switzerland, Fontaine

126 Sweden & Norway, Tyrol, Orange Free States, 127 S. China

128 India "William Sabhai on one halfpenny a day, their whole earnings"

129 Burma - "Gentle the land of a people" he says "the Central Govt" is always a great deal worse than the people themselves, 100 years in Govt. 1000 in morality. Men will do in the name of Govt. acts which in a private capacity - would shame them in a good

130 The Burmese are kindly affected to all, not interfering, not aggressive

131-3 Doukhobors

134-9 (the good in the Soviet Union)

139 The degeneracy & race extinction in large towns compared to that of savagery to the tropics

141 Influence of soil & minerals below, climate & fertility - Soc. position

144 Demoralization due to overlordship of subervient races - humanity, good corruption, violence, cruelty

146 The birth of recent conquests in America

147 Spectatorship - newspapers

149. Nominally the ethical doctrine of Buddha, Kall, weapons & Mammon

151 Herbert Spencer in all places in all ways there has been going on in the last 50 years a recrudescence of barbaric ambitions, ideas, & feelings

A cold, unscrupulous modern community, arrogant, honeycombed with physical & moral deformities is waiting at the prospect of a productive life

The sweet guiding principle of all endeavors is the greatest happiness of the future human race

