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RULES
FOR PRESERVING THE
HEALTH OF THE AGED,
BY MEANS OF
AIR, CLOTHING, DIET,
Employment, The Evacuations, &c. &c.

AND ALSO HINTS FOR THE ALLEVIATION AND PREVENTION OF THOSE
DISORDERS BY WHICH OLD AGE IS USUALLY ASSAILED,

WITHOUT THE AID OF MEDICINE.

TRANSLATED FROM THE FRENCH OF

J. A. SALGUES,

*Physician, and Professor of Anatomy, Physiology, &c. &c. to the
Institute of France.*

“ Man, tottering and feeble at both extremes of life, is equally in need
of support; whilst the *old man*, in addition, requires the aid of consolation.”

PREFACE.

SECOND EDITION.

LONDON:
HENRY RENSHAW,
356, STRAND, NEAR THE KING'S COLLEGE.

1834.