The History of Natural Hygiene

DEDICATED TO

Isaac Jennings, M. D., Sylvester Graham, R. T. Trall, M. D., J. H. Tilden, M. D., and Herbert M. Shelton, N. D.

These five doctors had the mental capacity to think of a first principle in the art of healing. Their analysis of the basic cause of disease and the development of the components of a SYSTEM of natural methods of care and living has created the basic framework of *Natural Hygiene*.

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