

medicine from operating, by stopping the circulation ; and the patient will be very much distressed. When this happens throw cold vinegar on the face and stomach, and give more hot medicine, which will let down the outward heat and raise the inward.

22. If the patient is restless, wet the head and body with cold vinegar ; and if there are convulsions or spasms, give the nerve powder with No. 2. Injections must also be used.

23. Never make use of physic in cases where there is canker inside, for it will draw the determining powers inward, and increase the disease. I have seen so many bad effects, from giving physic, that I have disapproved the use of it altogether, but if any is given, after the operation, be careful to keep up the inward heat, so as to cause a free perspiration.

24. Avoid all minerals used as medicine, such as mercury, arsenic, antimony, calomel, preparations of copper or lead ; and also nitre and opium. They are all poisons and deadly enemies to health.

25. Beware of bleeding and blisters, as they can never do any good, and may be productive of much harm ; they are contrary to nature, and strengthen the power of the enemy to health. Setons and issues should also be avoided, as they only tend to waste away the strength of the patient, without doing any good ; it is a much better way to remove the cause by a proper administration of medicine, which will be more certain and safe its effects.

26. Never eat meat that is tainted, or any way injured, as it will engender disease ; for one ounce in the stomach, is worse than the effluvia of a whole carcase. Eat salt provisions in hot weather and fresh in cold.

27. Be careful about drinking cold water in very hot weather, as it will tend to let down the inward heat so suddenly as to give full power to the cold. If this should happen, its fatal effects may be prevented by giving the hot medicine to raise the inward heat above the outward. Be careful also not to cool suddenly, after being very warm in consequence of uncommon exercise.

28. Remember that regularity in diet is very important to preserve health ; and that if more food is taken into the stomach than is well digested, it clogs the system and causes disease. Therefore be cautious not to eat too much at a time, and have your food well cooked. This is very important to those who have weakly constitutions.

29. Ardent spirit is slow poison ; it is taken to stimulate, but this effect is soon over, and much use of it destroys the tone of

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