

sweated well, and about an hour after the whole perspiration is performed. If this method of sweating is continued during some days, you find yourself so much eased, that your strength and appetite return, and you are surpris'd to see yourself so light and so nimble; for by the perspiration all the *viscera* are perfectly cleared of all their superfluities, without pain or any violence done to nature, which the ordinary medicines cannot do. In order to be healthy, this ought to be done thrice in the year, *viz.* in spring, autumn, and in winter.

My conclusion is, that diet, perspiration, and sweating compose an universal medicine.

Therefore I say, that nature should direct us in all things; from her we must learn the true means of preserving health, which she orders us to do upon pain of the greatest evils, and even of death. I have already told you, that the frequent exercises of the Indian. *North America*, such as dancing, playing at ball, hunting, fishing, and fighting, increase their natural heat so much, that it drives all the superfluities out of their bodies by perspiration. Why do the pe-
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