

ally be lessened, if not wholly prevented, by changing their cloaths soon; when this cannot be done, they should keep in motion till they be dry. So far are many people from taking this precaution, that they often sit or lie down in the fields with their clothes wet, and frequently even sleep whole nights in this condition. The frequent instances which we have of the fatal effects of this conduct ought certainly to deter others from being guilty of it.

Even wet feet often occasion fatal diseases. The cholic inflammations of the breast, the iliacc passion, and cholera morbus, &c. are often occasioned by wet feet. Habit will, no doubt, render this less dangerous; but it ought, as far as possible, to be avoided. The delicate, and those who are not accustomed to have their clothes or feet wet, should be peculiarly careful in this respect.

The perspiration is often obstructed by night air; even in summer, this ought to be avoided. The dews, which fall plentifully after the hottest day, make the night more dangerous than when the weather is cool. Hence, in warm countries, the evening dews are more hurtful than where the climate is more temperate.

It is very agreeable, after a warm day, to be abroad in the cool evening; but this is a pleasure to be avoided by all who value their health. The effects of evening dews are gradual indeed, and almost imperceptible; but they are not the less to be dreaded: We would therefore advise travellers, labourers, and all who are much heated by day, carefully to avoid them. When the perspiration has been great, these become dangerous in proportion. By not attending to this, in flat marshy countries, where the exhalations and dews are copious, labourers are often seized with intermitting fevers, quinsies, and the like.

Sleeping in damp beds seldom fails to obstruct the perspiration. Beds become damp, either from their not being used, standing in damp houses, or in rooms without fire. Nothing is more to be dreaded by travellers than damp beds, which are very common in all places where fuel is scarce. When a traveller, cold and wet arrives at an inn, he may by means of a good fire, warm diluting liquor,