

mind, because the fumes of the wine, with which their body is filled, successively excite their imagination. It is known by experience, that sober persons, and those especially who drink water, sleep quietly, their sleep being neither too slight nor too heavy. It appears, from the second chapter of the Life of *Apollonius*, written by *Philostratus*, that at Athens those who were afflicted with bad dreams applied to the priests of the false deities, in order to be rid of them; they ordered them to abstain from wine for three or four days; this cleared their imagination, and produced a cure, which they attributed to their gods.

If, after taking too much food, you are heavy, and your members fatigued, so that too great an abundance of nutritive juice occasions a plenitude in the whole body, and makes you tired; I believe that, in imitation of the *Indians*, sweating is an infallible remedy, when the natural heat is assisted with an exterior one; this remedy is infallible, provided it be applied at the first appearance of the distemper; the *Europeans*, in order to perspire well, get between two blankets, and remain there covered up, the face excepted; they do not get up till they have  
sweated