

and after he left it he drank from his own pump every morning a rummer of cold water, and found equal benefit, which induced him to put on his pump the following distich :

"O! steel, thou art a cheat,  
It's the water does the feat."

After this remark, it may be as well to give the opinion of Hoffman, who was a most respectable medical author; he says, "Water is the fittest drink for all persons of all ages and temperaments; of all the productions of nature or art it comes the nearest to that universal remedy so much searched after by mankind, but never discovered. By its fluidity and mildness, it promotes a free and equable circulation of the blood and humours through all the vessels of the body, upon which the due performance of every animal function depends; and hence water drinkers are not only the most active and nimble, but also the most cheerful and sprightly of all people.

"In sanguine complexions, water, by diluting the blood, renders the circulation easy and uniform. In the choleric, the coolness of the water restrains the quick motion and intense heat of the humours. It attenuates the glutinous viscosity of the juices of the phlegmatic, and the gross earthiness which prevails in melancholic temperaments. And as to different ages, water is good for children to make their tenacious milky diet thin and easy to digest; for youth and middle-aged, to sweeten and dissolve any scorbutic acrimony or sharpness that may be in the humours, by which means pains and obstructions are prevented; and for old people, to moisten and mollify their rigid fibres, and to promote a less difficult circulation through their hard and shrivelled vessels."

All animals except man reject every liquor but water.

If what is spent in purchasing strong liquors was appropriated to buying nourishing food, and other necessaries of life, mankind would live longer, be more healthy, stronger, and happier, than they now are. This doctrine cannot be too strongly nor too frequently mentioned and enforced.

The following method I beg to recommend for keeping the weekly account, to show each week's consumption of provisions, and the number of persons in the house.

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Broth.

Bread and cheese.

Ditto.

Ditto.

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