

liever in its virtues in many diseases. In his preface he says, "Water is the wholesomest of all drinks, it quickens the appetite and strengthens the digestion most." For Ague, he recommends to drink a quart of cold water, then go to bed and sweat; for Asthma, a pint of cold water every morning; for Cholera Morbus, "two or three quarts of cold water, if strong, of warm water, if weak"; for a Cold, a Cough or a Cholic, Palpitation of the Heart, or a sore Throat, a pint of cold water lying down is a tried remedy, while for a fever, "I never knew it to do hurt." For a Bloody Flux, "drink cold water as largely as possible, taking nothing till the flux stops." He knew a gentleman who was cured of Gout in the Stomach many times by a draught of cold water; and cold water alone drunk largely will not only stop Profuse Sweating, but it has even cured the Plague. Half a pint of cold water every morning will prevent Stone in the Kidneys, a pint will cure Palpitation of the Heart; but to cure Stone in the Bladder the sufferer should "drink largely of water impregnated with fixed air." He gives a method of making this: "Dissolve fifteen grains of salt of tartar in six spoonfuls of water, to which add as much water acidulated with oil of vitriol as will neutralize the salt. They are to be gradually mixed with each other so as to prevent the effervescence or dissipation of the fixed air as much as possible."

The greatest triumph of cold water, however, is this: "A Farmer aged seventy in a confirmed ascites was given over for dead. Being desperate, he drank three quarts of cold water every four and twenty hours. His whole food meantime was Sea biscuit, sometimes with a little butter. For sixteen days he seemed worse. Then he discharged for near a week a vast quantity of water and was soon free from his disease, which never returned."

Warm water is prescribed for the prevention of Stone, a pint daily just before dinner, preferably with a large onion sliced in it. is used also as