

fully ripe when gathered. Dry them a little in the sun before you lay them up; they keep many years, but yet it is best to renew them every year, for either growing or medicinal purposes.

Gums, rosins, and liquid droppings may now be gathered from various trees.

APPLES.—Apples may now be hoped for, though not yet ripe. They are what I call the king of fruits, because of their purifying, cooling, cleansing, and strengthening qualities—of which see more in next number.

DIARRHEA OR LOOSENESS is not in many cases to be considered a disease, but rather as a salutary evacuation. It ought therefore, never to be stopped, unless when it continues too long or evidently weakens the patient. A looseness occasioned by the obstruction of any customary evacuation, generally requires that the diet should be very much lessened and the perspiration helped; also to bathe in warm water every night upon going to bed; at the same time every method is to be taken to restore the usual discharges, as urine, &c., as not only the cure of the disease, but the patient's life may depend on this. A looseness which proceeds from violent passions or affections of the mind, must be treated with the greatest caution; vomits in this case are highly improper, nor are purges safe unless they are very mild and given in small quantity; opiates or other spasmodic medicines are the most proper; 10 or 12 drops of liquid laudanum may be taken in a cup of valerian tea or penny-royal tea, every 8 or 10 hours, till the symptoms abate; ease, cheerfulness and peace of mind are most important. When a looseness proceeds from acrid or poisonous substances taken into the stomach, the patient must drink large quantities of diluting liquors, with oil or fat broths to promote vomiting or purging, but use caution that the bowels get not inflamed from whatever cause the looseness proceeds. When it is found necessary to check it, the diet should be composed of rice boiled with milk and flavored with cinnamon, and lighter sorts of very fresh meat roasted, drink weak broth made from lean veal or of a sheep's head, it being very gelatinous.