

A hot, sulphurous air is also apt to exalt the contractions of the solids extremely, and by its fiery particles to disturb, vitiate, and embarrass the actions of nature to the last degree, from which arise inflammatory, petechial, nervous, epidemical, malignant, etc., fevers.

A damp, moist, foggy air, on the other hand, too much relaxes the vessels, and thence proceed preternatural cohesions and viscidities of the fluids, affecting the parts with scorbutic swellings, schirrosities, stubborn coughs, phthisies, and all those agues and intermittent fevers which pester mankind in the winter and spring seasons.

Rheumatism is much more frequent in cold than in warm climates, and in those seasons in which the weather is variable than even when it is constantly cold; thus it is oftener met with in spring and autumn, than in winter.

MISCELLANEOUS RECEIPTS.

If you keep a good fire to make the room warm, do not forget to stop up the cracks, and thereby keep the cold out. Double windows and double doors are very beneficial.

Frost bite, and frozen limbs.—When the extremities, or any part of the body, are exposed to intense cold, the circulation of the blood and the feeling of the nerves are destroyed by the parts freezing. If the frozen part is suddenly thawed by heat, speedy mortification comes on; therefore the best thing to do, is to restore warmth very slowly, by rubbing the part with snow or ice water, and, at first, to give no heating or stimulating liquors internally. Lying on a cold bed is good.

Small skin cuts often happen in the hands and legs, by use of a knife or workmen's tools. All that is necessary to be done in slight cuts, is to get a small piece of thin white paper of any sort, and wet it with spittle, place it on the cut, and hold it a few seconds; it will adhere to the skin and stop the bleeding, and no need to be taken off until