

“When you are not well, keep quiet—rest—and take but little food, and that of the simplest sort—gruel, toast. Rest is a great restorer, and the stomach and other nutrient organs should rest as well as other parts.

“‘Doctoring’ one’s self is never safe. If not much better after a day or so of rest and abstinence, a trusty, regular physician should be consulted. If getting worse, do not wait long. If one’s watch gets out of order, a skilled workman is employed, so when ill, above all, employ no amateur, no quack.

“Follow the doctor’s directions to the minutest detail, even to the manner of taking the medicine, and especially in dieting. What may seem to you a most trifling omission or commission may be of much consequence. Recovery may depend much on little things, and less on drugs than on a judicious diet, rest, &c. Avoid quack medicines at all times. They may not suit your case, and do much harm.

“And do not forget that you are under as great obligations to the doctor for the deep interest he, if a good one, is certain to take in your case, as he is to you. Endeavor to consult one whom you can fully trust; and have full faith in the one you do consult—faith that he knows more about your case than you do. Keep hopeful. Hope and a determination to get well help much. Get the mind at ease and in peace; and, above all, trust most in God.

“After or during a severe chill bathe the feet a few minutes in water as hot as can be borne, keeping the body well wrapped; drink a cup or two of hot, thin gruel and get into bed with plenty of bed-clothes until free perspiration starts. This may prevent serious illness.”

THE INDIVIDUAL IN RELATION TO THE PUBLIC HEALTH.

CAUSES of disease prevail on every hand, within the body, without, around, everywhere, and every individual member of society is under obligations to use every possible means which he can command in order to avoid these causes, as well for his neighbors sake as for his own. Every head of a household must