

NEW GUIDE TO HEALTH; OR,

Now take your bitters by the way,
Two, three, or four times in a day;
Your appetite if it be good,
You may eat any kind of food.

Physic I would by no means choose
To have you first or last to use:
For if you take it much in course,
It will disorder reinforce.

If any one should be much bruise'd,
Where bleeding frequently is us'd,
A lively sweat upon that day
Will start the blood a better way.

Let naumes of all disorders be
Like to the limbs join'd on a tree:
Work on the root, and that subdue,
Then all the limbs will bow to you.

So as the body is the tree,
The limbs are colic, pleurisy,
Worms and gravel, gont and stone;
Remove the cause and they are gone.

My system's founded on this truth,
Man's Air and Water, Fire and Earth,
And death is cold, and life is heat,
These temper'd well, your health's complete.