

throw off the offending cause. If cold is the cause, and is attended with all the symptoms of an approaching fever, it may be thrown off by sitting by a lively fire, covered with a blanket, and taking some hot medicine, or if none is at hand, half a pint of hot water drank as hot as can be borne. Sit till pretty warm and perspiration starts freely. Then draw back a little at a time till the sweat has dried up; then throw off the blanket and move toward the fire. This, in most cases, will throw off a cold, and prevent much sickness and pain.

When the regular movement of the bowels is obstructed from costiveness, give a strong decoction of the bitter root bark, or a fine powder of the bark in water: if this should not answer the purpose, give a strong tea of thoroughwort, and an injection of the same, and repeat it if necessary. This I never knew fail to give relief; but if it should, the patient should be carried through a course of medicine as quick as possible.

When the regularity of the bowels is disturbed by a relax, give a dose of composition powder, or No. 3, but no more should be given than barely sufficient to regulate the bowels; more would be injurious. A powerful dose of physic would be weakening, and a powerful astringent would prove hurtful by stopping the relax too suddenly. But if the disorder is caused by intemperance, or excess in eating, or exists only on the mind, let the cause be removed, and the effect will usually cease. When a person is bilious it is generally owing to errors in diet. Let these be reformed and the complaints will cease. But if a person take a fancy to be always bilious, let him be always or often taking calomel, or blue pill, or active purges, such, as Lee's pills, &c. and surfeit himself with high living, and he will certainly succeed. The soundest liver will not be proof against such abuse. The unnecessary or imprudent use of medicine, has ruined many constitutions. A dose of medicine, taken with a view of preventing an attack of disease, not unfrequently invites one which would otherwise not have occurred.

The absurd practice of bleeding, or taking purgatives, or other medicines, in the spring and autumn, under the erroneous idea that by so doing the blood is rendered more pure, should be carefully avoided.

Let it be recollected that the health and strength of the body are not supported by the quantity of food that is consumed, but only so much as is capable of being digested and converted into pure chyle and blood. If more food is taken into the stomach than is well digested, it will turn rancid and viscid, and will weaken the body instead of strengthening it.