

that pork should not be eaten ; for, either fresh or in a cured state, it is not wholesome. The common fowl and the turkey, the common pigeon and blackbird, are easily digested and very nutritious ; but the swan, the goose, and the wild and tame duck, are not easy of solution in the stomach, and therefore ought to be sparingly used. Raw eggs are gently laxative, and very serviceable in jaundice and obstructed liver ; and the raw eggs of the common fowl are strengthening and nourishing to the consumptive patient. In boiling eggs, the harder you boil them the less nourishing you make them, and the harder of digestion. The sick or delicate should never eat stewed oysters, as they are very indigestible ; but if eaten in a raw state, they may be easily digested, and are sometimes serviceable to the weak and consumptive. Persons afflicted with habitual costiveness may diet on oysters, as they are attended with a laxative effect ; a very small quantity of vinegar should be used by those who eat oysters, unless they are laboring under consumption. Most kinds of shell fish are difficult of digestion.

In summer, the quantity of vegetable food should be increased, and particular care should be taken to procure it fresh. In winter, the quantity of animal food should be increased, being of a permanent nourishment most suitable.

All kinds of fruits, when in their season, are beneficial, and care should be taken that no bruises or other defections are contained in them. The qualities and beneficial effects of various fruits, I shall give in some of the following numbers.

A I R.

A dry, serene air is always a heavy air, and is most wholesome to every man in his own place.

A cold and nitrous air, though it agrees with the robust, yet is pernicious to weak and infirm constitutions, by raising the contractions of the vessels too high, and thereby occasioning obstructions in the capillaries, which produce inflammatory fevers, as the pleurisy, St. Anthony's fire, &c.