

be used simple, with or without sugar. In more violent attacks, use from a half to a teaspoonful of No. 2; let the patient be covered with a blanket, by the fire or in bed; apply a hot stone at the feet; if this does not relieve them, add the emetic, No. 1, and nerve powder, and go through a course of medicine. In all cases where the glands are dry, and much fever, the emetic should be used without spirit; the bitters are also best taken in hot water, sweetened, than with spirit. The objection to physic and bleeding is given in these directions hereafter. The complement of medicine given as a family stock is more to show the simplicity of the articles than the requisite quantity required. Give children drink often, sick or well.

The public are cautioned against employing any one who shall pretend to use his own improvements with my System of Practice, as I will not be accountable for any malpractice of his.

Th' Emetic number ONE's design'd
A general medicine for mankind,
Of every country, climate, or place,
Wide as the circle of our race.

In every case, and state, and stage,
Whatever malady may rage;
For male or female, young or old,
Nor can its value half be told.

To use this medicine do not cease,
Till you are helped of your disease;
For NATURE'S FRIEND this sure will be,
When you are taken sick at sea.

Let number two be used bold,
To clear the stomach of the cold;
Next steep the coffee, number THREE,
And keep as warm as you can be.

A hot stone at the feet now keep,
As well as inward warmth repeat,
The fountain 'bove the stream keep clear,
And perspiration will appear.

When sweat enough as you suppose,
In spirit wash, and change your clothes;
Again to bed, both clean and white,
And sleep in comfort all the night.

Should the disorder reinforce,
Then follow up the former course;
The second time I think will do,
The third to fail I seldom knew.