

To eat much animal food, or to drink liquors of any kind, under the idea of thereby removing the weakness caused by the great heat of summer.

To give to infants, or children in general, any such detestable compositions as milk-punch, wine or porter sangaree, or toddy. This practice ought to be an indictable offence at common law.

To give to infants and children any of the various quack medicines, which are recommended as cures for worms, or summer complaints, even though sold for twenty-five cents a bottle. The common causes of disease, from teething, weaning, excess or irregularity in food, extreme heat, &c. are sufficiently destructive without the auxiliaries of patent and quack medicines, old women's cures, or mothers' sweet gifts.

To sleep exposed directly to the night air, especially if it be very damp, and much cooler than the air of the day.

To have recourse to morning bitters, drams, or *antifogmatics* of any description, other than sponging the whole surface of the body with salt water, or using a tepid bath of the same.

To be tempted by the fineness of the evening to sit up till midnight, and, as a consequence, to lie in bed in the morning.

To take the usual meals, when excessively fatigued from want of sleep, unaccustomed labour, or beginning indisposition. Abstinence, or reduced diet, timely commenced, will obviate all the risks from these causes.—*Jour. Hum.*

To Master Mariners.—In addition to good wholesome provisions—1st, Keep the ship perfectly clean and dry.—2d, Let all the men wear flannel next their skin.—3d, Promote cheerfulness and good humour.—4th, Enforce rigid abstinence from all spirituous liquors.—5th, Do not allow the watch when relieved to turn in with their wet clothes.—6th, Let their flannels be changed once a week.

Diet of a Traveller.—In cold climates, and in the winter season, a temperate amount of substantial food will undoubtedly be required by the traveller, spirituous liquors are not necessary, or proper under any circumstances. A very simple and abstemious diet, is the one best adapted to support the health and vigour of the traveller in warm climates and during the heat of summer.

Vice needs every discouragement to prevent its seeds from growth, and it would be happy if man would consider, that he cannot long enjoy health with a poisoned mind or an upbraiding conscience.

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