

*Riddell: Wesley's System of Medicine.*

of Gilead, Balsam of Peru, Cinquefoil Tea, Sweet Oil and Balsam of Capivi, and scores of others which call for no remark.

He is thoroughly convinced, however, that electricity comes the nearest to a universal medicine of any yet known in the world and recommends it on almost all occasions—for Bruises, Baldness, Burns, and Scalds, Deafness, Dropsy, Epilepsy, Headache, Lunacy, Obstruction of the Menses, Nervous Disorders, Palpitation of the Heart, even for the Tooth Ach, etc., etc.

Wesley's views of infection are worth noticing: "To prevent catching any infectious fever do not breathe near the face of the sick person, neither swallow your spittle in the room. Infection seizes the Stomach first."

Some of his prescriptions are models. For example, his first for Costiveness is simply, "rise early in the morning"; for the Whites, "live chaste-ly, Feed sparingly, use exercise constantly. Sleep moderately, but never lying on your back."

Of exercise, in the body of the work, our author has not much to say. In the preface, he seems almost to look upon the penalty "In the sweat of thy face shalt thou eat bread" as a blessing, for that is "one grand preventative of pain and sickness of all kinds . . . the power of exercise both to preserve and restore health is greater than can well be conceived, especially in those who . . . observe both that kind and measure of food which experience shows to be most friendly to health and strength." He adds, "A due degree of exercise is indispensibly necessary to health and long life . . . walking is the best exercise for those who are able to bear it, riding for those who are not . . . the studious ought to . . . exercise at least two or three hours a day."

In the body of the book, those troubled with nervous disorders are advised to rise early, and as soon the dew is off the ground, walk; those with the Whites to exercise constantly, and also those