

PREFACE.

Of all subjects claiming the attention of heads of families, that of health is the most important. The preservation thereof or restoration thereto, after attending to our eternal concerns, is of the next importance: for health is the most excellent companion, the richest treasure, and the best of earthly possessions, without which nothing can be esteemed or enjoyed as a blessing. Hence it becomes evident that the study of Physic should form a part of the education of every private gentleman, and should become the interesting amusement of every individual whose occupation in life affords an opportunity of investigating this valuable branch of literature. No science presents to our contemplation a more extensive field of important knowledge, or affords more ample entertainment to an inquisitive or philanthropic mind. It is a branch of learning fraught with such amusement and utility, that he who neglects it can have no claim to taste or learning. It is of all others the most sublime subject for the exertion of genius, and affords the highest gratification to a benevolent mind, since there are no infirmities incident to our fallen nature that physic does not enable us to alleviate or remove. Therefore I may say, by way of introduction: it shall be my immediate and continued object, throughout each of my monthly publications, to set before my readers the surest method of restoring and preserving health by the simplest and most easily obtained remedies nature affords us.

Health, rosy health, companion treasure,
Life without thee affords no pleasure;
With thee, I am happy, active, strong,—
Without thee, cannot get along.

Welcome always to my door;
Friend thou art, to rich and poor;
Greatly beloved, who is it hates thee?
None, surely none,—but all doth praise thee.—V. B. H.