

attentive to their own safety.

Thirst may be quenched many ways without swallowing large quantities of cold liquor. The field affords variety of acid fruits and plants, the very chewing of which would abate thirst. Water kept in the mouth for some time, and spit out again, if frequently repeated, will have the same effect. If a bit of bread be eat along with a few mouthfuls of water, it will both quench thirst more effectually, and make the danger less. When a person is extremely hot, a mouthful of brandy, or other spirits, ought to be preferred to any thing else, if it can be obtained. But if any one has been so foolish, when hot, as to drink freely of cold liquor, he ought to continue his exercise at least till what he drank be thoroughly warmed upon his stomach.

It would be tedious to enumerate all the bad effects which flow from drinking cold thin liquors when the body is hot. Some times this has occasioned immediate death. Hoarseness, quinseys, and fevers of various kinds, are its common consequences. Neither is it safe when warm to eat freely of raw fruits, sallads, or the like. These indeed have not so sudden an effect on the body as cold liquors, but they are notwithstanding dangerous, and ought to be avoided.

Sitting in a warm room, and drinking hot liquors till the pores are quite open, and immediately going into the cold air, is extremely dangerous. Colds, coughs, and inflammations of the breast, are the usual effects of this conduct: Yet nothing is more common! Many people, after having drank warm liquors for several hours, walk or ride a number of miles in the coldest night; while others sit up all night, or ramble about in the streets.

People are very apt, when a room is hot, to throw open a window, and to sit near it. This is a most dangerous practice. Any Person had better sit without doors than in such a situation, as the current of the air is directed against one particular part of the body. Inflammatory fevers and consumptions have often been occasioned by sitting or standing thinly clothed near an open window. Nor is sleeping with open windows less to be dreaded. That ought never to be done even in the hottest season. I have