

Nothing is more common than for people, merely to avoid some trifling inconveniency, to hazard their lives, by inhabiting a house almost as soon as the masons, plailers, &c. have done with it ; Such houses are not only dangerous from their dampness, but likewise from the smell of lime, paints, &c. The athmas, consumptions, and other diseases of the lungs, so indicent to people who work in these articles, are sufficient proofs of their being unwholesome.

Houses are often rendered damp by an unreasonable piece of cleanliness ; I mean the pernicious custom of washing rooms immediately before company is put into them. Many people are sure to catch cold if they sit but a very short time in a room that has been lately washed ; the delicate ought carefully to avoid such a situation. and even the robust would run less hazard by sitting without doors. People who are accustomed to live in dry houses ought, as far as possible, to shun damp ones, and by all means not to continue long in rooms that have been lately washed.

But nothing so frequently obstructs the perspiration as sudden transitions from heat to cold. Colds are seldom caught, unless when people have been too much heated. Heat rarifies the blood, quickens the circulation, and increases the perspiration ; but, when these are suddenly checked, the consequences must be bad. It is indeed impossible for labourers not to be too hot upon some occasions ; but it is generally in their power to put on their clothes when they leave off work, to make choice of a dry place to rest themselves in, and to avoid sleeping in the open fields. These easy rules, if observed, would save many useful lives.

Nothing is more common than for people, when hot to drink freely on cold small liquors. This conduct is extremely dangerous. Thirst indeed is hard to bear, and the inclination to gratify, that appetite frequently gets the better of reason, and makes us do what our judgment disapproves. Every peasant knows, if his horse be permitted to drink his belly full of cold water after violent exercise, and be immediately put into the stable, or suffered to remain at rest, that it will kill him. This they take the utmost care to prevent. It were well if they were equally