

I have within this present year known apple water made in this way with Spitzenberg apples administered for rheumatism, apparently with good effect—or was it simply imagination?

Perhaps there should be mentioned here a prescription which Wesley quotes but does not vouch for. "Dr. Chyne says a total Ass milk diet, about two quarts a day without any other food or drink will cure a confirmed cancer." ("Dr. Chyne" was Dr. George Cheyne (1671-1743), one of the earliest vegetarians, who, born in Aberdeenshire and educated at Edinburgh under Pitcairn, practised at London and Bath. He wrote on Mathematics as well as Medicine, Dietetics, and Natural Theology, "an all-round man.") Wesley's tried remedy for a cancer is "Take horse spurs (a kind of warts that grow on the inside of the horse's forelegs), dry them by the fire, till they will beat to powder. Sift and infuse two drachms in two quarts of ale; drink half a pint every six hours, new milk warm. It has cured many. Tried.

In the preface, he advises to take always such a sort and such a measure of food as sits light and easy on the stomach, eschewing pickled or smoked or salted food and all that is high seasoned. For studious persons about eight ounces of animal food and twelve ounces of vegetable in twenty-four hours is sufficient; strong, and more especially spirituous liquors, are a certain, though slow poison, and experience shows that there is very seldom any danger in leaving them off at once. In the body of the book not much is said about diet in sickness. "One in a deep Consumption was advised to drink nothing but water, and eat nothing but water-gruel without salt or sugar. In three months' time he was perfectly well." "Take no food but new buttermilk churned in a bottle, and white bread. I have known this to succeed in Consumption." For scurvy, "live on turnips for one month"; for Costiveness, "live upon bread made of wheat flour, with all