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and a dry bed, have the perspiration restored; but if he be put into a cold room, and laid on a damp bed, it will be more obtruded, and the worst consequences will ensue. Travellers should avoid inns which are noted for damp beds, as they would a house infected with the plague; as no man, however robust, is proof against the danger arising from them.

But inns are not the only places where damp beds are to be met with. Beds kept in private families for the reception of strangers are often equally dangerous. All kinds of linnen and bedding, when not frequently used, become damp. How then is possible that beds, which are not slept in above two or three times a year, should be otherwise? Nothing is more common than to hear people complain of having caught cold by changing their bed. The reason is obvious; Were they careful never to sleep in a bed but what was frequently used, they would seldom find any ill consequences from a change.

Nothing is more to be dreaded by a delicate person, when on a visit, than being laid in a bed which is kept on purpose for strangers. That ill-judged piece of complaisance becomes a real injury. All the bad consequences from this quarter might be easily prevented in private families, by causing their servants to sleep in spare beds, and resign them to strangers when they come. This is the custom of many families in London, and we would earnestly recommend it to all who value the health of their friends. In inns, where the beds are used almost every night, nothing else is necessary than to keep the rooms well seasoned by frequent fires, and the linen dry.

Damp houses frequently produce the like ill consequences; for this reason those who build should be careful to chuse a dry situation. A house which stands on a damp marshy soil must be hurtful to the health of the inhabitants. All houses, unless where the ground is exceeding dry, should have the first floor a little raised. Servants and others, who are obliged to live in cellars and sunk stories, seldom continue long in health: But Masters ought surely to pay some regard to the health of their servants, as well as to their own.