

made, that black-smiths and those that work in iron are never consumptive or dropsical persons.

To Brown's opinion I assent in one thing more, for I am quite of his mind: to wit, *an old man ought never to marry a young woman.*

A word to the wise is enough.

CHAPTER III.

Obstructed Perspiration I suppose to be the real first cause of half the diseases of the human body. In a state of oozing out of perspiration, or what is called moisture on the skin of a person, all over him, which it is allowed (if my recollection is correct) vents and discharges half or more of all that we eat and drink daily.

It would surprise you to see this floating all over you, in a state of health, like water over a piece of watered meadow.

This salutary perspiration is commonly obstructed, and the skin becomes dry by what we commonly call catching cold. Its first symptoms are a stoppage of the nose, sneezing, and frequently a little dull headach.

But if the cold is suffered to continue, and the perspiration remains obstructed. The lungs will be soon affected. Or the headach will perhaps become violent. Or a lap or griping in the belly will most likely take place, and sometimes a violent vomiting with it; or a fever of some sort. The weak and the strong are all the subjects of this kind of the beginning of diseases.

All this evacuation is by the perspiration being obstructed thrown back upon the blood and intestines. Now all this mischief may easily, or commonly be prevented if when the symptoms are first felt, or you have reason to think that you have taken cold, you will pursue the following directions.

Drink sage tea* copiously and go to bed—and drink it, hot or cold, but not very strong, until you bring yourself into a little sweat, then go to sleep and you may expect to wake up well. But if you have neglected a little too long, take a pill No. 26, and go to sleep but dont neglect the tea. If that do not cure you try No. 29, and some physic, perhaps such as No. 1, 2, or 5. If the stomach or bowels are affected: or pain or inflammation takes place any where.

* Or any other warming, sweating tea will do—such as pennyroyal, mint, sassafras or dogwood buds.