

aired. The quantity of clothes on your bed should neither be too few nor too many: if the latter, you will be restless and fatigued; if the former, you will be more liable to be invaded by the causes of disease: you must be regulated in this by your feelings.

Thirdly,—With respect to the state of your *stomach* and *bowels*. Let your diet be light, but by no means low; never allow your stomach to be loaded. Continue your water-drinking system during your meals, with the occasional addition of a little white wine to the water, especially after dinner, when the weather is colder and wetter than usual. As you inform me that your visit will not be longer than a few months, I think you will run little risk of being attacked by any serious illness, if you take care of yourself. The enthusiasm with which you usually engage

in any undertaking will most essentially contribute to your health: do not, however, let it lead you to excessive fatigue; for whatever lowers, even for a very short time, the energies of the system, disposes to the inroads of causes of disease which it would otherwise have successfully withstood. Never go out about your engagements before breakfast. If at any time you are obliged to sleep in a marshy or low situation, you ought to take a teaspoonfull of bark, with a few grains of cayenne pepper, in a glass of water with a little white wine in it, before retiring to rest*. Keep your bowels always comfortably open, either by means of some cooling salts, or of

* In low and marshy situations—in the rainy season particularly—when the air is close, impure, and oppressive, and when diseases are prevalent, then segar-smoking may be indulged in;—it may also be resorted to if you are obliged to go out before breakfast, or when you are exposed to more than usual cold and moisture.

a few grains (four or five) of calomel at bedtime, and a gentle dose of salts in the morning.

As I expect you will altogether escape complaints in Mexico, I consider the best way to do so is to attend to the above directions, and not to use any means to lower the system before your arrival. Preserve the energies of your constitution, and avoid every cause calculated to lower them. Purging and all evacuations beyond a comfortably open state of the bowels, are not requisite when you are in health.

Fourthly,—*The state of your mind* ought to be cheerful, contented, and occupied with objects calculated to excite, but not to exhaust, its powers. Avoid all the depressing passions, and be not too anxious about any object. You have nothing to fear from an attack of illness in Mexico

more than in this country, therefore never dread its approach, although it will be very proper to avoid it. The only complaints by which you may be invaded are fever, dysentery, and diarrhæa, and, perhaps, cholera morbus. To the management of these I will now direct your attention.

Avoid every place where the yellow fever prevails; for although you may not be affected by it, still, in such places, its causes are always present in a more concentrated form.

Fever.—If you should perceive the invading symptoms of fever commencing, as pain in the back, loins, and limbs; yawning, sluggishness, pale countenance, cold surface, megrims, and nausea, &c.—open your bowels very gently, and add to the aperient something warm and stimulating, as cayenne pepper. Immediately after having taken the aperient, drink plen-