circuit. In this same way, and same reason do not eat the
or paste of tarts and pies. Of
vegetables you may eat all
kinds, but all the fruit
you eat should be ripe. Potas
quashes and turnips & beans
will all be proper.
Drinks there is no objection to
toffees, but you must not taste
kind & gargantua, &c.
When you drink beer or cream it shall
be mixed with water. One of the
best drinks you can take is slippery
elm bark steeped in cold water,
of which you should whenever it
is convenient, drink from a pint
to a quart every 24 hours.
Every night you must take two
of the pills, and continue them at