

W. Sandford

AN
ESSAY
OF
HEALTH
AND
LONG LIFE.

BY
GEORGE CHEYNE, M. D. F. R. S.

The NINTH EDITION.

Ἄσκησις Ὑγιείνης, ἀκορὴν Τροφῆς, ἀοικνὴν Πόνων.
HIPPOC.

At Imbecillis (quo in Numero magna Pars Urbanorum, omnesque pene Cupidi Literarum sunt) Observatio major necessaria est: ut quod vel Corporis, vel Loci, vel Studii Ratio detrahit, Cura restituat.
CELS.]

LONDON:

Printed for GEORGE STRAHAN, at the *Golden Ball* over-
against the *Royal Exchange* in *Cornhill*; and J. LEAKE,
Bookseller at *Bath*. M.DCC.XLV.



THE
CONTENTS.



INTRODUCTION p. I

§. I. *It is easier to preserve than recover Health; to prevent than to cure Diseases* 2

The Considerations that induced the Author to publish this Treatise, and accommodate it to general Use ibid.

2. *The Method he is to proceed in, and the Reasons for it* 3

3. *The Folly of an over-scrupulous, and the Reasons for a moderate and proper Care of our Health* 4

A double Advantage of that Care 5

CHAP.

The CONTENTS.



CHAP. I.

Of AIR.

- §. 1. **T**HE Necessity of a careful Choice
of the Air we are to live in p. 6
2. Proofs from Experience, of the In-
fluence of the Air on the animal Oeco-
nomy ibid.
3. Rules to be observed in the Choice of
the Situation of a House 7
4. Easterly Winds most dangerous to
Health in England 9
The Time they prevail most, and when the
Westerly and Southerly Winds blow most
constantly 10
How to prevent and remedy the ill Ef-
fects of cold and moist Air ibid.
5. What is to be done to avoid the un-
wholsome Influence of the Fog that
commonly hangs over London in the
Winter-time 11
That tender Persons ought to be careful
of the Healthiness of their Families,
and all that are much about them; of
Cleanliness; and to avoid damp Rooms,
Beds, Linen, &c. ibid.
6. The

The CONTENTS.

6. *The Manner of catching Cold, or how Perspiration is obstructed* p. 13.
An Observation concerning the Effect of rich Food, and generous Wines, in the Time of a Plague 14
Why People in Drink are not ready to catch Cold ibid.
How the Obstruction of Perspiration contributes to the producing Vapours, and all nervous and hysteric Disorders 15
Rules for Health and Long Life, with respect to Air 17.

CH A P. II.

Of MEAT and DRINK.

- §. 1. **T**O preserve Health, the Quantity and Nature of our Food, both Meat and Drink, must be proportioned to the Strength of our Digestion 19
The Sources of chronical Diseases ibid.
2. *Three general Rules by which the Valetudinary and Infirm may judge of the several Kinds of vegetable and animal Food, and find which are most proper for them* 21
The Application of these Rules; where is shewed, that those Vegetables and Animals

The CONTENTS.

- Animals that come soonest to Maturity, are more easily digested, than those that ripen more leisurely* p. 22
- The smallest of each Kind, than the largest* 23
- The Food of any Animal, than the Animal itself; the Animals that live on Vegetables, than those that live on other Animals; those that live on Food of an easy Digestion, than those that eat stronger Food* 24
- Land-Animals, than Fishes and amphibious Animals* ibid.
- Vegetables, and Animals of a dry, fleshy, fibrous Substance, than those whose Substance is oily, fat, and glutinous* 25
- Those of a light and whitish, than those of a brown or reddish Colour* ibid.
- Those of a mild and soft, than those of strong, poignant, aromatic, or hot Taste* 26
3. *The proper way of feeding Animals, and raising Vegetables, so as they may become the most wholesome Food* 28
- The Cookery fittest for that Purpose* ib.
- How the Appetite is to be preserved good and keen* 29
4. *Of the Quantity of Meat, in general,* ib.
5. *The*

The C O N T E N T S.

5. *The great Advantage of spare and simple Diet, shewn in several Examples of Persons that have by that means lived healthy to a great Age in warm Climates* p. 30
6. *Instances to the same Purpose in cold Climates* 31
7. *A particular Determination of the Weight of Meat properest for weak, tender, and sedentary People* 33
8. *The Mischiefs of Repletion, or living too fully* 35
How to supply the Place of Medicines by Diet. ibid.
9. *Of the Use of purgative Medicines, when one has exceeded* 36
The Form of an excellent Medicine for this Purpose 37
Sir Charles Scarborough's Advice to the Duchess of Portsmouth ibid.
10. *How studious Persons may know when they have eat too much* 38
How the Appetite may become the right Measure of Eating ibid.
11. *How we may judge by our Eye of the just Quantity of Meat very nearly, without the continual Trouble of weighing it* 39
Of Pork and Fish; their Unfitness for weak and valetudinary People 40
12. *The*

The CONTENTS.

12. *The great Advantage of drinking Water, in preserving the Appetite, and strengthening and promoting the Digestion* p. 42
- The pernicious Effects of drinking Spirits for these Purposes* 43
- There is no manner of Danger in breaking off so pernicious a Custom all at once, as is pretended* 45
- Sir W. Temple's Rule for Drinking after Dinner* 47
13. *The ill Effects of drinking Wine plentifully, to digest too full a Meal* ibid.
14. *The bad Consequences of the common Use of strong-bodied Wines unmix'd, and the Preference of light Wines of middling Strength, or strong Wines diluted with Water* 49
15. *That drinking, especially of spirituous Liquors, to raise the Spirits, in Vapours and Melancholy, increases, instead of curing, the Disease* 51
- Cordials are not effectual Medicines that strike at the Root of a Disease; but only present Reliefs to mitigate continual Suffering, and gain Time for a more effectual Course* 54
16. *Of Punch, and the mischievous Consequences of drinking it* 55

The CONTENTS.

- Of the immoderate and indiscreet Use of the acid Juices* p. 56
- The Cause of the Frequency of Belly-achs, Palsies, Cramps, Convulsions, and other nervous Distempers, in the West-Indies; and the Cure of them* 57
17. *The Unfitness of Malt-Liquors for weak Stomachs* 60
18. *Of the Use and Abuse of Coffee, Tea, and Chocolate, and (by-the-by) of Tobacco and Snuff* 61
19. *Of the due Proportion of watry Liquors to our Meat, and the best Time for drinking it* 67
- This Quantity is to be different, according as we eat mostly of boiled or of roasted Meat* 68
- What Meats are fittest to boil, and what to roast* *ibid.*
20. *The Form of a Cordial, where such Medicines are fit to be used* 71
- Of the proper Use of it* *ibid.*
- Rules for Health and Long Life, with respect to Meat and Drink* 72

The CONTENTS.

CHAP. III.

Of SLEEPING and WATCHING.

- §. 1. *OF the Use and Necessity of Rest and Sleep to Animals* p. 77
Of the Care we ought to take, to make it sound and refreshing 78
The eating late or full Suppers, frustrates the Ends of Sleep *ibid.*
2. *An Account of the very hurtful Effects of that Practice* *ibid.*
The Cause of unsound and disturbed Rest; Cramps, Suffocations, Startings in Sleep, and Night-Mares; Sickness at Stomach in the Morning, and Heaviness all the Day 79
The effectual Means of preventing all these 80
3. *The proper Season for Sleep* 81
The Topers find it more hurtful to sit up late, though sober, than to go to Bed half drunk, but early 82
4. *The Strong and Robust may without Danger, sometimes, neglect the due Season of Sleeping; yet the Weak and Tender never can, with Safety* *ibid.*
5. *Such People must go early to Bed, and rise early; by which means their Sleep*

The CONTENTS.

- Sleep will be more refreshing, and need not be so long, as if they went later to Bed* p. 83
6. *The ill Effects of loitering a-bed in a Morning, and the Advantage of rising early* 84
7. *A daily Regimen for the Studious* 85
A Caution about the Aged and Sickly 86
- Rules for Health and Long Life, with regard to Sleep and Watching* 87

CH A P. IV.

Of EXERCISE and QUIET.

- §. 1. **E**Xercise as necessary to Health now, as Food itself, whatever may have been the Case in the State of Innocence 89
- The Effects of it, in preserving the Blood and other Juices fluid, the Joints supple and pliant, and the Fibres in a due Tension* 90
2. *Of the Time and Occasion of allowing Men the Use of animal Food, and strong Liquors* 91
- The Reason why they were allowed to them* 92
- b 3. *Of*

The C O N T E N T S.

3. *Of the several Sorts of Exercise in Use; and of the Choice of them* p. 94
The Reason why Children delight so much in Running, Jumping, Climbing, and all Sorts of Exercise 95
4. *Several Instances of the Benefit of Exercise on the Limbs most employed in divers laborious Employments* 96
5. *The Use of this Observation, in appropriating different Exercises to different Kinds of Weaknesses in the several Parts of the Body* 97
That there ought to be stated Times of Exercises; and which are the properest 98
6. *Three Conditions of Exercise, that it may have its full Effect* 99
7. *The Usefulness of Cold Bathing;*
 1. *to keep the Perspiration free and open* 101
 2. *to promote a free Circulation of the Juices through the smallest Vessels* *ibid.*
 3. *to prevent catching of Cold, by strengthening the Fibres, and straitning the perspiratory Ducts* 102
8. *How oft, in what Cases, and in what Manner, Cold Bathing should be used* *ibid.*
9. *Of*

The C O N T E N T S.

9. *Of the Flesh-brush, and the great Usefulness of it* p. 104
An Observation of its considerable Effects on Horses ibid.
That it ought (as well as Cold Bathing) to be used on the Animals whose Flesh we eat 105
Rules for Health and Long Life relating to Exercise 106

C H A P. V.

Of our E V A C U A T I O N S, and their O B S T R U C T I O N S.

- §. 1. **T**HAT the Faeces in healthy People are of a moderate Consistence 109
The Causes of costive and purging Stools, and how they discover the Goodness or Badness of the Regimen we use ibid.
Of the Reason why Mercury purges, instead of salivating 111
That the same Reason will make even Restrictants and Opiates purgative ibid.
 2. *A dangerous Mistake in those that would grow plump and fat* ibid.
Another, in the rearing up of Children 112
 The

The CONTENTS.

- The right Method of begetting a proper Quantity of good and sound Flesh*
P. 113
3. *Loose and purgative Stools discover intemperate Eating* 115
Of the present Relief the Hysterical and Low-spirited find in good Eating and Drinking, and the Mischief that follows on it ibid.
- The common Cause of Head-aches, Stomach-aches, and Colics* 116
4. *The right Method of bracing relaxed Nerves* 117
How oft healthy and temperate People go to Stool ibid.
5. *How long it is from the eating of a Meal, till the discharging the Fæces of it* 118
That the bad Effects of an intemperate Meal are felt most the Day the Excrements of it are thrown out 119
The Consequences of this Observation ibid.
6. *Some Aliments that sit not easy on the Stomach, may afford good Nourishment* 120
- 7, 8. *Of the several Sorts of Urine, and what they signify* 121

The C O N T E N T S.

- The Difference between Hysteric Water, and that made in a Diabetes* p. 122
9. *The Regimen proper for those that make pale, high-coloured, or turbid Water* 124
10. *Of the Danger they are in, that make dark brown, or dirty red Water* 125
Of other Kinds of Water ibid.
11. *Of an uncommon Evacuation both by Siege and Urine, and the Causes of it* 126
12. *Obstructed Perspiration, the Cause of most acute Diseases, and the Effect of chronical ones* 128
13. *Catching of Cold, what, and how dangerous* 129.
A present and easy Remedy against it ibid.
The Danger of delaying the Cure of it ibid.
14. *The Way to maintain free Perspiration* 130
The Consequences of its Obstruction ibid.
An Observation concerning the Use and final Cause of convulsive Motions, Coughing, Sneezing, Laughing, Yawning, Stretching, &c. 131
15. *Of a critical Salivation happening to Persons of relaxed Fibres* 132

The CONTENTS.

<i>The Regard that ought to be had to the Eye, in chronical Cases</i>	p. 135
<i>The Reason of the Appearance of Spots, Flies, Atoms, &c. before the Eyes of hysterical Persons, and of their Dimness and Confusion of Sight</i>	136
<i>Whence hysterical People have the Sense of Choaking and Strangling</i>	ibid.
<i>Of the Usefulness of the fore-mentioned Salivation</i>	137
<i>Of the right Way of managing it</i>	138
<i>Rules for Health and Long Life, with regard to Evacuations</i>	139

CHAP. VI.

Of the PASSIONS.

- §. 1. **T**HAT the Passions have a great Influence on Health 144
- Four fundamental Propositions of the Doctrine of the Passions ibid.
- Prop. I. *The Soul resides in a particular manner in the Brain, where it perceives Motions excited by outward Objects, and, according to their Impressions, excites Motions in the Body* ibid.

The C O N T E N T S.

Schol. <i>With regard to the different Natures of outward Objects, or the Subject (Body or Mind) they immediately affect, the Passions are divided into Spiritual and Animal</i>	p. 145
Prop. II. <i>Wherein the Union of the Soul and Body consists</i>	146
Schol. <i>Some Laws of that Union</i>	147
Prop. III. <i>In Spirits there is an active self-motive Principle</i>	ibid.
Schol. <i>A Proof of this Principle, from the Existence of Motion</i>	148
Prop. IV. <i>There is in Spirits a Principle analogous to Attraction</i>	149
Schol. <i>The Necessity of this Principle</i>	150
<i>The Remains of it in our fallen State</i>	ibid.
Corol. I. <i>The Nature of spiritual Good and Evil</i>	151
Corol. II. <i>A Division of the Passions into Pleasurable and Painful, viz. Love and Hatred, and the Dependents on them</i>	ibid.
2. <i>The Passions, with respect to their Effects on the Body, may be divided into Acute and Chronical, as they produce this or that Kind of Diseases</i>	153
<i>The Effects of acute Passions</i>	ibid.
<i>The Cause of a Sigh</i>	ibid.
b 4	The

The C O N T E N T S.

<i>The Cause of a Blush</i>	p. 154
<i>The Pulse accelerated, and the Breath short, in Anxiety</i>	ibid.
<i>The Effects of Fear and Anger</i>	155
3. <i>The Effects of chronical Passions</i>	ibid.
<i>Of fixing the Attention on one Thought or Idea</i>	156
<i>Of Grief, Melancholy, unsuccessful Love, Pride</i>	ibid.
<i>The Effect of continued Action, in the Indian Farquiers</i>	157
<i>Of Religious Melancholy</i>	ibid.
4. <i>The Tender and Valetudinary ought carefully to avoid all Excess of Passion; and why</i>	ibid.
<i>The Acute Passions more dangerous than the Chronical</i>	159
5. <i>The different Effects of the Passions on different Constitutions</i>	ibid.
1. <i>on those of most elastic Fibres</i>	ibid.
2. <i>on those of stiff, rigid Fibres</i>	160
3. <i>on those of sluggish, resty Fibres</i>	ibid.
6. <i>That the Disorders or Weaknesses of the Nerves employed in the mental Operations, may, in some Cases, be remedied by Physic</i>	ibid.
7. <i>What spiritual Love, or Charity, is</i>	161
<i>Tho' at first it has the Appearance of a common Passion; yet in its Perfection</i>	

The CONTENTS.

- fection it proves the Exercise of a particular Faculty in the Soul proper to itself* p. 161
- That all Objects being to be loved in proportion to their Beauty, God must be loved infinitely; and all Creatures, even ourselves, in comparison to Him, not at all* 163
8. *Yet there is an allowable and just Self-love* 165
- The Measures of it* *ibid.*
- The Love of God, for his own Sake, and without Regard to our own Happiness, is, notwithstanding, inseparable in its Nature from our Happiness* 166
- All Beauty consists in Harmony; and all Pleasure, in the Perception of that Harmony* 167
9. *The Advantages of spiritual Love, with regard to Health* 168
- It removes all Anxiety and Solitude* 169
- It banishes all those Vices that most ruin Health* *ibid.*
- It gives continual Joy, which is inseparable from Health* *ibid.*
- Rules of Health, with regard to the Management of the Passions* 170

The C O N T E N T S.

C H A P. VII.

MISCELLANY OBSERVATIONS.

- §. 1. **O**F the Difference between Acute
and Chronical Diseases p. 172
*What may be expected from Medicine in
either Case* 174
2. *Why most Persons are seized with
chronical Diseases about the Meridian
of Life; and why some sooner* 175
3. *The great Number of dangerous chro-
nical Diseases proceeding from, and
complicated with, the Scurvy* 178
Why the Scurvy is so common in Britain
ibid.
The Manner how it is produced 179
*Why chronical Diseases are more com-
mon here than in the warmer Climates*
180
*The Reason of the Frequency of Self-
Murder in England* 181
*Why the Scurvy is seldom or never per-
fectly cured* 182
*By what Means it might be cured
thoroughly* ibid.
*What is to be done, to make Life tole-
rable under it, to those that will not
undergo*

The CONTENTS.

- undergo the Trouble of a perfect Cure* p. 183
- Seeds and young Sprouts proper in this Disease, because they have no gross Salts in them* *ibid.*
- Reflection on the great Use of a Regimen of Diet and Exercise in the Cure of chronical Diseases* 185
4. *Of the Nature of animal Fibres, and their different Sorts* *ibid.*
- Rules to know elastic or springy, robust and stiff, weak and relaxed Fibres* 187
5. *The Causes and Occasions of frequent Miscarriages* 189
- The Regimen and Medicines proper to prevent them* 192
6. *A Regimen for the Tender, Studious, &c. with regard to the different Seasons* 195
7. *Rules about Cloaths, as to the Difference of Seasons* *ibid.*
- The Danger of keeping always warm, and wearing Flannel* *ibid.*
- The Danger of customary Sweating* 196
- The Difference between Sweating and plentiful Perspiration* *ibid.*
8. *Of the Usefulness of frequent Shaving the Head and Face; and of Washing and Scraping the Feet* 198
- The*

The C O N T E N T S.

- The Advantage of a full and free Perspiration in the Soles of the Feet* p. 200
9. *A Caution to studious People, concerning the fittest Posture of the Body in Reading and Writing* 201
- The Inconveniencies of a wrong one* ibid.
10. *A very necessary Caution to fat and overgrown People* 203
11. *Two important Advices to the Aged* 205
- The Advantage of removing to a warmer Climate in old Age* 206
12. *The Folly of expecting a quick Cure of chronical Diseases* 207
- The Mischiefs this vain Expectation brings on the Valetudinary* 208
- The original and only Method of Cure of most chronical Diseases* 209
- The Necessity of submitting to this Method* 211
- The Efficacy of it* 212
13. *Of the great Usefulness of Opium* 213
- The Manner of its Operation* ibid.
- Proofs that it operates in that Manner* 215
- How it cures a Diarrhoea* 217
- In what Cases Opium is of greatest Use* ibid.
- When solid Opium, when liquid Laudanum, is to be used* ibid.
- The*

The C O N T E N T S.

<i>The proper Vehicles for it in different Cases</i>	p. 218
<i>The right Way of dosing</i>	219
<i>That Opium over-dosed, kills not so readily as is commonly thought</i>	ibid.
14. <i>The great Secret of Long Life</i>	220
<i>Tho' the Solids must necessarily harden by old Age, so as to stop the Circulation; yet this may be retarded by keeping the Juices fluid by a meagre and diluting Diet</i>	221
<i>The Manner of doing it</i>	222
<i>Of thin, and what is commonly, and what ought to be, called poor Blood</i>	ibid.
<i>What is the best Blood, and for what Reasons it is to be accounted so</i>	224
<i>Of the great Advantages of Temperance</i>	226
<i>Miscellany Rules of Health and Long Life</i>	227
<i>Conclusion</i>	230

