

**WESLEY, JOHN (1785) PRIMITIVE PHYSIC OR AN EASY AND NATURAL METHOD  
OF CURING MOST DISEASES.  
21. AUFLAGE (1. AUFLAGE 1747), LONDON 1785**

[xiii-xvi]

**I.**

1. The air we breathe is of great consequence to our health. Those who have been long abroad in easterly or northerly winds should drink some warm pepper tea on going to bed, or a draught of toast and water.
2. Tender people should have those who lie with them, or are much about them, sound, sweet, and healthy.
3. Everyone that would preserve health should be as clean and sweet as possible in their houses, clothes, and furniture.

**II.**

1. The great rule of eating and drinking is to suit the quality and quantity of food to the strength of the digestion; to take always such a sort and such a measure of food as sits light and easy on the stomach.
2. All pickled, or smoked, or salted food, and all high seasoned, are unwholesome.
3. Nothing conduces more to health than abstinence and plain food, with due labor.
4. For studious persons, about eight ounces of animal food, and twelve of vegetable, in twenty hours, is sufficient.
5. Water is the wholesomest of all drinks; it quickens the appetite and strengthens the digestion most.
6. Strong, and more especially, spirituous liquors, are a certain, though slow poison.
7. Experience shows there is very seldom any danger in leaving them off all at once.
8. Strong liquors do not prevent the mischiefs of a surfeit, or carry it off so safely as water.
9. Malt liquors (except for clear small beer, or small ale, of a due age) are extremely hurtful to tender persons.
10. Coffee and tea are extremely hurtful to persons who have weak nerves.

**III.**

1. Tender persons should eat very light suppers, and that two or three hours before going to bed.

2. They ought constantly go to bed about nine, and rise at four or five.

#### IV.

1. A due degree of exercise is indispensably necessary to health and long life.

2. Walking is the best exercise for those who are able to bear it; riding for those who are not. The open air, when the weather is fair, contributes much to the benefit of exercise.

3. We may strengthen any weak part of the body by constant exercise. Thus, the lungs may be strengthened by loud speaking, or walking up an easy ascent; the digestion and the nerves by riding; the arms and hams by strong rubbing them daily.

4. The studious ought to have stated times for exercise, at least two or three hours a day; the one-half of this before dinner, the other before going to bed.

5. They should frequently shave, and frequently wash their feet.

6. Those who read or write much, should learn to do it standing; otherwise, it will impair their health.

7. The fewer clothes anyone uses by day or night, the hardier he will be.

8. Exercise first, should be always on an empty stomach secondly, should never be continued to weariness; thirdly, after it, we should take to cool by degrees, otherwise we shall catch cold.

9. The flesh-brush is a most useful exercise, especially to strengthen any part that is weak.

10. Cold bathing is of great advantage to health; it prevents abundance of diseases. It promotes perspiration, helps the circulation of the blood; and prevents the danger of catching cold. Tender persons should pour pure water upon the head before they go in, and walk swiftly. To jump in with the head foremost is too great a shock to nature.

#### V.

1. Costiveness cannot long consist with health; therefore care should be taken to remove it at the beginning, and, when it is removed, to prevent its return by soft, cool, opening diet.

2. Obstructed perspiration (vulgarly called catching cold) is one great source of diseases.

Whenever there appears the least sign of this, let it be removed by gentle sweats.

#### VI.

1. The passions have a greater influence upon health than most people are aware of.

2. All violent and sudden passions dispose to, or actually throw people into acute diseases.

3. The slow and lasting passions, such as grief and hopeless love, bring on chronical diseases.

4. Till the passion, which caused the disease, is calmed, medicine is applied in vain.
5. The love of God, as it is the sovereign remedy of all miseries, so in particular it effectually prevents all the bodily disorders the passions introduce, by keeping the passions themselves within due bounds; and by the unspeakable joy and perfect calm serenity and tranquility it gives the mind; it becomes the most powerful of all the means of health and long life.

[xvii, Vorwort d. Ausgabe von 1755]

Y, to set down cheap, safe, and easy medicines; easy to be known, easy to be produced, and easy to be applied by plain, unletteres men

