

**THE MEDICAL FRIEND, OR
ADVICE
FOR THE PRESERVATION
OF HEALTH**

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The Medical Friend, or Advice for the Preservation of Health by James Paxton

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JAMES PAXTON

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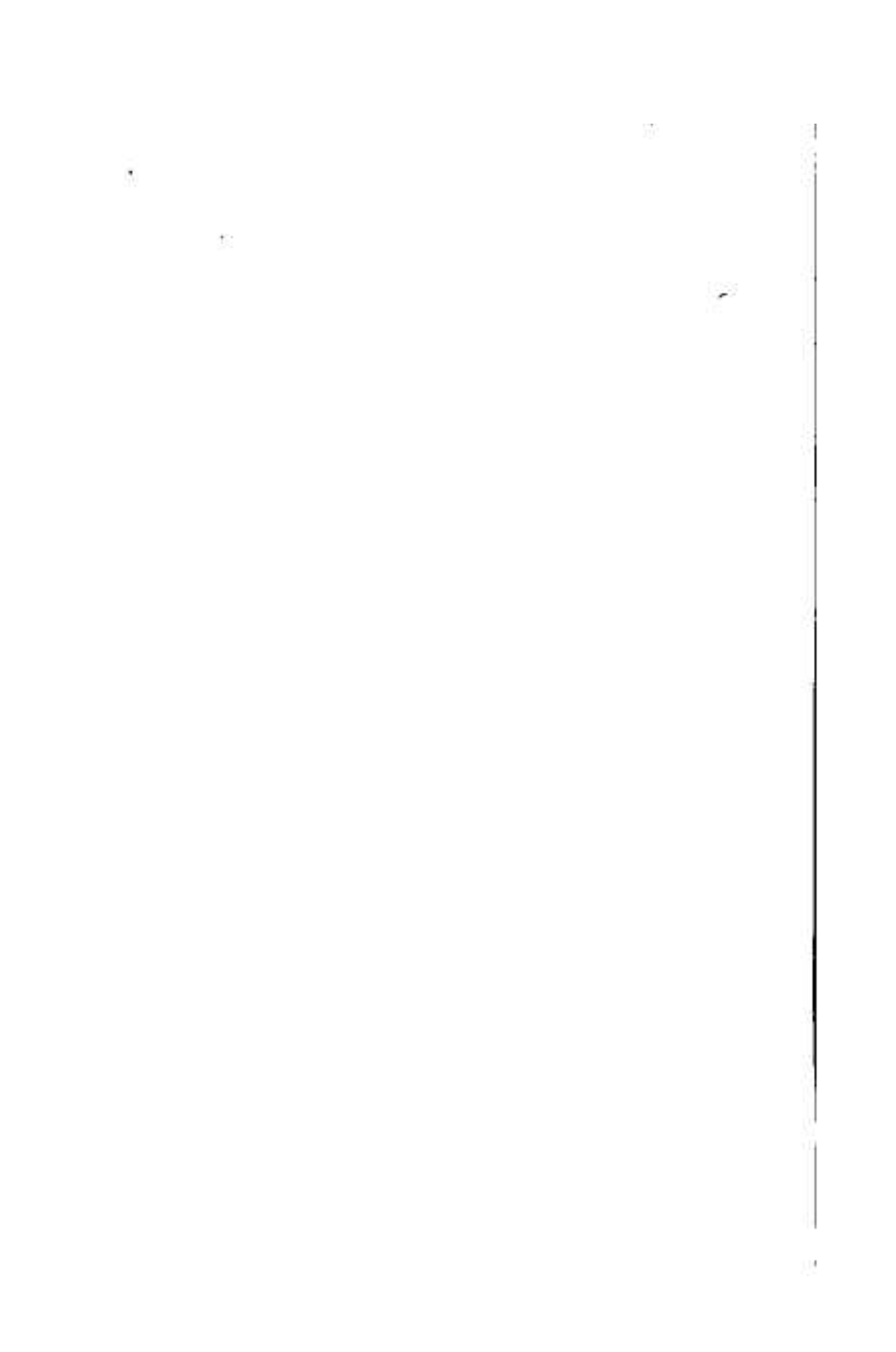
THE
MEDICAL FRIEND,
OR
ADVICE FOR THE PRESERVATION OF HEALTH.
BY
JAMES PAXTON, M.D.



LEWIS CORNARO.

An extraordinary instance of longevity; who, though naturally of an irritable constitution, and intemperate in early life, yet by strict regimen corrected the morbid tendencies of his body, and died calmly at the age of an hundred years.

OXFORD,
PRINTED FOR J. VINCENT.
1843.



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PREFACE.

It is more important to preserve health than to cure disease: and though it is true, that the "whole need not a physician, but the sick," and books on the care of the body may excite the smile of those who are in the pride and superfluity of health, yet be assured that attention to sound medical precepts will considerably improve the enjoyment of the healthy, and prolong the life of the weakly in constitution, and those advanced beyond the meridian of life.

The best constitution is constantly surrounded by so many causes which tend to its derangement, that there are comparatively few who possess perfect health. Hence the

inestimable benefit of the advice of a learned and faithful **MEDICAL FRIEND** is of more value than fine gold. The records of science annually shew how much mankind are indebted to the learned in the medical sciences; and it is of as much importance to attend to their advice as to take their medicine.

The health of both body and mind is deserving of much more attention than it usually receives.

Life may be considered to embrace three periods of existence: first, the period of preparation; second, the period of usefulness; third, the period of decline. The **MEDICAL FRIEND** is here desirous to give instruction how best to improve and economize each term of existence, so as not to exceed the income of health.

If it be asked, whether we are to live ac-

ording to the uncompromising rules of a physician; I answer, Yes. And though we may imagine that nature has given us a licence, the infringments of her laws will subject us sooner or later to protracted sufferings or a premature grave.

Nor can there be a more important service rendered to mankind, than to point out certain methods by which some of the most severe calamities of life may be averted, and diseases prevented from sapping the foundation of the healthful structure.

The health is to be preserved, and not trifled with. Have you good health? Endeavour to keep it. Are there indications of disease? Consult an able medical practitioner, and follow closely his advice.

Persons are not attacked by serious disease without due notice, and perhaps repeated