

Edinboro
Dr. J. H. Patrick Esq.

Dr. Wielabycki presents his Compts
to Mrs Meren & encloses 3. powders
for Miss Meren. Each to be
dissolved in two wineglasses of
water previously boiled & one
glassful taken at bed-time and
another next morning about half
an hour before breakfast passing
one day between each powder
- they will thus last for 6. days.
Dr. W. hopes, that Miss Meren's
Cold is quite gone, & she has
not used cold bath during it -
that she will give it up par-
ticularly in cold weather, if

The bath makes her chilly or
sneeze, or hoarse with rough voice
& burning in the throat, or gives
her cough at night from that
burning & dryness in the throat
or chest, with discharge of water
from the nose - or rheumatic
pains in the chest with shoot-
ings behind the breast-bone or
below both sides of the chest;
and perhaps gives painful
shocks in the arms, shoulders
or back when coughing with
bitter taste in the mouth &
desire to vomit -

Either of these symptoms if present require rather confinement for a few days & preclude altogether the application of Cato especially in people whose chest is liable to some affections in Cato weather -

Ship Men however being accustomed to daily cat bath, if free from cold & anxious to continue, will find as much pleasure & have as much refreshment

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if she has it once a-week
in Cold weather -

Wearing flannels is indispensable
in this Country -

Her food ought to be regular
& nutritious but not stimulating
or exciting - Wines, spices, cheese
Tea, coffee give no nourishment -
Old cheese particularly is injurious.
Salted meat or fish is unwholesome.
But every thing fresh & well boiled
with a short rest after each meal
& exercise in the open air is
conduive to health.

Good Cocoa can be got at 63. Hanover
Febr. 25. 1845 -

Mr.