The way to health : extracted from The villager's friend and physician / by James Parkinson.

# Contributors

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How to live happiest, how avoid the pains The disappointments, and disjusts of those

# THE WAY

A Smoot of you are more who heards notice by your your loose, paining your incidence by the secut of my instructions, with a few remarks on XERRERS and ALROR. This add to smoot. By oid he fault server from the add gas a new compared sum\_\_ALRORTON.

Truly does this author say, <u>Truly does this author say,</u> <u>It will speak</u> by hadde the present's call <u>It will speak</u> at a same the

Entrative indeed gives strength to every fibre, and energy and spring to all the vital powers. In a word, man in rendered

# E-dust with labour, and by custom streef d To every causalty of Dis.

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# Cas uses upon the files, when reary doch. Finds the down pillow hard,

Watch the steady pace of the son, let his rising lead you to labour, and his setting to rest, or to rational association, for Be who nexts and because by the rate, The course of tail docs having real,

He may a full data firstly on, Bavides I have one truth to disclose to you, which prohaps you may have not discovered. Vitteen may have loatenful and therefore industry may become the mother of densi-erance. For notator, urged foro far, pant and necks for enti, but her thoughdeas driver spans her on. The per-nicions, the poincone dram, is wouldowed plass after Plans, whenever the spirite fig., and thus, he who gets a lard hand, too othern gets a problem do mouth. This are persuribly reads to the ale-bission, as that doors to the brane of minery and discours. Consider a fitter, my frienda, how fitte you gain by earning via shiftings instead of four, when the pol-ticing gets once half of your earnings, and physic reas away with the reat.

pain by certains it is alling is instead of both, which the pole-tical gets one that of your commiss, and physics runs only with the rest. But let us and the posed density is all the source of the reperty world are parameters in all the source of the source interaction of the source of the source of the source of the posed of the source of the source of the source of the basis of all visions, which is called a hole drop, to the rest may be solidisated as a source of the source parameters of the source of the source of the source of the first source of the source of the source of the source parameters of the source parameters of the source of the source of the source parameters of the source of the source of the source many source of the source of the source of the source many source of the source of the source of the source many source of the source of the source of the source many source of the source of the source of the the source of the source of the source of the source many source of the source of the

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BY JAMES PARKINSON.

In proportion as the mind is cultivated, the enjoyment of nature's blowings is promoted, and the interest in life is segmented, and, which is pretricularly to our present pur-point, the opportunities and the range of rational receiv-tions are interested. Know that assessments is an accrete stury to bratch as labour 1 and that it is secontinues right beauty situations in which he is placed by them, and the sufferings which accered, are not entirely unsolved a Ba dray, and which tak interact many accession of matter's hier aggreented a Ba transmission man angle organization for each second second accession of the transmission man angle organization for each second second accession of the transmission man angle organization for each second second accession of the transmission man angle organization for each second Load but weak resolves are uttered-such fifty gateroor are never more to be committed.

# To forme your mind to mirth and morrisors, Which hars a throwed harms, and longheses 105. SHARTTARE

Which has a theorem the set of the protocol of the set of the set

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The scenarios and early subsergrees where the ten-tron simples show and early subsergrees where the ten-tron simples are subserved to the tentron of the tentron which can be conjoured by the first should this not be to your tark, or should your yourbidly appropriate larger not have been sufficient to canbe you to indelige in this delightfiel environment, and to reproce the yourself with and having done all in your powers, to camble your children and having done all in your powers, to camble your children

Who would in pleasure all their boars employ, The precepts hear ! ARMSTROND.

# TO HEALTH.

useful and entertaining accompliancest, and that a few proof, a very few proce, weekly compared for this par-poor, may learn that standards through the whole of helf life. By receipt instantion for the preservation back of third health and means in they will here the best matching of the property instantion of the preservation back of third health and means in they will here the best matching of the first property of the preservation of the start of will an instantial to their day to you, and be familiated will an instantiation source of a measurement and reference that need them to the ab-bound for amounteents of their youth it will affect them annaecomment and instantions, will be use matching.

# Prevention is the house care ; So says the Prevent, and "in core,

The means for accomplishing this, see these which have just been encomplishing this, see these which have just been encommonial, wassa diluting drinks should be taken freely, and even proface swearing should be go-noted by the sid of a tree-term to be independent. Such lowers also dependent to be independent sets to be a set of the set of the set of the set wave to be a set of the wave term be well regular. Otherwork the his undirect may be well regular. Otherwork the his undirect may be well precise, that set of the set to the change of seniors in this versitie climate. Take core also that your clocking be regularly diposed, not match thisner is one part than another; for how about in it to wrat the body in thick working, and to cover the legs with tookings of this texture. If lable to points it any particular part, that part indeed ways be added by additional cottings, and particularly by the working of finance next to the abdit a texture in the working of finance areas to the addit at which is and indeed ways be drevery part of the challes mass is a covenary, not such for the rades of comfort has of the set in this of these cannot be added to addite the first part mass is a covenary, not such for the rades of comfort has of

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of here standed with younder. <u>Traped with nor own scoreshore that has been saidy</u> although you will but reconsider what has been saidy although you may accuse nor of persching, you will not regard a division hout as a triving mutter. Look back but to the hest advecture of this kind, and strive to

Ab, sly doction? I trended s're and s're, Yes will believed ! evalues s'of the wreck Of asher wren?

addressible of the Kalong and Strive Look back how repears a deviation how as a triffing mutter. Look back how to the last adversation of this Kind, and Strive Loo With them in source of this Kind, and Strive Loo With them in source of the Kind, and Strive Loo With them in source on superside low Repears and the Manuary on the green With the source of the Kind, and Strive Loo With the source of the Kind, and Strive Loo With the source of the Kind, and Strive Loo With the source of the Kind and Strive Loo With the Strive repears and the Strive Strive With the Strive repears and the Strive Strive With the Strive Strive With Strive Strive With the Strive Strive With Strive Strive With the Strive Strive With Strive Strive With the Strive Strive Strive Strive With the Strive Striv