

M0013806: Section from Cheyne: An essay of Health and Long Life, 1724

Publication/Creation

November 1954

Persistent URL

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Wellcome Collection
183 Euston Road
London NW1 2BE UK
T +44 (0)20 7611 8722
E library@wellcomecollection.org
<https://wellcomecollection.org>

§. II. To the *Aged*, and those who are passing off the *Stage of Life*, I have only *two* Things to recommend, if they would make the *last Hour*, as *easy*, *indolent* and *free from Pain* as may be. The *first* is, That they would avoid the *Injuries* of the *Weather*, as much as ever they can. The *Blood* of the *Aged* is ever most certainly *poor* and *viscid*. Their *Perspiration* little or none at all; and their *concoctive Powers* *weak*. And consequently, they must be *subjected* to, and suffer by the weakest *Injuries* of the *Weather*. Therefore I advise *such*, to keep *Home*, provide *warm Rooms* and *Beds*, and good *Fires*, whenever the *Sky lowers*, *Winds blow*, or the *Air* is *sharp*. Such are not to expect to *raise*, *improve*, or *exalt* their *Constitutions* or *Health*. *Freedom from Pain*, to prevent the *vital Flame's* being extinguished by *Accidents*, and to have it *burn* as clear, and as long as *Nature*, at their *Age*, has designed it should, is all they ought to *aim* at. *Exercise* is only to purge off *Superfluities*. If *these* therefore, be careful not to *exceed*, they will want none, nor would it much contribute to their *Ease*. For in old Men the *Bones petrify*;
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