Dr. Benjamin Rush’s Rules of Health
Unit: Plants (Elementary and Middle School)

a. Flannel worn next to skin, especially in winter.
b. Always to take a little raw spirits after being very wet or much fatigued; and as little as possible at any other time.
c. When you feel the least indisposition, fasting and rest; and diluting drinks for a few hours, take a sweat, and if costive (constipated) take purge of two pills every four hours until they operate freely.
d. Unusual costiveness is often the sign of an approaching disease. When you feel it, take one or two of the opening pills.
e. Where salt cannot be had with your meat, steep it a day or two in common lye.
f. In difficult and laborious enterprises or marches, eating sparingly will enable you to bear them with less fatigue and more safety to your health.
g. Washing feet with spirit when chilled, and every morning with cold water.
h. Molasses or sugar with water with vit. (vitals, food) and for drink with meals.
i. Shoes without heels.
j. Lying down when fatigued.