

## **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. (vituals, food) and for drink with meals.
- i. Shoes without heels.
- j. Lying down when fatigued.