

Sir,

St. Clunna

The stricture under
labour, cannot be cured
~~closest~~ attention to your
drinks for 6 or 12 months.
be best, that you eat no meat
and you certainly should
none, except at dinner.
then be in small quantities
of the lighter kind, such
boiled fennel, and
are better for you than solid meat
and you ought not to have them
highly seasoned, especially with
pepper. You should also eat spa-
ringly of butter, and eggs; & never
eat the latter fried. You may
take milk, sweet, sour, and curd-
red, and you can have no better
article of diet. Of bread, eat corn
or light wheaten, but refrain from