INTRODUCTION.

DR. BUCHAN'S invaluable Work, "DOMESTIC MEDICINE," affords the best means for the preservation of health, and the prevention and treatment of disease, by regimen and simple remedies.

The precepts it inculcates are well calculated for these important ends; but, as example is ever before precept, the most useful commentary upon them that can be presented to the reader, for a picture of imitation, is an account of those who, by well regulated rules of conduct in their mode of life, have enjoyed uninterrupted health, and lived with satisfaction to extreme old age. The most remarkable example of the happy effects of such regulations, is exhibited in the life of the celebrated Venetian nobleman, LEWIS CORNARO; a detail of whose regimen and conduct, as written by himself, we now reprint, for the public benefit, with Notes and Observations, and which will form a suitable Supplement to Dr. Buchan's celebrated Treatise on the Prevention and Cure of Diseases, by regimen and simple Medicines.

The *Speetator*, No. 195, is a judicious essay on health, written in an easy and familiar manner, which has attracted the attention of the thinking and sensible of all ranks in life. Cornaro's useful little work is therein referred to in the following terms:—

"The most remarkable instance of the efficacy of *temperance*, towards the procuring of *long life*, is what

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we meet with in a little book, published by *Lewis Cornaro*, the Venetian; which I rather mention, because it is of undoubted credit, as the late Venetian Ambassador, who was of the same family, attested more than once in conversation, when he resided in England. Cornaro, who was the author of the little Treatise I am mentioning, was of an infirm constitution, till about forty, when, by obstinately persisting in an exact course of *temperance*, he recovered a perfect state of health; insomuch that, at four score, he published his book, which has been translated into English, under the title of "*Sure and certain Methods of attaining a long and healthful Life*." He lived to give a third and fourth edition to it; and, after having passed his *hundredth year*, died without pain or agony, and like one who falls asleep. The Treatise I mention has been taken notice of by several eminent authors, and is written with such a spirit of cheerfulness, religion, and good sense, as are the natural concomitants of temperance and sobriety. The mixture of the *old man* in this work, is rather a recommendation than a discredit to it."

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