

into Nourishment : But for the unactive Man a Hogshead of Ale which is made from six Bushels of Malt is sufficient for a Diluter of their Food, and will better assist their Constitution than the more strong sort, that would in such produce Obstructions and ill Humours; and therefore that Quantity for Ale, and ten Bushels for a Hogshead of strong Beer that should not be Tapp'd under nine Months, is the most healthful. And this I have experienc'd by enjoying such an Amber Liquor that has been truly brewed from good Malt, as to be of a Vinous Nature, that would permit of a hearty Dose over Night, and yet the next Morning leave a Person light, brisk and unconcern'd. This then is the true Nostrum of Brewing, and ought to be studied and endeavoured for by all those that can afford to follow the foregoing Rules, and then it will supply in a great measure those chargeable (and often adulterated tartarous arthritick) Wines. So likewise for small Beer, especially in a Farmer's Family where it is not of a Body enough, the Drinkers will be feeble in hot Weather and not be able to perform their Work, and will also bring on Distempers, besides the loss of time, and a great waste of such Beer that is generally much