

116 *The Nature of the Barley-Corn,*
thrown away; because Drink is certainly
a Nourisher of the Body, as well as Meats,
and the more substantial they both are,
the better will the Labourer go through
his Work, especially at Harvest; and in
large Families the Doctor's Bills have prov-
ed the Evil of this bad Oeconomy, and
far surmounted the Charge of that Malt
that would have kept the Servants in
good Health, and preserved the Beer
from such Waste as the smaller sort is lia-
ble to.

'Tis therefore that some prudent Farm-
ers will brew their Ale and small Beer
in *March*, by allowing of five or six Bu-
shels of Malt, and two Pounds of Hops
to the Hoghead of Ale, and a quarter of
Malt and three Pounds of Hops to five
Barrels of small Beer. Others there are,
that will brew their Ale or strong Beer in
October, and their small Beer a Month be-
fore it is wanted. Others will brew their
Ale and small Beer in *April, May* and *June*;
but this according to humour, and there-
fore I have hinted of the several Seasons
for Brewing these Liquors: However in
my Opinion, whether it be strong or small
Drinks, they should be clear, smooth and
not too small, if they are design'd for
Profit and Health; for if they are other-
wise, it will be a sad Evil to Harvest
Men,