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Autore	Tryon Thomas <1634-1703.>
Titolo	The way to health, long life and happiness: or, A discourse of temperance. and the particular nature of all things requisite for the life of man [[electronic resource]] : as all sorts of meats, drinks, air, exercise, &c. with special directions how to use each of them to the best advantage of the body and mind. Shewing from the true ground of nature, whence most diseases proceed, and how to prevent them. To which is added, a treatise of most sorts of English herbs, with several other remarkable and most useful observations, very necessary for all families. The whole treatise displaying the most hidden secrets of philosophy, and made easie and familiar to the meanest capacities, by various examples and demonstrances. The like never before published. Communicated to the world for a general good, by Thomas Tryon, student in physick
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