To Preserve a Man
by Mr Thomston of York

Set him in the Sunshine of a Court till his volatile Spirits are Evaporated,
Take his Reason and place it under a Shade, till it is perfectly cool consult
the Herbal to find in a proper Soul an armfull of the following Spring Flowers
Youth, Beauty & Chearfullness than take two Summer plants Occoromy and
Serenity, mix these well together with an Equal Quantity of self denial
and desiresick, when your Man is fitly prepared add these
Ingredients to him, & set him in a Quiet place till they are all Incorporated together
and you will find he is compleatly preserved.