

★ OCTOBER ★

2. At the Change met with Mr. Cutler, and he and I to a Coffee-house and there discoursed; and he doth assure me that there is great likelihood of a war with Holland – but I hope we shall be in good condition before it comes to break out. I like his company and will make much of his acquaintance.

6. Slept pretty well, and my wife waked to ring the bell to call up our maids to the washing about 4 a-clock and I was, and she, angry that our bell did not wake them sooner; but I will get a bigger bell. So we to sleep again till 8 a-clock. At noon, Lewellin coming to me, I took him and Deane, and there met my uncle Thomas and we dined together. But was vexed that it being washing-day, we had no meat dressed; but sent to the cook's and my people had so little wit to send in our meat from abroad in the cook's dishes, which were marked with the name of the Cooke upon them; by which, if they observed anything, they might know it was not my own dinner. Finding myself beginning to be troubled with wind, as I used to be, and with pain in making water, [at night] I took a couple of pills that I had by me of Mr. Hollyards.

7. They wrought in the morning and I did keep my bed; and my pain continued on me mightily, that I kepted within all day in great pain, and could break no wind nor have any stool after my physic had done working. So in the evening I took coach and to Mr. Hollyards, but he was not at home; and so home again. And whether the coach did me good or no I know not, but having a good fire in my chamber, I begun to break six or seven small and great farts; and so to bed and lay in good ease all night, and pissed pretty well in the morning, but no more wind came as it used to do plentifully, after it once begun, nor any inclination to stool.

13. *Rules for my health.* 1. To begin to keep myself warm as I can.
 2. Strain as little as ever I can backwards, remembering that my pain will come by and by, though in the very straining I do not feel it.
 3. Either by physic forward or by clyster backward, or both ways, to get an easy and plentiful going to stool and breaking of wind.
 4. To begin to suspect my health immediately when I begin to become costive and bound, and by all means to keep my body loose, and that to obtain presently after I find myself going to the contrary.