

A friendly Caution against drinking Tea, Coffee, Chocolate, &c. very hot.

AS it is well known that many drink these Liquors very hot, without apprehending any Danger from it, tho' it yearly hurts the Nerves and Stomachs of Multitudes; it is hoped, that the following Reasons will, for the future, deter them from so pernicious a Practice.

The learned *Dr. Nierhause*, in the second *Vol.* of his *Elements of Chymistry*, *Process* 117, found by Experiment, that a little more than 100 Degrees of Warmth, in *Fahrenheit's* Quick silver Thermometer, would coagulate the serum of Blood; whence he reasonably infers, that this Degree of Heat will be apt to coagulate and thicken the Blood to such a Degree as to endanger Life; and yet this dangerous Degree of Heat is but a few Degrees more than the natural Warmth of the Blood; *Bosom Heat* being 94 Degrees; *Blood Heat* 96; the Heat of the Blood in a burning Fever 112; at which Time the Blood is much thickened by that Degree of Heat. How very unwholesome, then, must it be to drink Tea, &c. 50 Degrees hotter than the Blood; which is found, by putting the above mentioned Thermometer into the hotter Tea, to be of that surprising Degree of Heat, at which it is commonly drank; and what was thought but a moderate warm Tea, was found to be 30 Degrees hotter than the Blood. No wonder then that such very hot Liquors not only thicken the Blood; but also relax and weaken the Nerves and Stomach, and thereby hurt the Digestion, & produce Colics, &c.

And accordingly it is the unanimous Opinion of the Physicians, that the principal Hurt of Tea, &c. lies in drinking them too hot. It is hoped, therefore, that these Considerations will have some Weight, with those who have any Regard for their Health.