

For H.M.'s note about
arrangements for
horses to Cheltenham
See

(Paper in previous box to
be returned
here)

To George Baker
July 19. 1700

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Sir George Baker presents
his humble duty to the King.

I was yesterday made happy by the honour of your Majesty's letter, informing me that your Majesty, the Queen and the Princesses had arrived at Cheltenham without having suffered from fatigue, and that the water, as far as a trial of it had been made, seemed to succeed. With respect to the quantity of Cheltenham-water, which is proper to be drunk, no one, except the drinker, can possibly determine it. It is in general experienced to be a weak purgative. In your Majesty's case, I by no means wished for a strong one; and I conceived, that, assisted by the pills, a pint, drunk every morning, would act on your bowels sufficiently. However I do not object to the quantity, now taken, provided that the effect be not greater than is present, and provided also that neither headache nor sleepiness follow the use of it.

Princess Royal will please to continue the quantity of water which seems to agree with Her Royal Highness.

Princess Elizabeth being now free from pain, it may not, I hope, be necessary for her to take so many large doses of the bark. Perhaps it will be sufficient if a ~~large~~

dose of it be taken every morning and evening.

The influence of St. Swithin on the weather is now interrupted, and, in consequence, your Majesty will be more at liberty to extend your airings, and pursue your favourite system of exercise. On this occasion, may I be allowed to give your Majesty a caution. During the use of Cheltenham-water (which in part is a chalybeate) strong exercise ought to be avoided; for whatever brings fatigue will at the same time hurt the constitution; so that the water will become rather injurious than salutary.

I am very glad to receive so good an account of Lady Weymouth's health. But it is much to be apprehended, that her Ladyship, having found the comforts of her present regimen, will continue it, & even bring it into fashion next winter. This would be a serious detriment to the faculty of physic.

Princess Mary appeared in good health last Wednesday. The pain, however, in the arm was increasing. Happening to be too late for the Surgeons, I did not see the swelling; but I hear, that it advances properly. We are to meet again at three on Monday.

J. Baker.

London,
19 July 1788.