The reader is warned of the dangers of venereal disease, and the importance of cleanliness is emphasized. The text provides advice on personal hygiene and the prevention of disease, and includes a detailed account of the symptoms and treatment of various illnesses. It also contains information on the use of medicinal herbs and drugs, and the importance of maintaining a healthy diet.

The book is divided into several sections, each covering a different aspect of health and hygiene. The section on the treatment of venereal disease is particularly comprehensive, and includes a detailed description of the causes, symptoms, and methods of treatment. The text also contains a wealth of practical advice on how to maintain good health, including tips on exercise, diet, and the importance of rest.

Overall, the book provides a detailed and comprehensive guide to health and hygiene, with a focus on the prevention and treatment of illness. It is a valuable resource for anyone interested in maintaining good health, and would have been a popular and useful book in the late 16th century.
...and all things being said, it will be clear that the main argument of the passage is that the practice of smoking and drinking is harmful to health, and that the pleasures derived from these activities are not worth the cost in terms of physical and mental health. The author also provides examples of historical figures who suffered from the consequences of indulging in these vices, reinforcing the main argument. The passage concludes with a call to action, urging readers to resist the temptations of smoking and drinking and to seek alternative forms of recreation that are more beneficial to their well-being.