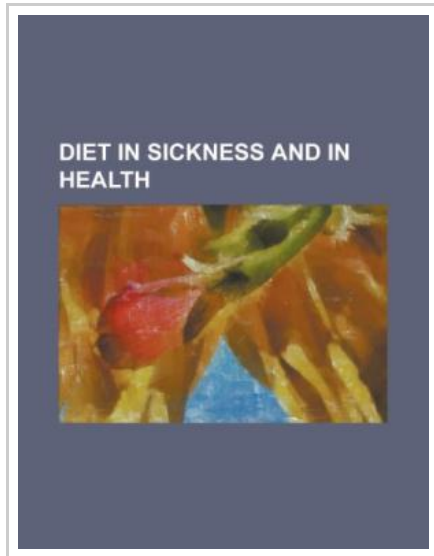



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Diet in sickness and in health

By -

RareBooksClub. Paperback. Book Condition: New. This item is printed on demand. Paperback. 66 pages. Dimensions: 9.7in. x 7.4in. x 0.1in. This historic book may have numerous typos and missing text. Purchasers can usually download a free scanned copy of the original book (without typos) from the publisher. Not indexed. Not illustrated. 1895 edition. Excerpt: . . . what to avoid, and having discovered the rules by which to govern himself he must abide by them. Doctors, to whom dyspeptics go for treatment and advice, are fond of giving their patients written or printed lists of the things they may eat and not eat, the time for meals, etc. This rule of thumb may answer fairly well with a mass of people, but it is scarcely intelligent or scientific. These lists, and even the prescriptions, are handed on from one dyspeptic to another in the hope that the talisman may act without the payment of the standard fee. The results of this haphazard method of treating a most complicated malady would afford comic reading if they could be collected, and might doubtless form the bases for many miraculous cures. Asking once for something requiring immediate attention to be made up for me...



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