

**YOU AND YOUR DOCTOR.
HOW TO PROLONG LIFE; A
PRACTICAL BOOK ON
HEALTH AND THE CARE OF IT**

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You and your doctor. How to prolong life; a practical book on health and the care of it by
William B. Doherty

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WILLIAM B. DOHERTY

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Othontus! Tell me the truth,
For the truth serves me best.
Advise me strongly,
But advise me well.

YOU AND YOUR DOCTOR

INTRODUCTORY

The cry of suffering humanity is certainly this:

Tell me, tell me, all you can!

Help me, help me, all you can!

This treatise, dear reader, does not propose to follow in the wake of pamphlets and almanacs scattered broad-cast throughout the land, nor to fall in line with those who make the unwarranted, boastful promise of "curing," upon short notice, every ill that flesh is heir to.

Its aim and merit consist rather in giving valuable and reliable information, counsel and direction for avoiding quacks and the prevalent habit of self-medication; in helping to prepare the way and the means of forming healthier, hardier generations; and in raising the voice of warning against the

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money-making schemers, who are to be found, unfortunately within, as well as without, the medical profession. It accentuates the importance of the services of a competent physician. As we consult the lawyer in our secular troubles and business entanglements, so should we seek the physician in our bodily ailments. No one else can safely take his place. It is the life-long study of the worthy physician to investigate the cause, to prevent, and to treat, sickness in all its multifarious phases, in order not only to alleviate, but also to eradicate, if possible, the causes of disease. Invaluable, therefore, are the services of the true physician. His calling is of the highest order in the sphere of mortal activity, because it has for its object the preservation of life, which we value, or ought to value, more than all else in the world. The physician can undoubtedly prolong life, but may not prevent death; the pilot can steer the ship, but he cannot quell the storm; the agriculturist may sow the seed, but may not reap the harvest. Now here is the trouble; here is the danger. The physician is generally not called upon as soon as needed; or when called upon, he cannot arrive in time to administer the aid required.

The following pages are therefore intended to supply, for every emergency, plain and useful information, direction and advice, concerning what can and should be done until the physician reaches the patient. They give the needful instructions to thwart the insidious approaches of disease, and to preserve the blessing of health to a ripe old age. Finally, they contain ready suggestions for all accidents with regard to health and life.

That all these desirable purposes may be realized for the benefit of every reader of this book, is the ardent wish and sanguine hope of the author.

Confidently he offers to all, not the uncertainty of theories, but a fund of facts, gathered through many years of careful study and observation in medical practice. He may say, in all sincerity, with Montaigne, "I have here only made a nosegay of culled flowers, and have brought nothing of my own but the string that ties them." The author's motto is:

In life, do all the good we can,
Especially to fellowman.