

# **DYSPEPSIA AND ITS KINDRED DISEASES**

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Dyspepsia and Its Kindred Diseases by W. W. Hall

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**W. W. HALL**

**DYSPEPSIA AND ITS  
KINDRED DISEASES**



DYSPEPSIA,  
AND ITS  
KINDRED DISEASES.

BY  
DR. W. W. HALL,  
Author of "How to Live Long," "Fun Better than Physical  
"Health by Good Living," etc., etc.

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## PUBLISHER'S PREFACE.

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"KNOW THYSELF" is a maxim as fully applicable to one's physical system as to one's moral nature. And yet how great is the number of people who are blindly ignorant of the rules of health. Dyspepsia is one of the most common, as it is one of the most distressing, of human ailments. There is no need to depict the miseries which are incident to it. And yet it may not only be prevented by careful habits of living, but effectually cured. Dr. W. W. Hall, of New York, for many years editor of the *Journal of Health*, and the author of several works on hygiene and medical treatment, wrote this book for exclusive publication in Canada and the United States by our house; but though he had completed the writing of it, he did not live to read all the proofs. As the last production of so eminent a specialist, it will have exceptionable claims on the public. Apart from this, however, it will be found to be a book of rare merit, giving full detailed instructions regarding Dyspepsia, which, if followed, must result in the alleviation of a great amount of suffering.