FLETCHERISM: WHAT IT IS OR HOW I BECAME YOUNG AT SIXTY

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649140596

Fletcherism: what it is or how I became Young at sixty by Horace Fletcher

Except for use in any review, the reproduction or utilisation of this work in whole or in part in any form by any electronic, mechanical or other means, now known or hereafter invented, including xerography, photocopying and recording, or in any information storage or retrieval system, is forbidden without the permission of the publisher, Trieste Publishing Pty Ltd, PO Box 1576 Collingwood, Victoria 3066 Australia.

All rights reserved.

Edited by Trieste Publishing Pty Ltd. Cover @ 2017

This book is sold subject to the condition that it shall not, by way of trade or otherwise, be lent, re-sold, hired out, or otherwise circulated without the publisher's prior consent in any form or binding or cover other than that in which it is published and without a similar condition including this condition being imposed on the subsequent purchaser.

www.triestepublishing.com

HORACE FLETCHER

FLETCHERISM: WHAT IT IS OR HOW I BECAME YOUNG AT SIXTY

Trieste

FLETCHERISM: WHAT IT IS

HORACE FLETCHER'S WORKS

THE A.B.-Z. OF OUR OWN NUTRITION. Thirty-fourth thousand. 462 pp.

THE NEW MENTICULTURE; OR, THE A-B-C OF TRUE LIVING. Fifty-third thousand. 310 pp.

THE NEW GLUTFON OR EPICURE; or, Economic Nutrition. Eighteenth thousand. 344 pp.

HAPPINESS AS FOUND IN FORETHOUGHT MINUS FRARTHOUGHT. Filteenth thousand. 251 pp.

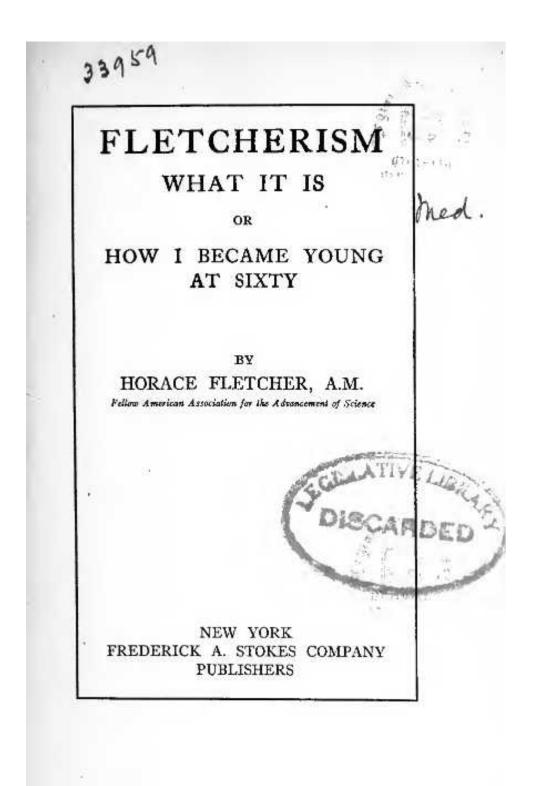
THAT LAST WAIF; OR, SOCIAL QUARAN-TINE. Sixth thousand. 270 pp.

FLETCHERISM: WHAT IT 13; OR, HOW I BECAME YOUNG AT SIXTY, 240 pp.





THE AUTHOR





COPYRIGHT, 1913, BY FREDERICK A. STOKES COMPANY

- 10

βÐ 141 5.2

September, 1913

THE-PLIMPTON-PRESS NORWOOD-MASS-U-S-A

CONTENTS

CHAPT	TER PAGE
	INTRODUCTION ix
	PREFACE xi
I	HOW I BECAME A FLETCHERITE . t
II	SCIENTIFIC TESTS 15
ш	WHAT I AM ASKED ABOUT FLETCHERISM
IV	RULES OF FLETCHERISM 51
v	WHAT IS PROPER MASTICATION? 64
VI	WHAT IS HEAD DIGESTION? 73
VII	CHITTENDEN ON CAREFUL CHEWING
VIII	THE THREE INCHES OF PER- SONAL RESPONSIBILITY 91
IX	QUESTION PRESCRIPTION AND PROSCRIPTION
х	WHAT CONSTITUTES A FLETCH- ERITE
XI	ALL DECENT EATERS ARE FLETCHERITES
XII	FLETCHERIZING AS A TEMPER- ANCE EXPEDIENT
хш	THE MENACE OF MODERN MIXED MENUS
XIV	THE CRUX OF FLETCHERISM 170
xv	FLETCHERISM AND VEGETARI- ANISM
	APPENDIX
	INDEX

[v]