

**INDIGESTION: ITS PREVENTION AND  
CURE. A HANDY BOOK OF REFERENCE  
TO THE ADVICE  
RECEIVED IN THE PHYSICIAN'S  
CONSULTING-ROOM, TOGETHER WITH  
DIET DESIRABLE FOR DYSPEPTICS**

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Indigestion: Its Prevention and Cure. A Handy Book of Reference to the Advice Received in the Physician's Consulting-Room, Together with Diet Desirable for Dyspeptics by F. Herbert Alderson

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**F. HERBERT ALDERSON**

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**INDIGESTION:**  
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J. A. H. ... 27 August

# INDIGESTION:

## ITS PREVENTION AND CURE.

*A HANDY BOOK OF REFERENCE TO THE  
ADVICE RECEIVED IN THE PHYSICIAN'S  
CONSULTING-ROOM, TOGETHER WITH  
DIET DESIRABLE FOR DYSPEPTICS.*

BY

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1903.

## PREFACE.

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I HAVE written this book in the belief that it will be found useful to the dyspeptic as a handy book of reference to the advice received in the physician's consulting-room. It gives an account of foods digestible and indigestible, of beverages which may be taken, in what quantity, and at what time; also many other points of detail so necessary for the sufferer to observe and the physician to insist upon. The failure of a complete cure is often due to an impossibility of remembering all the advice received in the consulting-room on what may be well described as "the nursing of dyspepsia and general dietetic rules": what is remembered is often so confused and disordered as to be



worse than useless; but failure is also due to a lack of perseverance in carrying out the treatment on the part of the sufferer, brought about by an absolute ignorance of the why and wherefore of digestion and indigestion.

It is quite possible for any one, without any previous knowledge of physiology or anatomy, after carefully reading this book, to understand the reason why such and such a practice should be strictly followed.

This book is a guide—a nursing manual on indigestion, which you can always have by you, to supplement if necessary, and refresh your memory, on many points of advice after leaving your physician's consulting-room.

Read it—digest it—cure indigestion.

F. H. ALDERSON.

21 QUEEN'S GATE TERRACE,

LONDON, S. W.,

*January 1903.*

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