

**A MANUAL OF DIET
FOR THE INVALID
AND DYSPEPTIC**

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A Manual of Diet for the Invalid and Dyspeptic by Duncan Turner

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DUNCAN TURNER

**A MANUAL OF DIET
FOR THE INVALID
AND DYSPEPTIC**

A

MANUAL OF DIET

FOR THE

INVALID AND DYSPEPTIC,

WITH A FEW HINTS ON NURSING.

BY

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ROYAL COLLEGE OF SURGEONS, EDINBURGH; LICENTIATE OF THE
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SECOND EDITION, REVISED AND ENLARGED.



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PREFACE.

WHEN I first thought of printing the following pages it was chiefly with a view to their contents becoming useful to my own patients. Subsequent reflection has, however, induced me to hope the work may be found of service in a wider sphere. Although many excellent treatises have appeared on the subject of diet and nursing, many of them have missed their aim, being either too technical or too prolix for the generality of readers. The end sought in this essay is to convey the necessary information in a few words, avoiding so far as possible technical terms, so that it may be intelligible to a reader of the most ordinary education. The busy medical practitioner, who so frequently finds his instructions either forgotten or misunderstood, may likewise find it a help to him.

55, DEVONSHIRE STREET, ISLINGTON,
October, 1869.

PREFACE TO THE SECOND EDITION.

THE first edition of this little work having sold in a few months, I have been at some pains to make the second issue still more suitable for the purpose for which it is intended. Some of the chapters have been re-written, and a considerable amount of new matter introduced.

I have to apologise for the fact of its being several months out of print, but the more pressing engagements of my profession have rendered this unavoidable.

253, ESSEX ROAD,
LONDON, N., *November, 1870.*

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