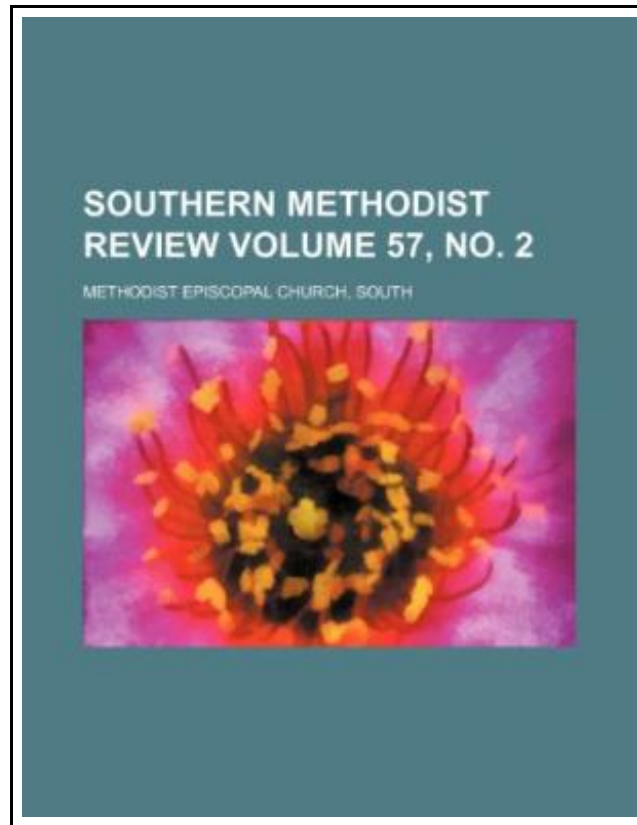


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Rarebooksclub.com, United States, 2012. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****.This historic book may have numerous typos and missing text. Purchasers can download a free scanned copy of the original book (without typos) from the publisher. Not indexed. Not illustrated. 1908 Excerpt: .such as we sometimes have when it is sleeting, and excepting when other ailments--for example, a cold--require indoor life for a limited time. He is required, of course, to be warmly covered in cold weather and always kept out of a draught. From personal experience, I can testify that the sleeping part is not a hardship. But however warmly clad and well protected from the winds, to sit alone through a cold day from early morning until bedtime, excepting half hours for meals, is a severe trial of any one's patience and philosophy. To relieve the dreariness of it, as well as to give instruction and assistance to those afflicted with the disease, neighborhood sanatoria day-camps have been established in some cities, where they are received and cared for during the day; and when night comes, they go home. Nutritious Feeding is insisted upon almost equally with fresh air--the injunction being to take as much rare beef, milk, or other nutritious food, at regular intervals, as one can properly digest, and no more. It is surprising, however, how much a resting invalid with this disease can assimilate. Eggs, soft boiled or raw, are given midway between meals, two hours or more before breakfast, if the patient is awake, and at bedtime, not only because they are nourishing, but because they are quickly digested and out of the way before the succeeding meal. Rest is regarded as an essential, so long as there is any actual...



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