

OBESITY OR CORPULENCY.

A morbid accumulation of fat may shorten life by inducing other diseases, and by suffocation. Persons who have a tendency to obesity should abstain from the use of sugar, or sweets, and from all kind of fats and oils, butter and cream, and from food that contains much starch, such as potatoes, fine wheaten flour, corn, sago, etc., and they should not overeat. A spare diet, composed of sub acid fruits, oatmeal, unbolted wheat meal, and an abundance of out-door work, with a daily cool **dripping-sheet-bath**, will correct this difficulty.

The Hygienic Family Physician: A Complete Guide for the Preservation of Health, and the Treatment of the Sick without Medicine, pg. 250-251 by M. G. Kellogg