Sir,

The structure under a labour cannot be cured
without your closest attention to your drinks for 6 or 12 months.

You cannot eat nor drink, except at dinner.

You should eat in small quantities,

then be light foods, such as the lighter kind, such

boiled fruit, milk, and

are better for you than solid meal.

You ought not to have them

and you should not eat highly seasoned, especially with

pepper. You should also eat

frying of butter, and eggs;

you can have no better

take milk, sweet, sour, and cheese,

in diet. Of bread, eat corn

article of diet, or light wheaten, but refrain from