

Regimen for the Obese.

Forbidden:

All fat and fatty meats, goose, duck, pork.

All fatty fish—as salmon, eels, &c., &c.

All light farinaceous puddings.

Potatoes, peas, beans (except green French beans),
and the like.

Butter, cream, milk.

All sweet preserves; all sugar with and without food.

All sweet wines and liqueurs; all beers.

(It is also forbidden to drink during meals.)

Permitted:

Lean of meat and lean game or poultry *in moderation*.

Lean ham, tongue, and the like.

Fish without rich sauce or butter, and not of the fat
kinds, may be eaten with lemon juice or vinegar.

Green vegetables, cresses, lettuce, endive, and such
like.

Fresh fruit in small quantity (not the highly sac-
charine kinds).

A small quantity of dried toast or plain hard biscuit.

One or two glasses of dry light wine or a table-
spoonful of whisky in water **after** lunch and
dinner.

Tea or black coffee without sugar at breakfast and
tea time.

The bowels must be freely relieved daily, and best by one
or two large wineglasses of "**Apenta,**" preferably with
hot water, taken early in the morning, with an interval of
half an hour between each. (Three such doses may be
desirable in certain cases.)