

Osler's Notes

The importance of diet is recognised as central to health.

One of the most striking characteristics of the modern treatment of disease is the return to what used to be called the natural methods -- diet, exercise, bathing and massage... Dyspepsia, the besetting malady of this country, is largely due to improper diet, imperfectly prepared and too hastily eaten. One of the great lessons to be learned is that the preservation of health depends in great part upon food well cooked and carefully eaten.

