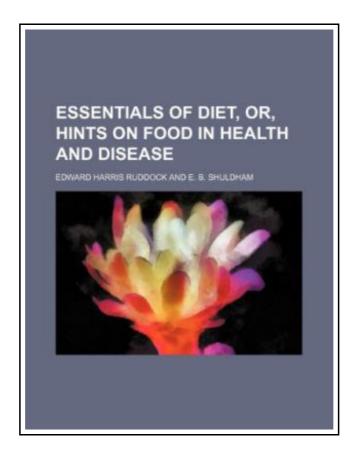
# Essentials of Diet, Or, Hints on Food in Health and Disease



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