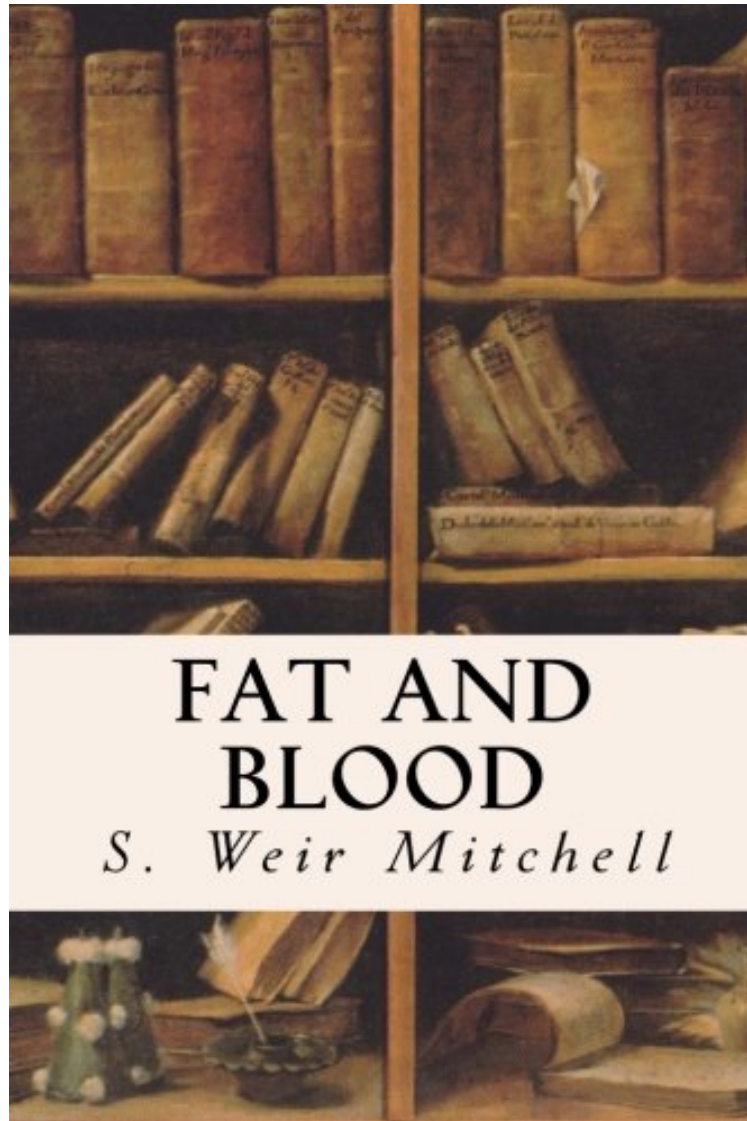


## Fat and Blood

*S. Weir Mitchell*

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Fat and Blood is a classic health and diet guide by S. Weir Mitchell. For some years I have been using with success, in private and in hospital practice, certain methods of renewing the vitality of feeble people by a combination of entire rest and excessive feeding, made possible by passive exercise obtained through the steady use of massage and

electricity.