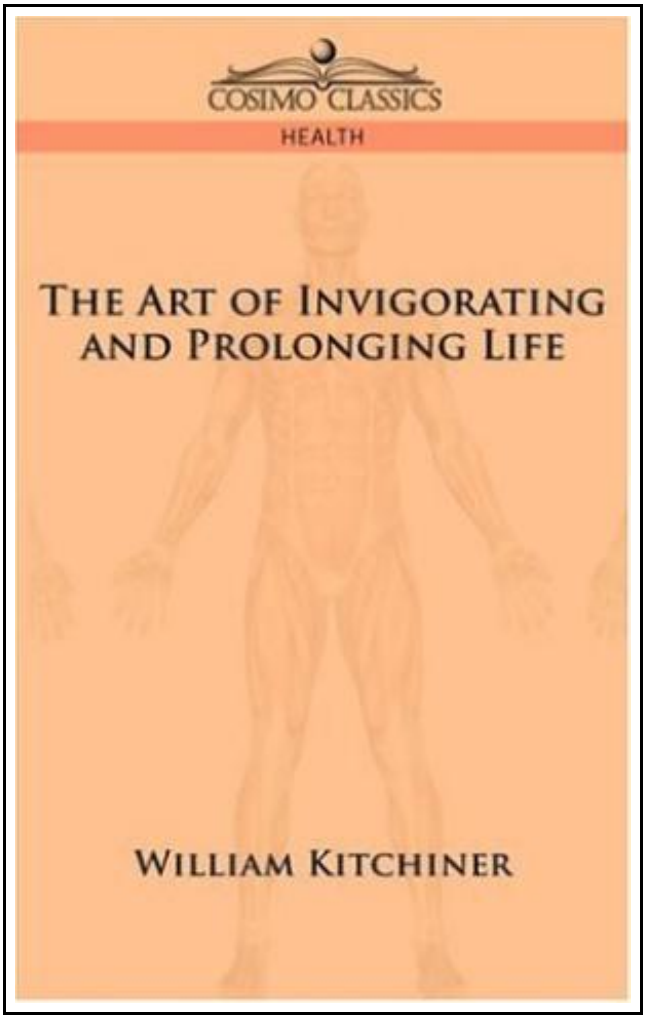
The Art of Invigorating and Prolonging Life (Paperback)



Filesize: 3.06 MB

Reviews

The book is simple in read through safer to understand. I could comprehended everything out of this published e pdf. I discovered this book from my i and dad advised this pdf to learn.
(Maud Kulas I)

THE ART OF INVIGORATING AND PROLONGING LIFE (PAPERBACK)

DOWNLOAD

COSIMO CLASSICS, United States, 2006. Paperback. Book Condition: New. 212 x 126 mm. Language: English . Brand New Book ***** Print on Demand *****.Those who drink Wine, c., for the purpose it was given, as a Cordial, to cheer the Circulation, when it falters from Fatigue, Age, or profuse Evacuations of any kind, for the Stomach s sake, as St. Paul recommends it, and for our often infirmities as a Medicine-will understand, that of all the ways of saving, to run any risk of buying bad Wine, is the most ridiculously unwise Economy. -from Wine Self-help instructional manuals are hardly a 20th-century invention: witness this 1824 work, which was quite a success in its day. Fully and charmingly titled The Art of Invigorating and Prolonging Life, by Food, Clothes, Air, Exercise, Wine, Sleep, c., and Peptic Precepts, Pointing Out Agreeable and Effectual Methods to Prevent and Relieve Indigestion, and to Regulate and Strengthen the Action of the Stomach and Bowels, it is but one of the masterworks of the domestic advisor and celebrity cook William Kitchiner, who was the Martha Stewart and the Oprah Winfrey of his day. Laden with all manner of advice for everyone from delicate females to corpulent gentlemen in the matters of what to eat, how to sleep, what to wear, and more, this is a delightful look at what a healthy lifestyle looked like to the early 19th century. OF INTEREST TO: students of the history of self-help, collectors of pop culture ephemera British author and bon vivant WILLIAM KITCHINER (1775-1827) was a doctor, inventor, musician, and early-19th-century household name. His 1829 book The Cook s Oracle was a bestseller in England and America.

Read The Art of Invigorating and Prolonging Life (Paperback) Online
Download PDF The Art of Invigorating and Prolonging Life (Paperback)

Relevant eBooks



Kindergarten Culture in the Family and Kindergarten; A Complete Sketch of Froebel s System of Early Education, Adapted to American Institutions. for the Use of Mothers and Teachers (Paperback)

Rarebooksclub.com, United States, 2012. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****.This historic book may have numerous typos and missing text. Purchasers can download...

Read ePub »



Bully, the Bullied, and the Not-So Innocent Bystander: From Preschool to High School and Beyond: Breaking the Cycle of Violence and Creating More Deeply Caring Communities (Paperback)

HarperCollins Publishers Inc, United States, 2016. Paperback. Book Condition: New. Reprint. 203 x 135 mm. Language: English . Brand New Book. An international bestseller, Barbara Coloroso s groundbreaking and trusted guide on bullying-including cyberbullying-arms parents...

Read ePub »



History of the Town of Sutton Massachusetts from 1704 to 1876 (Paperback)

Createspace, United States, 2015. Paperback. Book Condition: New. annotated edition. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.This version of the History of the Town of Sutton Massachusetts...

Read ePub »



Two Treatises: The Pearle of the Gospell, and the Pilgrims Profession to Which Is Added a Glasse for Gentlewomen to Dresse Themselues By. by Thomas Taylor Preacher of Gods Word to the Towne of Reding. (1624-1625) (Paperback)

Proquest, Eebo Editions, United States, 2010. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****.EARLY HISTORY OF RELIGION. Imagine holding history in your hands. Now...

Read ePub »



Two Treatises: The Pearle of the Gospell, and the Pilgrims Profession to Which Is Added a Glasse for Gentlewomen to Dresse Themselues By. by Thomas Taylor Preacher of Gods Word to the Towne of Reding. (1625) (Paperback)

Proquest, Eebo Editions, United States, 2010. Paperback. Book Condition: New. 246 x 189 mm. Language: English Brand New Book ***** Print on Demand *****.EARLY HISTORY OF RELIGION. Imagine holding history in your hands. Now you...

Read ePub »