

Columbus Barracks March 7th

Major H. L. McDowell

Dear Major

Thank you very much for the book you were kind enough to send me. I have read the first Monograph with much interest and am trying to follow some of the dietary rules given in it. Unfortunately by the things I should not eat, are the very things that I love best, and I am free to confess, that having reached my 76th year - too late for reform - I should be inclined to eat and drink those things that best please my palate were it not for