

**CLINICAL TREATISES ON THE  
PATHOLOGY AND THERAPY OF  
DISORDERS OF METABOLISM AND  
NUTRITION. PART III, INANITION  
AND FATTENING CURES**

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Clinical Treatises on the Pathology and Therapy of Disorders of Metabolism and Nutrition. Part III, Inanition and Fattening Cures by Carl von Noorden

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**CARL VON NOORDEN**

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CLINICAL TREATISES  
*on the*  
PATHOLOGY *and* THERAPY  
*of* DISORDERS *of*  
METABOLISM *and* NUTRITION

BY

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PART VIII  
INANITION AND FATTENING CURES

AUTHORIZED AMERICAN EDITION  
Edited and translated under the supervision of  
ALFRED C. CROFTAN, M. D.  
Chicago, Ill.

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1910

## NOTE BY THE AMERICAN EDITOR

THE phenomena of undernutrition occurring either independently or as a complication of a variety of diseases are often overlooked, or if discovered at all, are commonly misinterpreted. Hence chronic undernutrition is frequently allowed to persist to the great detriment of the organism. Three fundamental rules must be fulfilled in feeding patients, especially individuals afflicted with chronic disorders, viz.: 1. The diet must incorporate a caloric value sufficient to maintain adequate nutrition, for otherwise the body cannot put forward its best endeavors to combat the disease. 2. The diet must be so composed that it spares the diseased organ, i. e., imposes no excessive tasks upon parts that are already functionally or organically impaired. 3. The diet must neither directly nor indirectly injure or overtax any portion of the body. Regulations both of a qualitative and a quantitative character, must therefore, be formulated; and these rules should be based upon physiologic reasoning, and only when this fails upon empiricism. Routine of any sort is to be condemned. The peculiar nutritional demands of each patient should be carefully studied. Accordingly, "not only must the patient be instructed by the physician, but the physician must also learn from each patient." Sanatoria and

NOTE BY THE AMERICAN EDITOR

watering places should learn this lesson more thoroughly.

The rules in regard to the *quality* of the diet that patients suffering from different diseases should have are more easy to understand than the rules in regard to the total *quantity* of food that is permissible and advisable. There is a normal state of nutrition, a maximum and a minimum compatible with safety and well-being. Above and below these levels lies dangerous territory. In order to understand the regulation of these limits the mathematics of the normal, expressed in calories and energy equivalents, must be understood.

The two lectures published herewith do this in a masterful manner. The conception of the "maintenance diet" (*Erhaltungskost*) is formulated and made the basis of all nutritional studies; the effects of deviations from this standard (acutely or chronically—fasting or undernutrition) upon the fats, the carbohydrates, the proteids of the body are clearly and concisely delineated; the most important urinary phenomena that are the direct result of general undernutrition or of one-sided feeding are described and their diagnostic significance interpreted.

In the second lecture the treatment of chronic undernutrition is given, i. e., the raising of the state of nutrition from the sub-normal to the normal, or from the normal to the maximum. Especially instructive, from a practical standpoint, are the rules in regard to the increase of active, breathing, energy-

NOTE BY THE AMERICAN EDITOR

producing muscle protoplasm on the one hand; of inactive, storage—or reserve—material, chiefly represented by fat, on the other. It is particularly refreshing, in this lecture, to read the criticism of innumerable dietetic fads and fallacies. Iconoclasm of this kind is of the greatest practical use provided something of value is erected in the place of the fallen idols. This requirement the author of these lectures has fulfilled to a pre-eminent degree.

ALFRED C. CROFTAN.

April 25th, 1910.

100 State Street, Chicago.





## PREFACE TO THE AMERICAN EDITION

THE four lectures comprised in this monograph and in the succeeding one (Part IX, Reduction Cures and Gout) were delivered in a post-graduate course for Vienna physicians (May, 1908). By request of a number of local and foreign hearers, I am herewith publishing them in a somewhat extended form. I have omitted literature references throughout, as the latter may be found complete in my Handbook on the Pathology of Metabolism that has recently appeared (Berlin, 1906-1907). A few of the latest publications, however, that have been issued since then, are quoted. Whereas in my Handbook the facts that underlie our knowledge of the disorders of metabolism are exhaustively and critically explained, I have limited myself in these lectures essentially to a discussion of certain general conclusions that are based on theoretical and clinical experience and that are of value in actual practice. It was impossible, of course, to refrain altogether from occasional excursions into the theoretical side of the subject.

Two other lectures delivered in the post-graduate course of last year dealt with the Treatment of Diabetes Mellitus. I have omitted them from this series

**PREFACE TO THE AMERICAN EDITION**

because everything essential contained in these lectures is incorporated in my book on "Diabetes Mellitus and its Treatment," 4th Edition, 1907, issued by the publishers of this Monograph.

**CARL VON NOORDEN.**