

**THE METABOLISM AND  
ENERGY  
TRANSFORMATIONS OF  
HEALTHY MAN DURING REST**

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The Metabolism and Energy Transformations of Healthy Man During Rest by Francis G. Benedict & Thorne M. Carpenter

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**FRANCIS G. BENEDICT & THORNE M. CARPENTER**

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## PREFACE.

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The experiments reported herewith were made with the respiration calorimeter in the chemical laboratory of Wesleyan University, Middletown, Connecticut, at intermittent periods between March 23, 1903, and May 23, 1906, by the aid of grants from the Carnegie Institution of Washington. In the conduct of these experiments we were assisted by Messrs. W. H. Lealie, E. M. Swett, and J. A. Riche, members of the staff engaged in research in the nutrition of man. The computations and presentation of the results were of necessity deferred until the Nutrition Laboratory was built and at least in part equipped. During the past two years Mr. W. H. Leslie has been engaged in the calculations and tabulations, and we have benefited by his helpful editorial criticism.

Miss A. N. Darling has personally supervised the revision of the entire manuscript and has had charge of the stenographic work, ably assisted by her two associates, Miss K. E. Murphy and Miss I. M. Bates.

The accurate presentation of these results is in large part due to the painstaking care of the computing staff, consisting of the Misses F. E. Kallen, Alice Johnson, and P. H. Colbeth.

It is a pleasure to acknowledge our thanks to these and other co-workers who made the prosecution of this inquiry possible. Our thanks are also due to the large number of individuals who volunteered as subjects in the various experiments. Among these, special mention should be made of Dr. J. H. Kellogg and Mr. Horace Fletcher.

NUTRITION LABORATORY, CARNEGIE INSTITUTION OF WASHINGTON,  
*Boston, Massachusetts, January 14, 1910.*

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