

**HOW TO BE PLUMP, OR,
TALKS ON
PHYSIOLOGICAL FEEDING**

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649019113

How to be plump, or, Talks on physiological feeding by T. C. Duncan

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T. C. DUNCAN

**HOW TO BE PLUMP, OR,
TALKS ON
PHYSIOLOGICAL FEEDING**

PREFACE.

“How shall I get fleshy? I would give the world to be as plump as Miss —!” “Poor child; it is nothing but skin and bone! I cannot bear to undress it! What shall I feed it, that will fat it up?” “I would give a dollar a pound for more fat!” “I flesh-up in winter, and then I feel so much better!” “This climate agrees with me nicely; I never was so well and fleshy in my life.” “Since I became fleshy I am very well, indeed.” “She was thin and sickly, but now is the very ‘picture of health.’” “When in Europe I was so fleshy, and had such an appetite!” “While drinking the water at — I felt so much better and fleshed up.” “The hot baths did me so much good; but cold baths make me sick.” “I have fleshed up remarkably this year (a wet year), and feel, oh, so much better!” “When I

weighed one hundred and forty pounds, I felt well ; now I weigh only one hundred and ten pounds, and feel so miserable !” “ What has fifteen or twenty pounds of fat to do with health ?” Such are a few of the problems that cluster around. “ How to BE PLUMP,” the solution of which this work attempts.

Why cannot “ the picture of health ” be painted in all faces ? Why is plumpness associated with health, and leanness with disease ? Why are “ Americans proverbially lean ?” These are vital questions, that touch the philanthropic, interest the statesman, and arouse scientific investigation.

The rules for healthy feeding are very simple, when once understood. The following pages have been prepared, so as to give them the widest dissemination with the hope that they may prove as valuable to every lean person, as their personal and professional application has been to

THE AUTHOR.

133 S. Clark Street, CHICAGO.

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INTRODUCTION.

DURING the last ten years, the question of physiological feeding for infants, children, youth and adults when sick and well, has been one to which I have given much thought. The quieting effect of a few pounds of fat gave me a clue to much of the restless activity of Americans. The fact that thin children and youths are precocious, and as adults are imperfectly developed, was an observation that threw much light on the physical degeneracy of our people, and at the same time lifted a dark cloud of suspicion from the holy atmosphere of American motherhood. Immature trees bear little or no fruit. It was a happy relief when I found that fat would delay and perfect development as well in America, as in Great Britain, and that the absence of a moist equable climate might be in a great measure compensated for by a liquid diet. Never till after the great Chicago fire did I fully appreciate the fact that

the best physiological diet is the cheapest and most convenient.

A few days after that disastrous event, a friend came to my office with a poor, pale, emaciated mother, nursing a large, twelve months old child. To wean the child would kill it, while to continue to allow it to nurse would be slow death for both, unless she was reinforced at once with milk fat, and blood. The mother had a severe cough with profuse green expectoration, headache, palpitation, constipation, leucorrhœa profuse and green, urine scanty and high colored — in fine, apparently in the last stage of consumption. Her diet was tea clear, and bread; she had lost all, and that was only what she could eat of the food the Relief offered. I inquired if she drank water. "No sir!" Milk? "No." Ordered milk with cracker. In thin people there is too much acidity to digest milk, while adding cooked starchy food aids its assimilation. She was directed to take freely of thin soups at first, then make them richer. She was also to continue her "bread and tea" with much milk and well sweetened. The tea was too much of a prop

to be suddenly removed. Between meals she was directed to take water freely, or water and milk with a pinch of salt, which insures better digestion. Gave the indicated medicine, *Sepia*. Improvement began at once, and when I last saw her three months afterwards she was plump and vigorous — the picture of health.

Prof. Blot says, "Soups are to old people what milk is for children." If he had said that soups are to *all* people what milk is for babies, he would have come nearer the truth.

In the following pages an attempt has been made to present the principles that underlie the question of proper feeding. To give the full physiological explanations of why one article is fattening and another is not, would swell this work beyond its scope.

If the perusal of these pages will the better enable a single physician to direct the food proper for his many and varied patients; will enable a mother to keep her children fat, fair and rosy; to help one youth to mature slowly but perfectly; to assist any young lady to keep plump and well; to prevent any rushing business man from breaking