

**ESSENTIALS OF DIET:
OR, HINTS ON FOOD,
IN HEALTH & DISEASE**

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Essentials of Diet: Or, Hints on Food, in Health & Disease by E. Harris Ruddock & E. B. Shuldham

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E. HARRIS RUDDOCK & E. B. SHULDHAM

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OPINIONS OF THE PRESS OF FIRST EDITION.

"In homœopathic literature diet has hitherto been considered *solely* as among the causes of disease and as presenting antidotes to medicines. So our homœopathic dietaries have been generally a mere list of articles of diet likely to be prejudicial to sick persons, or such as would blunt the sensibility of the system to medicine. We have also a good homœopathic cookery book to aid in the carrying out of these two principles, but little attention has been paid to diet as especially applicable to particular diseases, or even as a means of cure in itself. This book supplies that want, and gives us in a handy form the essentials as, it professes, in these particulars. We cannot say that the theoretical views are quite up to the day, for they savour too much of the chemical theories of physiology, but this is of little importance, as we think the practical directions are extremely well chosen, and, in the main, in accordance with the best authorities on the subject. In fact, this book supplies what, as regards diet, we would be disposed to put into the third section of the therapeutic part of the *Hahnemannian Society's Repertory*, if that much-wanted work ever comes to completion. We cannot give it greater praise, and cordially recommend it in the meantime."—*The British Journal of Homœopathy*, October, 1876.

"A melancholy interest attaches to this little volume. It was at the time of its author's death nearly, if not quite, complete, when he was suddenly called away, as in a prettily-written preface, Dr. Shulldham remarks, to enjoy that 'one thing he had ever denied himself, and that was, Rest.'

"A successful caterer for the many wants of the sick-room, we doubt if Dr. Ruddock ever more usefully endeavoured to provide for them than in this simple and—because simple—valuable *brochure* before us.

"Some serviceable hints on the regulation of diet are followed by a few pages pointing out the physiological connection between food and its digestion.

"Brief notes on the special properties of the many varieties of animal and vegetable food occupy the next four chapters. The sixth directs attention to the special forms of food most desirable in some of the more prominent morbid conditions. The seventh and concluding chapter enters into details respecting the best methods of preparing food. A large amount of really useful information is contained in Dr. Ruddock's last contribution to popular medical literature, and we feel sure that our readers will find its perusal of service to them in the many dietetic difficulties which surround efficient nursing. Dr. Shulldham has, as we can see, carefully revised the MSS., and done all that could be done to render the book pleasant and easy reading."—*Monthly Homœopathic Review*.

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PREFACE TO FIRST EDITION.

AT the close of the year 1875, Dr. E. H. Ruddock, one of the most industrious workers in the field of medical literature, was called away suddenly to the unknown land. He was summoned from the activity and cares of life to the quiet of the grave; his restless brain was full of project, it had much to plan, much to accomplish, but the great Powers willed it otherwise—they imposed upon him the one thing he had ever denied himself, and that was—Rest.

Amongst his books and papers were found, nearly ready for publication, the following pages. His executors placed them in my hands for supervision. I have carefully gone through the whole of the matter contained therein, and have made some few alterations where, and only where, they seemed requisite; for it was my wish, as far as possible, to preserve in its integrity the last work of our lamented friend.

I will not speak of its usefulness, for this is self-evident ; but if there are defects (and what work is without them?) let us always remember how full of sustained effort were the hands of the author, and let the responsibility of any shortcomings fall upon my own shoulders ; for is it not kinder and juster to blame the living, who can reply, than the dead, who speak not ?

E. B. SHULDHAM.

2, POOLE VILLAS,

UPPER RICHMOND ROAD,

PUTNEY,

August, 1876.

LONDON, S. W.

PREFACE TO THE SECOND EDITION.



THE First Edition of this Work having been so favourably received by the Profession and the Public, the Publishers have determined to make a fresh issue. They have entrusted the task of revision to my care, and as every page has been carefully gone through, and as fresh matter has been added, I trust that the Second Edition will meet with the same kindly reception that was accorded to the First.

Besides occasional fresh paragraphs, I have added one whole chapter on the "Diet for Singers and Speakers," thinking that this might give additional interest to an already interesting subject.

To eat and drink with judgment and with taste is, I presume, worth writing about, and the public, I trust, will learn that it is worth reading about.

E. B. SHULDHAM.

8, FINSBURY PLACE, SOUTH,
LONDON, E. C.,
AND
MAYTHORN, GUILDFORD.

1. The first part of the document discusses the importance of maintaining accurate records of all transactions and activities. It emphasizes that proper record-keeping is essential for ensuring transparency and accountability in financial operations.

2. The second part of the document outlines the various methods and techniques used to collect and analyze data. It highlights the need for consistent and reliable data collection processes to ensure the validity of the results.

3. The third part of the document describes the different types of data that are collected and analyzed. It includes information on both quantitative and qualitative data, as well as the various sources from which the data is obtained.

4. The fourth part of the document discusses the various statistical methods and techniques used to analyze the data. It covers topics such as descriptive statistics, inferential statistics, and regression analysis.

5. The fifth part of the document discusses the various applications and uses of the data. It highlights the importance of using the data to make informed decisions and to identify trends and patterns in the data.

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7. The seventh part of the document discusses the various ethical considerations that must be taken into account when collecting and analyzing data. It emphasizes the importance of protecting the privacy and confidentiality of the data and of obtaining informed consent from the participants.

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10. The tenth part of the document discusses the various ways in which the data can be used to improve the organization's customer service. It includes information on how the data can be used to identify customer needs and preferences and to develop strategies to meet these needs and preferences.

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