

**EMERGENCY DIET
FOR THE SICK IN THE
MILITARY SERVICE**

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649196357

Emergency diet for the sick in the military service by Edward L. Munson

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EDWARD L. MUNSON

**EMERGENCY DIET
FOR THE SICK IN THE
MILITARY SERVICE**

EMERGENCY DIET
FOR THE
SICK IN THE MILITARY SERVICE.

PREPARED UNDER THE DIRECTION OF
THE SURGEON GENERAL OF THE ARMY,
FOR USE IN THE
COMPANY OF INSTRUCTION, HOSPITAL CORPS,
WASHINGTON BARRACKS, D. C.,

BY
CAPTAIN EDWARD L. MUNSON,
ASSISTANT SURGEON, U. S. ARMY.

WASHINGTON:
GOVERNMENT PRINTING OFFICE.
1899.



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COURSE IN DIETETICS.

COMPANY OF INSTRUCTION, HOSPITAL CORPS,

WASHINGTON BARRACKS, D. C.

FIRST DAY.

LIQUID DIET.

Milk:

Sterilized.
Milk punch.
With mineral water.
Albumenized.

Milk, peptonized:

Cold process.
Warm process.

Milk:

Whey.
Junket.

SECOND DAY.

LIQUID DIET.

Gruels:

Oatmeal.
Farina.
Rice.
Hard bread.
Arrowroot.

THIRD DAY.

LIQUID DIET.

Drinks:

Lemonade.
Orangeade.
Eggnog.
Egg lemonade.
Sherry and egg.
Toast water.
Coffee.
Tea.

FOURTH DAY.

LIQUID DIET.

Broths:

Beef juice.
Beef juice, bottled.
Beef tea, bottled.
Beef tea with hydrochloric acid.
Beef broth.
Mutton broth.
Chicken broth.

FIFTH DAY.

REVIEW.

SIXTH DAY.

LIGHT DIET.

Canned soups:

Chicken.
Mutton.
Beef.
Clam broth.

Eggs:

Poached.

Cooked.

Boiled.

Omelet.

Custard.

SEVENTH DAY.**LIGHT DIET.****Toast:**

Dry.

Milk.

Oatmeal:

Porridge.

Mush.

Farina:

Porridge.

Mush.

Rice:

Plain boiled.

Steamed.

Milk porridge.**EIGHTH DAY.****LIGHT DIET.****Gelatine:**

Lemon jelly.

Coffee jelly.

Wine jelly.

Dried fruit:

Stewed.

Baked.

Fresh fruit:

Stewed.

Baked.

Canned fruit, serving of.

NINTH DAY.

LIGHT DIET.

Potatoes:

Baked.

Roasted.

Boiled.

Mashed.

Beef:

Scraped.

Broiled.

Chicken:

Stewed.

Minced, on toast.

TENTH DAY.

REVIEW.

ELEVENTH DAY.

THE HOSPITAL STORES.

Beef extract:

Bouillon.

As an addition to soups.

Malted milk.

Chocolate:

As food.

As flavoring.

Arrowroot, blancmange.

Condensed milk, general uses of.

Sugar, general uses of.

TWELFTH DAY.

THE RATION.

Minimum field, travel and emergency; general uses of.

Hard bread:

General uses of.

Toasted.

Toast water.

Hard-bread gruel.

Hard-bread mush.

Hard-bread as milk toast.

Brown betty.

Bacon:

General uses of.

Broiled.

Fried.

Boiled.