

# **DIET IN SICKNESS AND HEALTH**

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649562374

Diet in Sickness and Health by Mrs. Ernest Hart & Henry Thompson

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**MRS. ERNEST HART & HENRY THOMPSON**

**DIET IN SICKNESS  
AND HEALTH**



DIET  
IN  
SICKNESS AND IN HEALTH

BY  
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"ON THE FERMENTATION OF FIBRINE," AND TRANSLATOR OF "CORNEIL  
AND RANVIER'S PATHOLOGICAL HISTOLOGY," ETC., ETC.

WITH AN INTRODUCTION BY  
SIR HENRY THOMPSON, F.R.C.S., M.B., LONDON

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1896  
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1896

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### AUTHOR'S PREFACE.

IN presenting this book to the public I am actuated by the hope that it will prove useful to those who are sick, and to those who have to nurse, feed, and prescribe for the sick, and that it will aid the healthy to preserve health. Believing that lay readers will act with greater intelligence if they understand the rationale of a diet, I have briefly described in each case the accepted causation of the disease, and the reasons for the special diet prescribed. Medical men will also, I trust, find the dietaries and recipes practically useful, and likely to save them trouble in directing the dietetic treatment of patients. I have to acknowledge my indebtedness to the works of Dr. Pavy, Sir W. Roberts, Dr. Burney Yeo, Sir Henry Thompson, Dr. Cheadle, Dr. Haig, and those of other writers on dietetics; also to thank Dr. Donald Macalister for his great kindness in reading the proofs. I feel pride and pleasure in the endorsement of the value of the book by so eminent an authority as Sir Henry Thompson.

ALICE M. HART.

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## INTRODUCTION.

In few departments of medical knowledge are precision and resource more desirable than in that of medical dietetics. The selection and prescription of foods for the delicate, the sick and the aged require not only a knowledge of the leading features of the varied nutritional derangements presented, but also the faculty of perceiving what modifications may be necessary for each individual case, since almost every patient has his personal peculiarity to be ascertained and provided for. The first thing necessary for "food and feeding in health and disease" is to be well instructed in the elements of physiology, the nature of foods, and the normal laws of feeding, as well as in the deviations by which the action of these laws is modified. To this must be added some practical acquaintance with kitchen usage and processes. A certain familiarity with the resources of the cook is essential to furnish a suitable daily *menu*, which shall be agreeable to the invalid, and as much as possible varied within the narrow limits which are dictated by the circumstances of each case. No man is a really accomplished physician or surgeon who has not made dietetic principles and practice an important part of his

professional education. I do not hesitate to express my opinion that the present volume forms a handbook to the subject, thus briefly set forth in these few lines, which will not only interest the dietetic student, but offer him, within its modest compass, a more complete epitome thereof than any work which has yet come under my notice. It is so because its accomplished authoress has the advantage of possessing not only a remarkable acquaintance with the various branches of medical knowledge, after many years devoted to their study, but also in no less degree that which has been conferred by long culinary and housewifery experience. I can strongly commend this book, therefore, as supplying an important want in our educational literature.

HENRY THOMPSON, F.R.C.S., M.B., LOND.

# DIET IN SICKNESS AND IN HEALTH.

## CHAPTER I.

### FOOD AND FOOD VALUES.

#### THE ALBUMINATES.

BEFORE entering on the consideration of questions of Diet and Dietetics, it is of the first importance that the processes of digestion and assimilation of food in the body should be thoroughly understood, as well as the composition and the exact values of those foods which serve to build up the body after wear and waste, and to maintain it in a condition of health. I will, therefore, commence by giving a brief description of the constitution and dietetic values of the various kinds of food which form the mixed diet of an ordinary European, and also some account of the processes of digestion, absorption, and excretion.

**The human body is composed of the following elements:**—Carbon, hydrogen, oxygen, nitrogen, sulphur, phosphorus, chlorine, iodine, potassium, calcium, magnesium, and iron. The first four are present in far larger proportion than the rest. In order that the body may be reconstituted and nourished, all these elements must be represented in the food of man.

**Food is composed of organic and inorganic materials.** The organic materials are furnished both by the animal and the vegetable kingdom, and are composed of the following elements:—Carbon, hydrogen, oxygen, nitrogen, sulphur, and phosphorus. Of these, oxygen is necessary