

**FOODS AND  
DIETARIES: A MANUAL  
OF CLINICAL DIETETICS**

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Foods and dietaries: a manual of clinical dietetics by R. W. Burnet

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**R. W. BURNET**

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# FOODS AND DIETARIES:

A Manual of Clinical Dietetics.

BY

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## PREFACE.

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THE form that this little book has taken was suggested by the habit, which for a number of years I have followed, of writing out in detail directions for patients.

In carrying out this plan, I have endeavoured to state briefly at the beginning of each section the *rationale* of the special dietary recommended. To give definiteness to the directions, the hours of taking food and the quantities to be given at each time are stated, as well as the kinds of food most suitable. In many instances there is also added a list of foods and dishes that are unsuitable to the special case.

References are given, where required, to the *Recipes for Invalid Cookery*, which form the Appendix, and which have all been very carefully selected.

Repetition in the diets will be found to a considerable extent; but this seems to me unavoidable, in view of the fact that, in many instances, what has to be sought for is a simple physiological dietary.

The discussion of food and diet in health is treated exhaustively in several standard works, and I have not touched upon that aspect of the subject, but have confined

Dr. Pennington

1929

Left

Dr. Pennington

myself wholly to Clinical Dietetics, with the hope that a small practical manual will be found useful in many cases of illness where a larger work is out of place.

My grateful acknowledgments are due to several friends, and especially to Dr. James Anderson, for valuable suggestions.

R. W. BURNET.

LONDON, 6 UPPER WIMPOLE STREET, W.  
*December 1890.*

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## PREFACE TO THE SECOND EDITION.

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As only fifteen months have elapsed since the first edition of this work was published, I have thought it best to make no material changes in this edition.

Some additions, however, have been made. A short chapter on the dietetic treatment of Influenza has been inserted, and a number of useful Recipes have been added to the Appendix.

R. W. BURNET.

LONDON, 6 UPPER WIMPOLE STREET, W.  
*April 1892.*



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