

**THE HANDBOOK OF DINING;  
OR, CORPULENCY AND  
LEANNESS SCIENTIFICALLY  
CONSIDERED**

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649598571

The Handbook of Dining; Or, Corpulency and Leanness Scientifically Considered by Brillat Savarin

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**BRILLAT SAVARIN**

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THE

# HANDBOOK OF DINING;

OR,  
CORPULENCY AND LEANNESS

*SCIENTIFICALLY CONSIDERED.*

CONTAINING

THE ART OF DINING ON CORRECT PRINCIPLES CONSISTENT WITH EASY  
DIGESTION, THE AVOIDANCE OF CORPULENCY, AND THE CURE OF  
LEANNESS; TOGETHER WITH SPECIAL REMARKS ON  
THESE SUBJECTS.

BY

BRILLAT-SAVARIN,

AUTHOR OF THE "PHYSIOLOGIE DU GOÛT."

TRANSLATED BY L. F. SIMPSON.

NEW YORK:  
D. APPLETON AND COMPANY,  
443 & 445 BROADWAY.  
1865.

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## P R E F A C E .

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WHEN the first edition of the "Handbook of Dining" was published, it was not written with a view to elucidate the two great questions—Corpulency and Leanness—which at the present moment absorb the attention of the public mind. The object was to point out to those privileged individuals who can afford to give *recherché* dinners, that there existed a work by a great master, who had thoroughly studied the subject, and laid down maxims which no other writer can challenge.

The "Physiologie du Goût" of Brillat-Savarin is the work not only of a physician, but of a philosopher. In France it retains the rank due to a work of the highest order.

The so-called "Banting system," that is to say, the reduction of corpulency, is treated by Savarin

in a scientific manner, which will at once cast all other systems into the shade, except those which agree with him.

The Art of Dining is intimately connected with the preservation of health.

The present edition of the "Handbook of Dining" is especially devoted to the CURE of LEANNESS and REDUCTION of CORPULENCY rather than to the art of giving dinners.

THE TRANSLATOR.

## CONTENTS.

	PAGE
PREFACE, . . . . .	3
INTRODUCTION, . . . . .	7
CHAPTER I.	
APHORISMS, . . . . .	11
CHAPTER II.	
THE PHILOSOPHICAL HISTORY OF EATING, . . . . .	14
CHAPTER III.	
DINING-HOUSES, OR RESTAURATEURS, . . . . .	39
CHAPTER IV.	
THE SENSES, . . . . .	47
CHAPTER V.	
GASTRONOMY—ORIGIN OF THE SCIENCES, . . . . .	59
CHAPTER VI.	
ON APPETITE, . . . . .	67
CHAPTER VII.	
ON FOOD, . . . . .	75



	PAGE
CHAPTER VIII.	
OBESITY OF CORPULENCE, . . . . .	. 104
CHAPTER IX.	
HOW TO CURE CORPULENCY, . . . . .	. 111
CHAPTER X.	
LEANNESS AND ITS CURE—WHAT IS LEANNESS? . . . . .	. 121
CHAPTER XI.	
HOW TO FEY, . . . . .	. 131
CHAPTER XII.	
THIRST, . . . . .	. 136
CHAPTER XIII.	
LA GOURMANDISE, . . . . .	. 139
CHAPTER XIV.	
ÉPROUVETTES GASTRONOMIQUES, . . . . .	. 163
CHAPTER XV.	
THE PLEASURES OF THE TABLE, . . . . .	. 169
CHAPTER XVI.	
ON DIGESTION, . . . . .	. 193

## HANDBOOK OF DINING.

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### INTRODUCTION.

As stated in the title-page, the following volume is based upon the "Physiologie du Goût" of Brillat-Savarin—a work unrivalled in its peculiar sphere. Many parts have been condensed, others omitted, as not suited to the present tone of society. It is curious that a translation of this remarkable book has not long since been made. An article in the "Quarterly," which appeared some years since, founded, if we err not, on Savarin's work, for a moment drew attention to an essay which may be placed on the same shelf with Rousseau, Voltaire, or the political economy of Bastiat. It is, in fact, not a cookery-book; it is a brilliant-treatise (as the title "Physiologie du Goût" implies) on gastronomy or the art of eating, regarded in all its branches. Some of the anecdotes are most amusing; some of the ideas most instructive; the work a masterpiece in its way. The art of dining is quite distinct from the art of giving dinners; but no

person can read these pages without coming to the conclusion that gastronomy is a science well worthy the study of persons of intellect of both sexes; and it will lead them to the conviction, that a little more study in the selection of their dishes, in the management of their kitchen, and due attention to the comfort of their guests, will enhance tenfold the pleasures of the table, and make their dinners select.

Reform in dinner-giving is on the *tapis*, and we trust it will not be dropped. A move has been made in the right direction. Savarin's Aphorisms in the first chapter contain, pretty nearly, all the general rules to be observed.

There are a few passages somewhat free—but, gentle reader, skip them over—they are only poppies in a cornfield—dandelions on the same bank as the blue-eyed violet.

A brief sketch of Brillat-Savarin himself may not prove uninteresting.

Anthelme Brillat-Savarin was born on the 1st April, 1755, at Belley, a small town at the foot of the Alps, not far from the Rhône, where that river marks the boundary between France and Savoy. He was called to the bar at an early age, and practised with distinction. In 1789 he was returned by his fellow-citizens, member for his native place, to the Constituent Assembly. He was subsequently appointed President of the Civil Tribune of the department de l'Ain. An upright magistrate, his amiable and conciliating manners gained the esteem of all who came in contact with him. As mayor of Belley, in