

**MODERN DIETETICS; FEEDING
THE SICK IN HOSPITAL AND
HOME WITH SOME STUDIES
ON FEEDING WELL PEOPLE**

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649134588

Modern dietetics; feeding the sick in hospital and home with some studies on feeding well people by Lulu Graves

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BY

LULU GRAVES

DIETITIAN LAKESIDE HOSPITAL, CLEVELAND

ST. LOUIS

THE MODERN HOSPITAL PUBLISHING COMPANY

1917

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PHILADELPHIA

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"Some ha'e meat, and canna eat,
And some wad eat that want it;
But we ha'e meat, and we can eat,
And sae the Lord be thankit."

—Burns.

PREFACE.

With the modest intention to help the hospitals of this country solve some of the intricate problems of feeding the sick, *The Modern Hospital*, a monthly journal devoted to the interests of hospitals, sanatoriums, and allied institutions, prevailed on Miss Lulu Graves, dietitian of Lakeside Hospital, Cleveland, Ohio, to prepare a series of papers under the general title of "Feeding the Hospital," dividing the topics so that a paper could be published each month until the series was completed. There were eight of these papers.

After the publication of a few of the papers it became evident that they were attracting more than ordinary interest. A number of domestic science schools adopted them in their curriculums, teachers in some of the better medical schools used them in their class work, and more than one university, in the appropriate department, included them as part of the work in physiology and physiological chemistry.

So great became the call for copies of the papers that all back numbers of *The Modern Hospital* containing them were soon exhausted, and it was then decided to republish them in volume form, making such additions and corrections as were necessary to have them serve the greatest possible purpose. This monograph, to which has been given the title of "Modern Dietetics," is the result of the decision to publish these papers in volume form.

Most fortunately the interest of Professor Lafayette B. Mendel was attracted, and, by giving some of his valuable time, he has been good enough to read the matter critically, making such alterations as were necessary to adjust some of the scientific and controversial statements.

At Professor Mendel's suggestion some pages have been added on the chemical constituents of the chief foods employed in institutional feeding, and Miss Graves has been persuaded to append some of the special recipes designed by herself to meet the requirements of the medical profession in her own hospital.

It is believed that the little book will prove of value to physicians, medical students, hospital administrators, dietitians, and nurses, and, if this value shall be realized, those who have been responsible for the publication of the volume will be abundantly repaid.

PREFACE ADDENDUM.

Since the completion of the material for this book the United States has become engaged in a war that will materially affect conditions pertaining to the food supply. It is not, however, deemed advisable to revise the text of the book on that account, as these conditions will change from time to time until the situation again becomes normal. If in the meantime a question relative to this changed state of affairs should occur to the reader, the author will be pleased to discuss the matter either through the Department of Dietetics in *THE MODERN HOSPITAL* or by personal correspondence.

July, 1917.