

**HOW TO FEED THE
SICK: OR,
DIET IN DISEASE**

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How to Feed the Sick: Or, Diet in Disease by Ch. Gatchell

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CH. GATCHELL

**HOW TO FEED THE
SICK: OR,
DIET IN DISEASE**

HOW TO FEED THE SICK

A

HAND-BOOK

OF

DIET IN DISEASE

BY

CH. GATCHELL, M. D.

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To give food and stimulants in the way, at the time, of the kind, with the cooking and preparing, that will best enable the poor enfeebled digestion to assimilate it, is one of the great arts of nursing.

—*Florence Nightingale.*

THIRD EDITION.

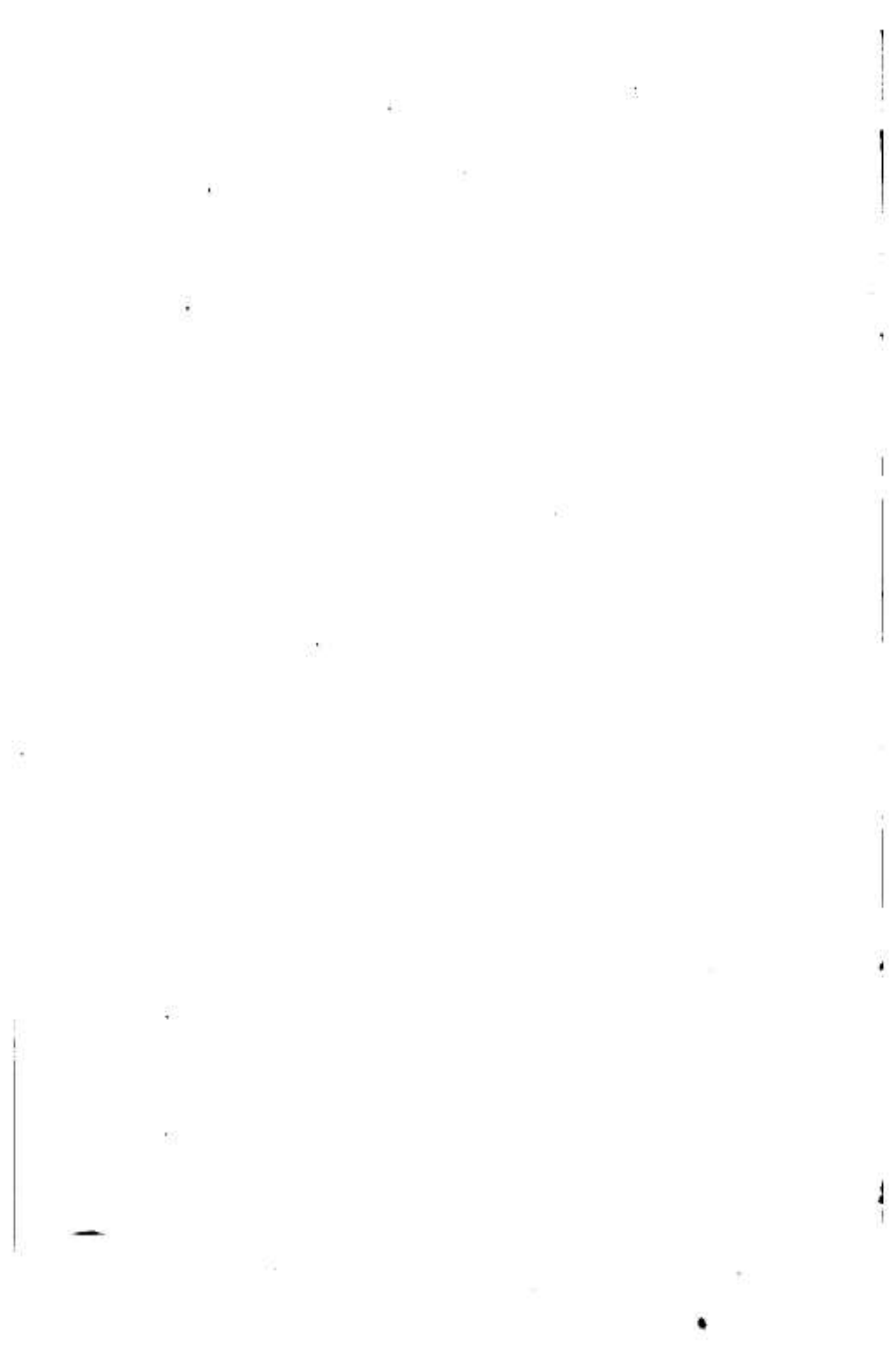
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1885.

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TO THE
TRAINED NURSES
OF
AMERICA,
WHO IN THE
PRACTICE OF THEIR
NOBLE PROFESSION
CARRY PEACE AND COMFORT
TO SO MANY WHITE COUCHES,
AND TO WHOSE INTELLIGENT AID
HIS OWN PROFESSION IS
SO DEEPLY INDEBTED,
THIS BOOK IS
GRATEFULLY
INSCRIBED
BY
THE AUTHOR.

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PREFACE.

When entering upon the practice of my profession, I well remember that one of the first questions which greeted me was, "Doctor, what shall I eat?" I also recollect that in the college lecture-room I received no special instruction which would aid me in making a reply, and therefore, from necessity, I early began searching for such information as would enable me to answer intelligently this question, which was almost daily repeated.

While it is expected that the profession may find this book of value when called upon to answer the frequently recurring question which suggested its writing, yet, as the introduction indicates, the object has been to adapt it more particularly to the wants of the people, and to provide for them a *practical* work on the subject of diet in disease—one which they may take into the sick-room and into the kitchen.

Great care has been taken to select only such recipes as have been obtained from reliable sources, and many of them have stood the test of trial in my own practice.

Free use has been made of all works on kindred subjects, and Chamber's "Manual of Diet" has been

PREFACE.

consulted, while Niemeyer's, Aitken's and Ruddock's works on Practice, and Ziemssen's Cyclopædia, have contributed valuable hints. Acknowledgment is also due Florence Nightingale's "Notes on Nursing," and the chapter on "The Sick-Room," by Marion Harland.

With this introduction the book is sent on its mission in the hope that it may answer the important question for others, as it has for me.

CH. GATCHELL.

UNIVERSITY OF MICHIGAN,
Ann Arbor, 1876.

PREFACE TO THIRD EDITION.

The early exhaustion of the previous editions of this work has led me to hope that another may be received with like favor.

Miss M. E. Hemple, Superintendent of the Illinois Training-School for Nurses, has favored me with very many of the recipes which have been added to the present edition, and their value is thus assured, since they have been in practical use in the wards of Cook County Hospital.

The chapter on the *Dietetics of Infancy* has also received careful attention, while many other important changes have been made, with a view to adding to the usefulness of the book.

Hoping that it may be the means of aiding in the restoration to health of many sick ones, it is again consigned to the profession and the people.

CH. GATCHELL.

CHICAGO, Oct., 1885.