

**DIET FOR THE SICK; A TREATISE ON THE  
VALUES OF FOODS, THEIR  
APPLICATION TO SPECIAL CONDITIONS  
OF HEALTH AND DISEASE, AND ON THE  
BEST METHODS OF THEIR PREPARATION**

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649275809

Diet for the sick; a treatise on the values of foods, their application to special conditions of health and disease, and on the best methods of their preparation by Mary F. Henderson

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**MARY F. HENDERSON**

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# DIET FOR THE SICK

A TREATISE ON THE VALUES OF FOODS, THEIR APPLICATION  
TO SPECIAL CONDITIONS OF HEALTH AND DISEASE, AND  
ON THE BEST METHODS OF THEIR PREPARATION

BY

MRS. MARY F. HENDERSON

AUTHOR OF "PRACTICAL COOKING AND DINNER GIVING"

ILLUSTRATED

*"Man kills himself, rather than dies"*

NEW YORK  
HARPER & BROTHERS, FRANKLIN SQUARE

GIFT

D. C. C.

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THE  
UNIVERSITY OF  
CHICAGO

TO  
DR. EDWARD BAYARD, OF NEW YORK  
AND  
DR. T. GRISWOLD COMSTOCK, OF ST. LOUIS  
THE FORMER THE LIFE-LONG FRIEND OF MY FATHER, AND BOTH  
EMINENT PHYSICIANS FOR WHOM I HAVE UNDOUBTED  
RESPECT AND ESTEEM, THIS BOOK

Is Gratefully Dedicated

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## PREFACE.

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AN English author says, "The doctor, unsupported by the cook's material aid, and the cook, unguided by the doctor's knowledge, are two powerful agents, half of whose strength is paralyzed or misdirected."

There are many valuable books published on "dietetics," which give at great length the chemical analyses of foods, their flesh-building and heat-producing values, etc. Many books are also published containing receipts for the sick.

But the wise suggestions contained in the quotation have been too little heeded. The doctors have not been cooks. The cooks have not been doctors.

The author, although neither a doctor nor a cook (as high art can reach in that direction), still concluded to modestly venture into the domains of both, with the view of studying the relations of foods to health and disease, and also the best modes of preparing them for use.

The subject is an important one. A proper dietary is surely as essential to the recovery of an invalid as medicine; and yet it will be observed that medical works give a thousand pages to medicinal therapeutics to one of dietetics.

A physician at the head of one of our medical colleges writes: "An experience of ten years in exam-

ining medical students, reveals a tendency in them to consider themselves 'medicine men,' as is shown by the undue importance they attach to the pills, powders, and potions they are prepared to give. They ignore the great fact that upon a carefully selected diet the patient must depend for the natural strength which is to be the chief reliance in stemming the adverse tide."

The professor might have added more; for the treatment of most chronic complaints is chiefly dietetical and hygienic, rather than medicinal.

The science is comparatively new which treats of the chemical composition, preparation, and physiological effects of foods. May the time come when nothing in the way of dietetical treatment need be left to the fickle appetites of patients, nothing to the judgments of anxious friends, and nothing to untrained cooks!

If this hand-book — intended to be small, though the subject is large — can be of use in the direction just indicated, it will give great pleasure and satisfaction to

THE AUTHOR.

St. Louis, *March*, 1885.

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