

**ON DIET AND
REGIMEN IN SICKNESS
AND HEALTH**

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649661831

On Diet and Regimen in Sickness and Health by Horace Dobell

Except for use in any review, the reproduction or utilisation of this work in whole or in part in any form by any electronic, mechanical or other means, now known or hereafter invented, including xerography, photocopying and recording, or in any information storage or retrieval system, is forbidden without the permission of the publisher, Trieste Publishing Pty Ltd, PO Box 1576 Collingwood, Victoria 3066 Australia.

All rights reserved.

Edited by Trieste Publishing Pty Ltd.
Cover @ 2017

This book is sold subject to the condition that it shall not, by way of trade or otherwise, be lent, re-sold, hired out, or otherwise circulated without the publisher's prior consent in any form or binding or cover other than that in which it is published and without a similar condition including this condition being imposed on the subsequent purchaser.

www.triestepublishing.com

HORACE DOBELL

**ON DIET AND
REGIMEN IN SICKNESS
AND HEALTH**

ON DIET AND REGIMEN

Etc.

ON
DIET AND REGIMEN

IN
SICKNESS AND HEALTH

AND
ON THE INTERDEPENDENCE AND PREVENTION OF DISEASES
AND THE DIMINUTION OF THEIR FATALITY

BY
HORACE DOBELL, M.D.

CONSULTING PHYSICIAN TO THE ROYAL HOSPITAL FOR DISEASES OF THE CHEST
PHYSICIAN TO THE ROYAL ALBERT ORPHAN ASYLUM,
ETC., ETC.



SIXTH EDITION REVISED AND ENLARGED

LONDON:
H. K. LEWIS, 136 GOWER STREET, W.C.
1875.

151. n. 239.

1. The first part of the document discusses the importance of maintaining accurate records of all transactions and activities. It emphasizes that proper record-keeping is essential for transparency and accountability, particularly in the context of public administration and government operations. This section also highlights the role of technology in streamlining record management processes and reducing the risk of errors or data loss.

2. The second part of the document focuses on the implementation of robust internal controls and risk management frameworks. It outlines the need for regular audits and assessments to identify potential vulnerabilities and ensure that organizational policies are effectively enforced. This section also discusses the importance of employee training and awareness programs to foster a culture of compliance and ethical behavior.

3. The third part of the document addresses the challenges of data security and privacy protection in the digital age. It provides guidance on how to safeguard sensitive information from unauthorized access, theft, or disclosure. This includes recommendations for implementing strong encryption protocols, access controls, and incident response plans to minimize the impact of any security breaches.

4. The final part of the document concludes by reiterating the commitment to continuous improvement and innovation. It encourages organizations to stay abreast of emerging trends and technologies that can enhance their operational efficiency and service delivery. The document also expresses confidence in the organization's ability to meet its goals and maintain the highest standards of integrity and performance.

In Memoriam

(1872)

ONCE MORE I MAY REPEAT THE THANKS,
EXPRESSED IN ALL THE FORMER EDITIONS OF THIS WORK,
FOR THE GENEROUS ASSISTANCE I HAD RECEIVED
IN MY SCIENTIFIC CALCULATIONS
FROM THE ARITHMETICAL SKILL OF MY DEAR OLD FRIEND
J. J. FARRANTS, F.R.C.S.
LATE, PRESIDENT OF THE MICROSCOPICAL SOCIETY;
WHOSE GENIAL SPIRIT
HAS NOW FOR EVER PASSED
BEYOND THE REGIONS OF SCIENCE AND CALCULATION
TO
"THAT UNKNOWN, TRACKLESS LAND, FUTURITY;
GREAT HERITAGE, WHERE NO MAN KNOWS HIS PART."

PREFACE TO THE SIXTH EDITION.

IN introducing a former edition of this work, I stated that my object and endeavour had been to produce a small book founded upon accurate scientific data—a book from which a doctor might refresh his memory, and at the same time one which he might safely place in the hands of his patients, to enlighten them on some of those important points which ought to be understood by the non-professional and to teach them how vast and intricate is the science and art of “*rational medicine*.”

This object and endeavour I have steadily kept in view, in preparing the present edition. To keep it “small,” I have cut out all that I thought could be spared; while to maintain its character as a scientific and practical “refresher” to both doctor and patient, I have been obliged somewhat to increase the size of the volume by the following additions:—

In Chapter I. fresh matter is added under the heads “Smoking” and “Afternoon Tea.”

In Chapter II. I have added a new column to the Analysis Table, giving the Mechanical Equivalents of the British units of heat for each article analysed; also a Table of the weight and cost of various alimentary articles re-

quired to yield sufficient force to raise a certain weight to a certain height; and an epitome, by a well known writer, of the most recent views with regard to food, heat, and motion.

In Chapter III. I have added thirteen pages "On the Wholesomeness and Digestibility of various articles of food," which I hope will be of much use to those who desire to avoid dyspepsia; and a Table is given shewing the percentage of water in various foods in common use; and some remarks on different modes of cooking.

In Chapter V. I have added to the article "On Getting Thin," some directions for "Getting Fat"; and I would especially call the attention of parents and of children's doctors to an article on "Fat and Starch in the Nutrition of Children," at p. 112.

In Chapter VI. I have added some remarks on "Acid, Gout and Rheumatism from Fermented Liquors."

In Chapter VIII. I have added new Recipes, Directions, and Appliances for the Sick-room, under numbers 4, 11, 12, 15, 18, 19, 20, 21.

In Part II., Chapter IX., a Table shewing "the Interdependence of Winter Cough with other Diseases" has been introduced; and, finally, the Index has been thoroughly revised.

84 Harley Street.
April, 1875.