ON DIET AND REGIMEN IN SICKNESS AND HEALTH

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HORACE DOBELL

ON DIET AND REGIMEN IN SICKNESS AND HEALTH

Trieste

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.

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PHYSICIAN TO THE ROYAL ALBERT ORPHAN ASYLUM,
ETC., ETC.

SIXTH EDITION REVISED AND ENLARGED.

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

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.