

**THE RÔLE OF MODERN  
DIETETICS IN THE  
CAUSATION OF DISEASE**

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The Rôle of Modern Dietetics in the Causation of Disease by J. Sim Wallace

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**J. SIM WALLACE**

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IN  
THE CAUSATION OF DISEASE

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MODERN DIETETICS  
IN  
THE CAUSATION OF DISEASE

BY

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1905

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1905

## PREFACE.

THIS book is a collection of essays which appeared originally in the *British Medical Journal*, the *Lancet*, the *Medical Press*, the *British Dental Journal*, and the *British Journal of Dental Science*. Some now appear for the first time, and it is to be hoped they may constitute a fairly coherent whole. I am indebted to my wife, not only for many corrections from a literary point of view, but also for putting the principles which I advocate into practice with the most excellent results. I am also indebted to my friend, Dr. W. G. Creswell, for several corrections and suggestions. His important work on avian pathology and on the feeding of birds, which from a biological standpoint runs somewhat parallel to my own, and his large experience as a medical practitioner, have led me to consult him on points upon which I had imperfect information.

J. SIM WALLACE,

30A, WIMPOLE STREET,  
CAVENDISH SQUARE,  
April, 1905.

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“If physicians could be got to realize the importance of providing the jaws, teeth, and the muscular coats of the digestive tract with adequate work, an untold amount of disease and suffering would be averted.”

HARRY CAMPBELL, M.D., F.R.C.P.  
(*Lancet*, December 24, 1904).

## INTRODUCTION.

SEVERAL years ago my attention was directed to the subject of dietetics while investigating the causes of dental caries. At that time hereditary, constitutional and developmental considerations were generally held to be responsible for the prevalence of the disease. I became convinced, however, that these factors were practically negligible, while certain dietetic errors were to all intents and purposes responsible.

The dietetic factor—from the point of view which I considered important—had scarcely been considered, and therefore it specially engaged my attention. It became evident, however, that if any substantial amelioration of the dietetic conditions was to be made, it would be necessary to appeal to physicians and parents, and to be able to show that the advantage which I claimed would accrue to the teeth from the proposed change would not be antagonistic to the welfare of the body in general. On further investigation it became evident that the havoc played among the teeth was only a local manifestation of other more general and equally serious troubles resulting from the same dietetic errors.

Unfortunately general useful knowledge is so carefully

excluded from the education of those who become parents, that the homely and important subjects of diet and disease seem to them abstruse topics written by specialists in an unknown language. These essays are therefore only addressed to the members of the medical profession and those who are conversant with the principles of biology. At the same time it is to be hoped that the subject matter may soon reach intelligent parents, for the ultimate object of this work is the prevention of disease, and this should be as much the concern of parents as of medical practitioners.