

**ON DIET AND REGIMEN IN  
SICKNESS AND HEALTH AND ON  
THE INDEPENDENCE AND  
PREVENTION OF DISEASES AND THE  
DIMINUTION OF THEIR FATALITY**

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649661848

On Diet and Regimen in Sickness and Health and on the Independence and Prevention of Diseases and the Diminution of Their Fatality 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](http://www.triestepublishing.com)

**HORACE DOBELL**

**ON DIET AND REGIMEN IN  
SICKNESS AND HEALTH AND ON  
THE INDEPENDENCE AND  
PREVENTION OF DISEASES AND THE  
DIMINUTION OF THEIR FATALITY**



---

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.**

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

FIFTH AND REVISED EDITION.

LONDON:  
H. K. LEWIS, 136 GOWER STREET, W.C.  
1872.

151. n. 170.



---

## In Memoriam

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 FIFTH EDITION.

---

THIS work was much enlarged and nearly re-written in its last edition just two years ago, and it has now been thoroughly revised.

Much new matter has been introduced, and some of the old re-arranged.

With the valuable assistance of my friend Mr. J. L. Johnston, late Principal Inspector of Customs Laboratories, the Alcohol Table has been completely re-cast, and is now, I believe, as nearly perfect as it is possible to make it. The Articles on Wines and on House-Drainage and the Orphanage Diet Table are quite new; and other alterations will be found, which I hope will make the book more worthy of the favourable reception it has already received.

84 Harley Street. May, 1872.



## PREFACE TO FOURTH EDITION.

---

My "Manual of Diet and Regimen" which appeared in 1864 having run through two editions in its first year, I published a third and revised edition in January, 1865. This has long been out of print and, as the demand for the Manual did not decrease, I have been repeatedly urged to prepare a fourth edition. After many delays, from the interruption of other professional work, I have, at last, rewritten the book, adding much new matter and incorporating several contributions, which I have published from time to time, on subjects relating to the preservation of health. I hope it will be found that I have thus materially increased the usefulness of the work without adding inconveniently to its length. My object and endeavour has been to produce a small book founded upon accurate scientific data but essentially practical: a book from which a doctor may refresh his memory, and at the same time one which he may 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. Thus, to make them more intelligent patients, and in so doing to