

PREFACE

THE aim of this work is purely practical. It aims at providing a complete and practical epitome for the dietetic student. It is now many years since the late Sir Henry Thompson, a distinguished authority on dietetics, pointed out that no one can be a really accomplished practitioner who has not made dietetic principles and practice an important part of their professional education, yet the subject of dietetics has still no recognised place in medical teaching, and the facilities for the student acquiring a practical knowledge of it can hardly be described as adequate.

The first thing necessary for food and feeding in health and disease is to be well instructed in the elements of physiology, the nature of foods, the normal laws of feeding, as well as in the deviation by which the action of these laws is modified. To this must be added some practical acquaintance with kitchen usage and processes. A certain familiarity with the resources of the cook is essential to provide a suitable daily menu which will be agreeable to the invalid, and as much as possible varied within the narrow limits induced by the circumstances of each case. In the following pages an attempt is made to present this information concisely, and applied, so far as possible, to the everyday requirements of the medical practitioner.

In the preparation of the work I have derived much help (more especially with the data of the chemical composition of foods) from many sources, special mention being made of the writings of Atwater, Langworthy, and of the analytical reports published from the *Lancet* laboratory. The reader will observe that in the section on disease, less attention than is usual in