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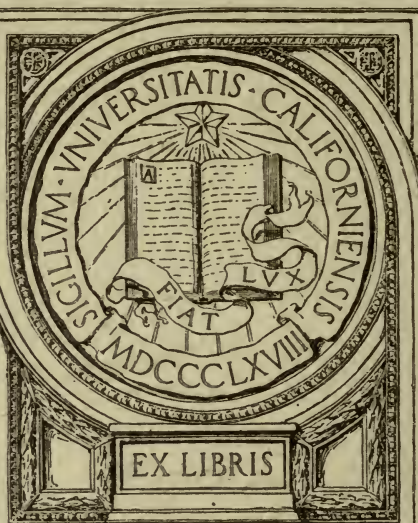
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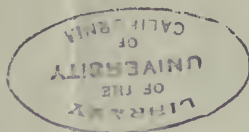
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DIET

IN

Health and Disease



By

WINSLOW ANDERSON, M.D.

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DIET

IN

Health and Disease

By

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Editor, Pacific Medical Journal.

BIOS

BIOS (Basic Input/Output System) is a type of firmware that is stored in a non-volatile memory chip on the motherboard. It is responsible for initializing and testing the hardware components of a computer system during the booting process. The BIOS also provides a user interface for configuring system settings, such as boot order, system time, and hardware configuration. The BIOS is typically written in a low-level programming language, such as assembly or C, and is designed to be portable across different hardware configurations. The BIOS is often referred to as the "motherboard's brain" because it is the first program that runs when the computer is powered on.

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DIET IN HEALTH AND DISEASE

Dining is a pleasant art. It should become a science as well.

They eat, they drink, and in communion sweet
Quaff immortality and joy.—Milton—*Paradise Lost*,

According to the learned moralist and biographer, Plutarch, who flourished during the century before Christ, Socrates, the Athenian philosopher of the fifth century B. C. is reported to have said:—

“Bad men live that they may eat and drink
Whereas good men eat and drink that they may live.”

Civilized man does not only eat too much, and drink too much but his dietary is far from being conducive to longevity and his potations, I fear frequently may be positively injurious.

We cannot use the mind aright, when we are filled with excessive food and drink.—*Cicero*.

More people die every year from overeating than from overdrinking. Nor is it alone the quantity that is taken but the quality that interferes with normal metabolism, blocking the digestive system and interfering with the eliminatory organs. The morbid agencies and waste products are retained in the system causing many dyscrasias.

Gluttony kills more than the sword.—*Herbert*.

Fat paunches have lean pates, and dainty bits make
rich the ribs, but bankrupt quite the wits.—
Shakespeare—*Loves Labor Lost*.

The Sultan's Dessert.

The pet of the harem, Rose-in-Bloom,
Orders a feast in his favorite room—
Glittering square of colored ice,
Sweetened with syrup, tinctured with spice,
Creams and cordials, and sugared dates,
Syrian apples, Othmanee quinces,
Limes and citrons and apricots,
And wines that are known to Eastern princes,
Aldrich—*When the Sultan goes to Ispahan*.

Sweets as a rule are used to excess by the well-to-do children and grown ups, and have much to do with glycosurea and diabetes.

A surfeit of the sweetest things
The deepest loathing to the stomach brings.—
Shakespeare—*Midsummer Nights' Dream*.

NUTRITION.

Life, vitality, the essential condition of existence, requires nutritive material, food and drink, in order that the organs

and tissues of the body may continue in the performance of their normal physiological functions.

All human history attests
That happiness for man,—the hungry sinner!
Since Eve ate apples, much depends on dinner,—

Byron—*Don Juan*.

Alimentation—Food.

In response to the sensation of hunger and thirst the human body requires diversified solids and fluids to keep it in a healthy physiologic condition. The alimentation required is of a complex composition and contains in varying proportions *proteins, fats, carbohydrates, water and inorganic salts, as follows—*

Proteins—Albuminoids or nitrogenous foods.—Tissue builders.

| Name of principle | Derived from |
|----------------------------|---------------------------------------|
| Myosin..... | Flesh of Animals, red meat |
| Albumen, vitelin..... | White and yolk of egg |
| Caseinogen..... | Milk |
| Serum albumin, fibrin..... | Blood contained in meat |
| Gliadin and glutinin . . . | Grain of wheat and some other cereals |
| Vegetable albumin..... | Soft growing vegetables |
| Legumin..... | Peas, beans, lentils, etc. |

Fats and Oils—heat producers.

| | | | | |
|----------------|---|-----|---|--|
| Animal fats | } | ... | { | Butter from cows', goats' and mares' milk. |
| Carbon 76 | | | | Adipose tissues of animals, suet, lard. |
| Hydrogen 12 | | | | Fish oils, seal and sperm, etc. |
| Oxygen 12 100 | | | | |
| Vegetable Oils | } | { | { | Palm oil, olive oil, cotton seed oil, linseed oil, nutmeg butter, coconut oil, peanut oil, cacao-butter, from chocolate-tree, kolanut, bambuk-butter, castor-oil, oil of spice-bush, nuts, fruits, seeds, cereals and vegetable tissues. |

Carbohydrates, Starches and Sugars—force producers.

| | | | | |
|--|---|---|---|---|
| Glucose, dextrose, grape sugar, starch sugar | } | { | { | Grapes 20%, fruits, plant juices, animal blood 0.1%, sweet corn, onions, potatoes, rice, etc. |
| Fructose, levulose, fruit sugar | | | | Occurs with glucose in fruits, artichokes, honey 50% etc. |
| Galactose, lactose, sugar of milk | } | { | { | Milk of all mammals yields from 4% to 7%. |
| Name of principle | | | | Derived from |

| | | | | |
|---------------------------------|---|---|---|---|
| Sucrose, saccharose, cane sugar | } | { | { | Sorghum cane, beet sugar, sugar palm, maple sugar, pineapple, carrots, etc. |
| Maltose, malt sugar | | | | Malt and malted foods and germinating cereals. |

| | |
|---|--|
| Starch, dextrin from starch. | { Seeds, corn, cereals 50% tubers (potatoes) 75%, roots, bulbs, and legumenous plants. |
| Glycogen, "Animal starch" elaborated in the body from glucose, fructose, etc. | |
| | { Liver of animals 38 %, muscle fibers (beef) 44 %, bones 9 %. |

Inorganic.

| | | |
|-------------------------------|--|----------------------------------|
| Water | { Drinking water, mineral water and nearly all animal and vegetable foods. | |
| Sodium chloride (common salt) | | |
| Potassium chloride | | |
| Sodium | | { phosphate and carbonates |
| Potassium | | |
| Calcium | | |
| Magnesium | | |
| Iron | | |

Vegetable Acids.

| | |
|----------|--|
| Acetic | in Vinegar |
| Citric | in Lemons and acid fruits. |
| Malic | in Apples, grapes |
| Tannic | in Tea leaves, nut-galls, etc. |
| Tartaric | in Grape juice etc., fruits and vegetables |

Accessory Foods.

Coffee, tea, cocoa, chocolate, sauces, pepper, ginger, cinnamon, nutmeg, cloves, mustard, vinegar, pickles, etc., wines, beer and spirits.

For health and happiness it is not best to be—"Born but to banquet and to drain the bowl" as in Homer's *Odyssey* but to enjoy with your dinner "The feast of reason and the flow of soul"—(Pope)

A Question in Dietetics.

Dr. John Aulde of Philadelphia in his excellent work on the "*Chemic Problem in Nutrition*" says on page 93, *et seq.*—

"This new factor in disease (Excess of Magnesia or Magnesium Infiltration) is in reality a question in dietetics and its presence as well as its persistence is susceptible of proof by the ordinary methods familiar to physiologic chemists. In fact, it has to deal almost exclusively with the deviations incident to the chemistry of digestion. Thus, it trenches upon human welfare, touching all points of the compass—in short, it appeals to the individual, both young and old, male and female alike because a knowledge of its presence makes for health as well as longevity. How many sufferers from indigestion with its attendant train of sequelae would be glad to know why and how it was brought about? To afford the general reader a reliable and

accurate method for determining the true cause for his illness would appear utopian, and yet it is accomplished by means of a very simple test—an evidence of adaptability. Applying the terms used by modern advocates of "System", in the domain of commerce, this "adaptability" might be regarded as an illustration of scientific efficiency in therapeutics.

"Magnesia in Excess.—Magnesia in excess is the factor responsible for the indigestions and also for most of the prevalent chronic ailments, whether organic or functional. In addition, it should be added that magnesia in excess develops coincident with the progress of acute diseases, and accounts for prolonged convalescence. In many instances we are even able to trace susceptibility directly to this abnormal condition, so that early recognition of this particular deviation from normal becomes a matter of prime importance to those apparently in robust health. To the afflicted and semi-invalid this discovery might be the means of enabling them to regain health and happiness, because it makes for simplicity and efficiency. The practical value of these suggestions is perhaps more forcibly brought forward in the accompanying tabulation, since it enables the reader to understand and appreciate the disadvantages arising from an unsuitable dietary—in other words, it shows how the milk gets into the cocoanut. In this tabulation I have included a fairly complete list of dietary articles—animal foods, cereals, vegetables, fruits, etc.—making up the usual diet of adults and children, the estimated "ash constituents" being taken from the comprehensive monograph, *Calcium, Magnesium and Phosphorus in Food Nutrition* (1910), prepared by Sherman, Mettler, and Sinclair, Department of Chemistry, Columbia University (New York)."

Ash Constituents of Food Material— Estimated.

| Food Materials. Animal Foods, Cereals, etc. | Per cent Calcium oxide | Per cent Magnesium oxide. | Surplus proportions: Calcium oxide to magnesium oxide. |
|--|------------------------------|---------------------------------|--|
| Meats (per 100 grams protein)..... | (0.076) | (0.190) | 1.00 to 2.50 |
| Fish and shellfish (per 100 grams protein).... | (0.180) | (0.230) | 1.00 to 1.27 |
| Eggs..... | 0.100 | 0.015 | 6.66 to 1.00 |
| Butter (and butterine)... | .022 | .001 | 22.00 to 1.00 |
| Buttermilk (estimated as milk)..... | .172 | .018 | 9.55 to 1.00 |
| Cheese..... | 1.240 | .049 | 25.30 to 1.00 |
| Cottage Cheese..... | .100 | .015 | 6.66 to 1.00 |
| Milk, whole..... | .172 | .018 | 9.55 to 1.00 |
| Cream..... | .147 | .015 | 9.80 to 1.00 |
| Barley, pearled..... | .025 | .100 | 1.00 to 4.00 |
| Corn meal..... | .009 | .132 | 1.00 to 14.66 |
| Hominy (as old process meal)..... | .014 | .196 | 1.00 to 14.00 |

| | | | | |
|--|------|------|----------|------|
| Oatmeal (including rolled oats, etc.)..... | .078 | .246 | 1.00 to | 3.19 |
| Rice..... | .012 | .060 | 1.00 to | 5.00 |
| Wheat flour (crackers and macaroni)..... | .028 | .026 | 1.07 to | 1.00 |
| Graham flour and entire wheat flour (assumed) | .037 | .150 | 1.00 to | 4.05 |
| Flaked wheat breakfast food..... | .043 | .239 | 1.00 to | 5.55 |
| Bread..... | .021 | .019 | 1.10 to | 1.00 |
| Chocolate..... | .141 | .483 | 1.00 to | 3.42 |
| Molasses..... | .355 | .176 | 2.01 to | 1.00 |
| Maple syrup..... | .123 | .100 | 1.23 to | 1.00 |
| Honey..... | .005 | .030 | 1.00 to | 6.00 |
| Vegetables. | | | | |
| Asparagus..... | .038 | .017 | 2.23 to | 1.00 |
| Beans, pea, dried..... | .215 | .252 | 1.00 to | 1.17 |
| Beans, kidney, dried..... | .226 | .261 | 1.00 to | 1.15 |
| Beans, lima, dried..... | .106 | .311 | 1.00 to | 2.93 |
| Beans, string, fresh..... | .073 | .050 | 1.46 to | 1.00 |
| Beets..... | .019 | .029 | 1.00 to | 1.52 |
| Cabbage..... | .058 | .021 | 2.76 to | 1.00 |
| Carrots..... | .077 | .032 | 2.50 to | 1.00 |
| Celery..... | .094 | .027 | 3.38 to | 1.00 |
| Corn, canned or green.... | .045 | .070 | 1.00 to | 1.55 |
| Cucumbers..... | .028 | .018 | 1.55 to | 1.00 |
| Eggplant..... | .017 | .037 | 1.00 to | 2.17 |
| Greens, turnip tops..... | .508 | .036 | 14.11 to | 1.00 |
| Greens, soup greens (as- sumed)..... | .080 | .030 | 2.66 to | 1.00 |
| Horseradish..... | .136 | .038 | 3.57 to | 1.00 |
| Lettuce..... | .045 | .012 | 3.75 to | 1.00 |
| Onions..... | .040 | .015 | 2.66 to | 1.00 |
| Parsnips..... | .076 | .044 | 1.72 to | 1.00 |
| Peas, dried..... | .137 | .204 | 1.00 to | 1.48 |
| Peas, canned..... | .023 | .034 | 1.00 to | 1.47 |
| Potatoes..... | .016 | .040 | 1.00 to | 2.50 |
| Potatoes, sweet..... | .025 | .019 | 1.31 to | 1.00 |
| Pumpkins..... | .032 | .014 | 2.28 to | 1.00 |
| Radishes..... | .025 | .019 | 1.31 to | 1.00 |
| Rhubarb..... | .060 | .010 | 6.00 to | 1.00 |
| Rutabagas..... | .103 | .031 | 3.32 to | 1.00 |
| Spinach..... | .064 | .053 | 1.20 to | 1.00 |
| Tomatoes..... | .019 | .016 | 1.18 to | 1.00 |
| Tomatoes, canned..... | .019 | .016 | 1.18 to | 1.00 |
| Turnips..... | .087 | .029 | 3.00 to | 1.00 |
| Vegetable soup (canned, condensed)..... | .026 | .021 | 1.23 to | 1.00 |
| Watercress..... | .259 | .046 | 5.63 to | 1.00 |
| Fruits | | | | |
| Apples..... | .011 | .014 | 1.00 to | 1.27 |
| Apples, evaporated..... | .037 | .054 | 1.00 to | 1.45 |

| | | | |
|-------------------------|------|------|--------------|
| Apricots..... | .021 | .019 | 1.10 to 1.00 |
| Bananas..... | .009 | .035 | 1.00 to 3.55 |
| Blackberries..... | .079 | .037 | 2.13 to 1.00 |
| Blueberries..... | .045 | .015 | 3.00 to 1.00 |
| Cherries..... | .026 | .027 | 1.00 to 1.03 |
| Cranberries..... | .021 | .012 | 1.75 to 1.00 |
| Currants..... | .046 | .026 | 1.76 to 1.00 |
| Currants, dried..... | .169 | .076 | 2.22 to 1.00 |
| Figs, dried..... | .280 | .144 | 1.94 to 1.00 |
| Grapes..... | .014 | .019 | 1.00 to 1.35 |
| Grape jelly..... | .009 | .015 | 1.00 to 1.66 |
| Grape fruit..... | .029 | .015 | 1.93 to 1.00 |
| Huckleberries..... | .037 | .027 | 1.37 to 1.00 |
| Oranges..... | .043 | .016 | 2.68 to 1.00 |
| Peaches, dried..... | .048 | .093 | 1.00 to 1.93 |
| Peaches..... | .015 | .015 | 1.00 to 1.00 |
| Pears..... | .018 | .014 | 1.28 to 1.00 |
| Pears, canned..... | .008 | .007 | 1.14 to 1.00 |
| Pineapples..... | .038 | .027 | 1.40 to 1.00 |
| Plums..... | .022 | .019 | 1.15 to 1.00 |
| Plums, jam, canned..... | .014 | .012 | 1.16 to 1.00 |
| Prunes..... | .063 | .084 | 1.00 to 1.33 |
| Raisins..... | .042 | .070 | 1.00 to 1.66 |
| Raspberries..... | .072 | .037 | 1.93 to 1.00 |
| Strawberries..... | .057 | .036 | 1.58 to 1.00 |
| Watermelons..... | .018 | .022 | 1.00 to 1.22 |

Miscellaneous

| | | | |
|-----------------------------|------|------|--------------|
| Pie, apple (assumed)..... | .030 | .030 | 1.00 to 1.00 |
| Pie, cream (assumed)..... | .040 | .030 | 1.33 to 1.00 |
| Pie, custard (assumed)..... | .060 | .030 | 2.00 to 1.00 |
| Pie, mince..... | .044 | .037 | 1.18 to 1.00 |
| Pie, squash..... | .030 | .015 | 2.00 to 1.00 |

It will be observed that cheese is 25 to 1 and butter is 22 to 1 in favor of lime salts. Milk, cream and buttermilk are also desirable articles of food.

(Page 99 "The Chemic Problem in Nutrition.")

Estimated Ash Constituents in Dietary Study No. 44.

| Food Materials and Weight of Edible Portion. | Calcium oxide. Grams. | Magnesium oxide Grams. |
|---|-----------------------------|------------------------------|
| Meats: Beef, veal, pork and lamb (total meat protein 3,413 grams)..... | 2.593 | 6.484 |
| Eggs, 4,705 grams..... | 4.705 | .705 |
| Butter, 1,785 grams..... | .392 | .017 |
| Milk, 55,055 grams..... | 94.694 | 9.909 |
| Mince-meat, 370 grams..... | .162 | .136 |
| Corn meal, 2,395 grams..... | .215 | 3.161 |
| Hominy, 255 grams (as old process corn meal)..... | .033 | .499 |
| Flour and crackers, 14,625 grams..... | 4.095 | 3.802 |
| Oatmeal, 240 grams..... | .187 | .597 |
| Sugar, 6,605 grams..... | | |

| | | |
|--------------------------------|---------|--------|
| Maple syrup, 895 grams..... | 1.100 | .895 |
| Honey, 425 grams..... | .021 | .127 |
| Beans, dried, 835 grams..... | 1.795 | 2.104 |
| Cabbage, 2,890 grams..... | 1.676 | .606 |
| Corn, canned, 1,210 grams..... | .544 | .847 |
| Lettuce, 905 grams..... | .407 | .108 |
| Parsnips, 795 grams..... | .604 | .349 |
| Potatoes, 6,750 grams..... | 1.080 | 2.700 |
| Radishes, 310 grams..... | .077 | .058 |
| Apples, 5,470 grams..... | .601 | .765 |
| Bananas, 1,420 grams..... | .127 | .497 |
| Cranberries, 355 grams..... | .074 | .042 |
| Oranges, 540 grams..... | .232 | .086 |
| Peaches, dried, 865 grams..... | .415 | .804 |
| Prunes, dried, 865 grams..... | .277 | .369 |
| Raisins, 45 grams..... | .018 | .031 |
| <hr/> | | |
| In total food..... | 116.124 | 35.698 |
| In waste (4.3 per cent.)..... | 4.992 | 1.535 |
| <hr/> | | |
| In food eaten..... | 111.132 | 34.163 |
| Per man per day..... | 1.42 | .44 |

Estimated Ash Constituents in Dietary Study No. 100

[Page 101 "The Chemic Problem in Nutrition".]

| Food Materials used. | Calcium oxide Grams. | Magnesium oxide. Grams. |
|--|----------------------------|-------------------------------|
| Meat: Bacon and lard (meat protein, 131 grams)..... | .099 | .248 |
| Flour, 9,470 grams..... | 2.651 | 2.462 |
| Corn meal, 20,920 grams..... | 1.882 | 27.614 |
| Rice, 710 grams..... | .085 | .426 |
| Collards, 255 grams (as cabbage)..... | .147 | .053 |
| <hr/> | | |
| In total food eaten..... | 4.864 | 30.803 |
| Per man per day..... | .082 | .522 |

"Here we find a large preponderance of magnesia over lime, more than 6 parts to 1, nine-tenths of the total being derived from corn meal, a fact which has a direct bearing upon the prevalence of pella throughout the Southern states, since the intimate relation is susceptible of demonstration. Such being the case, what shall we say regarding treatment with a death rate of 65 per cent., when routine methods include the employment of magnesia in some form?"

Be plain in your dress and sober in your diet—

Lady Montague.

DIET LIST.

To prevent the deleterious effects of "Magnesium Infiltration" which no doubt is responsible, as Dr. Aulde says, for much "unhappiness" and much suffering the writer has selected a diet list with a view of giving the largest amount

of calcium salts with a minimum amount of magnesium salts. Foods rich in magnesium have been eliminated or annotated—"use sparingly".

This dietary followed conscientiously will assist materially in the elimination of morbid agencies and in the restoration of normal, healthy physiologic cytogenesis.

Blest be those feasts with simple plenty crowned.—

Goldsmith—*The Traveller*.

Soups, Broths and Purées.

It is desirable to have soup or broth at least once each day. Soups may be clear or plain, thick or creamed, such as:—

Cream of asparagus.

Bean soup (sparingly).

Cream of celery.

Clam soup, juice, chowder, bouillon, bisque, cream of clam soup.

Chicken soup, plain or with an egg, broth, jelly.

Egg broth, mutton or chicken.

Fish soup and broth, fish extract or juice.

Fruit soup, such as dried apricots, etc., (See list of desirable fruits).

Lamb soup and broth (sparingly).

Milk soups.

Mock bisque soups.

Mutton broth (sparingly).

Noodle soup.

Onion soup, cream of onion soup.

Oyster soup, broth, stew.

Pea soup, cream of pea soup, (sparingly).

Rice soup, cream of rice soup (sparingly).

Tomato soup, cream of tomato soup.

Vegetable soups are desirable (see list of vegetables).

Avoid—or use sparingly:—*Beef tea, beef stock, beef juice, beef extract, or bouillon, potato, corn and cornstarch, spices, sauces and condiments in general.*

Govern well thy appetite, lest sin surprise thee, and her black attendant. Death.—Milton—*Paradise Lost*.

Salads.

Alligator pear salads,

Celery salads,

Chicken salads,

Cream cheese salads,

Dandelion salads,

Egg salads,

Endives salads,

Fish salads,

Fruit salads,

Jelly salads,

Lettuce salads,
Meat salads,
Parsley salads,
Romaine salads.
Sweetbread salads,
Tomato salads,
Vegetable salads,
Watercress salads.

Fish.

An oyster may be crossed in love—Sheridan—*The Critic*

He was a bold man that first eat an oyster—*Swift*.

Fresh fish means fish used within twenty-four hours after they are caught. All kinds may be used except *salmon* and *cod*. *White-fleshed* fish are preferred. Fish should be boiled, baked, broiled, steamed or creamed (*never fried*). Oysters (sparingly). (Nutritive value is not high). They may be eaten boiled, roasted in shell or pan, broiled, creamed, steamed, scalloped, stewed or in soup, peptonized, preferably raw. Clams (sparingly) may be prepared in a similar manner to oysters. Clam juice is nutritious, as broth or bouillon, bisque or albuminized with water. Frog legs, broiled. The fish sauces permitted are:—butter or cream sauce, egg sauce, tomato sauce, cucumber relish.

Avoid: *Oysters or shell fish from bay waters near sewer outlets*. Never eat a fish that has been out of water longer than twenty-four hours unless frozen or *properly preserved*. Be careful about dried, salted, potted, smoked, pickled or preserved fish. Salmon and cod are indigestible. Never eat *fried* fish. Turtle, terrapin, shrimp, crawfish, lobster or crab should be eaten sparingly.

Oh, dainty and delicious!

Food for the Gods! Ambrosia for Apicius!

Worthy to thrill the soul of sea-born Venus,

Or titilate the palate of Silenus!

Croffut—*Clam Soup*.

Meats and Poultry.

Chicken, quail, squab reedbirds, robins—broiled, roasted, baked, stewed, fricassed (salad may be eaten with crisp, broiled bacon).

Calf's head—boiled.

Sweet breads—creamied, boiled, broiled—(salad).

Tripe—honey-combed portion—any style but *fried*. This is *very nutritious* and *easily digested*.—A most excellent food.

Bacon,—broiled.

Lamb brains.

Mutton—(sparingly).

Beef—(sparingly).

Avoid: Salted, dried, potted, smoked, pickled and pre-

served meats. Butchers' or red meat, veal, pork, lamb, liver, hashes, kidney, heart, etc., contain *two and one half times* more magnesium salts than they do calcium. Red meats contain "purin bodies" which produce cytotoxins or cell-poisons which are bad in lithemia and gout. Turkey, goose, duck, guinea-fowl, pheasant, *Pâté de foie gras* and sausages should be taken sparingly.

Now good digestion wait on appetite,
And health on both.—

Shakespeare—*Macbeth*.

Farinaceous.

White bread.

Toast, dry-buttered—with milk or cream.

Rusks.

Soda crackers.

Macaroni, vermicelli.

Buckwheat.

Cheese-wafers.

Cheese gluten biscuit crisps.

Cheese soufflé.

Avoid or use sparingly: — Oat-meal, breakfast foods, flaked wheat cereals—(all are rich in magnesia). Graham bread, rice, sago, tapioca, arrowroot, starches generally and *corn meal* in particular. Corn meal contains over fourteen times more magnesia than lime salts. Doughnuts, fancy cakes, pastry, and rich gravies are undesirable.

Better no doubt is a dinner of herbs
When seasoned by love,
Which no rancour disturbs
And sweetened by all that is sweet in life
Than turbot, bisque, ortolans, eaten in strife,—
Meredith—*Lucile*.

Vegetables.

Artichokes.

Asparagus—boiled, on toast, creamed or in soup.

Fresh string beans.

Beans, dried, (sparingly).

Brussels sprouts.

Cabbage.

Cauliflower, boiled or creamed.

Carrots, boiled or creamed.

Celery, raw, creamed or in soup, salad.

Chicory.

Cucumbers.

Dandelion, fresh, raw, baked, scalloped, salad.

Escarole.

Endive.

Greens—turnip very desirable.

Soup greens.

Horseradish.
 Leeks.
 Lentils—(sparingly).
 Lettuce—salads, etc.
 Onions, boiled, creamed, scalloped.
 Parsnips.
 Parsley.
 Peas, dried, puree, (sparingly).
 Pumpkins.
 Peanuts.
 Radishes raw.
 Revalenta.
 Romaine-salad.
 Rhubarb, steamed etc. (desirable).
 Rutabagas.
 Squash.
 Spinach.
 Tomatoes, raw, salad, creamed soup.
 Turnips.
 Vegetable Marrow.
 Water cress (desirable).

Avoid—or use sparingly:—*Potatoes*, lima beans, beets, *corn*, eggplant, sweet-potatoes, mayonnaise dressing, *mushrooms*.

What baron or squire
 Or knight of the shire
 Lives half so well as a holy Friar.—

John O'Keefe.

Desserts.

Milk, bread and cream puddings, cracker and cream custards, Queen pudding, orange custards, soft custard, baked and steamed, custard souffle, peptoniod custards, banana custard, peach custard, custard junket, egg souffle, cheese pudding, coffee custard steamed, custard (frozen), coffee jelly, lemon pudding, Charlotte ruse, (frozen) ices, sherbets, calf's head jelly, apples baked, pears baked, apple float, peach float, prunes, stewed fruits, raw fruits, shaddocks, (juice only), ripe peaches, chicken jelly, baked banana, stewed figs, almond pudding, malted milk blanc mange, orange bread pudding, apple sauce, bread and butter pudding, bread and apple pudding, "Meringue" cream and fruits, omelet souffle, gelatin, floating island, fruit-jelly, maple syrup, isinglass, lemon souffle, molasses, mince pie, calf's foot jelly, squash pie, orange cream, cream pie, Hamburg cream, apple and other fruit pies, figs and other fruits—(see list) milk jelly, jelly whips, orange jelly, tomato jelly, wine jelly, Irish moss jelly, and blanc mange. Cheese is a valuable food.

Avoid—or use sparingly: sugar, (may use saccharine instead) coffee, tea, cocoa, chocolate, nuts, raisins, candies, wines, beer, and spirits.

They are as sick that surfeit with too much,
As they that starve with nothing.—
Shakespeare—*Merchant of Venice*.

Fruits.

Apples, (sparingly).
Apricots.
Blackberries.
Blueberries, (desirable).
Cherries, (sparingly).
Cranberries.
Currants, *fresh and dried (desirable).
Figs—(valuable as a food).
Grapefruit.
Huckleberries.
Oranges, raw or baked (desirable).
Peaches (fresh).
Pears.
Pineapples.
Plums.
Raspberries.
Strawberries.
Fruit salad.
Fruit jellies.
Bread fruit.

Avoid:—Nuts, dried apples, bananas, grapes, grape jelly, peaches *dried*, prunes, raisins.

Eggs.

Eggs are desirable:—Raw, albumen lemonade, soft boiled, medium hard, shirred, poached, baked, steamed, egg in “nest,” scrambled, omelet, egg whey, foamy omelet, bread omelet, egg salads. (To boil an egg properly, place it in cold water and bring to a boil.)

Sweets.

Maple syrup and molasses are desirable carbohydrates. Saccharine, which is many times sweeter than sugar may be used.

Avoid:—or use sparingly, sugar, honey, starches, etc.

But first, or last, your fine Egyptian cookery
Shall have the fame.

I have heard that Julius Caesar grew fat with feasting
there.—*Anthony and Cleopatra*.

Fats and Oils.

Pure butter and pure olive oil are the best oleaginous substances for food. Bacon crisply broiled is permissible.

Avoid:—fried butter or oil or grease of any kind.

Beverages.

Pure water, carbonated waters, mineral waters containing no *magnesia*, are preferable. French Vichy Apollinaris. Fresh milk is a most valuable food. Ten grains of potassium

bicarbonate in one-half pint is desirable as an antacid. Milk may be baked, peptonized, malted, or used as milk-jelly, milk-lemonade, milk with fruit juices, albumenized milk, milk and seltzer, butter-milk, milk whey, lemon whey junket, *Metchnikoff's Bulgarian butter-milk*, fermented milk, Kumyss, Kefir, Matzoon or Zoolak. Egg albumen lemonade, *fruit juices* to flavor water, apple juice with ice, grape juice with ice, orangeade, lemonade, egg albumen with whey, lemonade with twenty grains potassium bicarbonate to the pint is a pleasant antacid. Albumenized clam water, clam water plain, dilute phosphoric acid lemonade, pineapple with ice, tamarind water, fruit soda. De-caffeinated coffee may be used

Avoid:—or use sparingly, wine, beer and spirits, coffee tea, cocoa, chocolate, ginger ale, root beers etc.

With eager feeding food doth choke the feeder.—
Shakespeare—*Richard II.*

“The Magnesia Heart.”

Dr. Aulde, (page 179) has worked out a plan of treatment which embraces “magnesium infiltration” in general as well as the “magnesia heart” in particular:—

Treatment of Magnesia Heart (Schema).

I. Restore the Digestive Capacity.

Gall-Ipecac Comp—Tonic Stimulant; Activator;
Copper Arsenite—Intestinal Antiseptic;
Bacillus Bulgaricus—Symbiosis.

II. Neutralize Acid Excess.

Solution Potassium Citrate—Refrigerant, diaphoretic;
Spirit of Mindererus—Febrifuge, diaphoretic;
Alkaline-saline—Cell depurant, eliminant.

III. Promote Magnesium Dissociation.

| | |
|------------------------|---|
| Simple Replacement: | { Calcium sulphate (gypsum); Calcium carbonate (vitalized chalk) Calcium phosphate. |
| Chemic Transformation: | { Iodo-calcium ; Calcium iodide; Calcium carbonate. |
| United with Calcium: | { Iodo-calcium; Calcium iodide; Acid sulph. aromatic. |

In addition to the above outline, and in advance of a detailed analysis, the accompanying diagram relative to symptomatic and collateral treatment will serve to make the therapeutic picture more complete, suggesting as it does the probable complications or consecutive deviations from normal, along with the most available and practical lines of treatment for their relief—or mitigation.

IV. Symptomatic and Collateral Treatment.

| | |
|------------------------|---|
| Vasomotor Disturbances | { Gold and sodium chloride; Static electricity; Thyroids. |
| Lymph-stasis: | { Nauheim baths; Calcium sulphide; Osteo-therapy. |
| Hepatic Insufficiency: | { Soda succinate; Gall-ipecac Comp; Podophyllin and mercury biniodide. |
| Constipation: | { Calcium carbonate; Apia (tablets); Epsom salts (?). |
| Dietary: | { Should be regulated "(balanced)", as to proteids, fats, and carbo- hydrates, and furnish two parts lime to one part magnesia, the number of calories being deter- mined by the work performed. |

In the luxurious days of Rome the philosopher, Pliny, in his *Natural History* wrote:—

“Their best and most wholesome feeding is upon one dish and no more and the same plaine and simple; for surely this hudling of many meats one upon another of divers tastes is *pestiferous*. But sundry sauces are more dangerous than that.”

Tis passing sweet to be—
“Fed with nourishment Divine
The dewy morning’s gentle wine”—

but we must also remember that

“No nourishment in frozen pastures grows”
and that we require a sane, safe and sound dietary.

Our diet list will, as a rule, furnish two parts or more of calcium salts to one part of magnesium salts. A careful dietary is indicated, not only to preserve health, but also in many diseases, such as diabetes, albuminuria and dyscratic, toxic, lithemic and gouty diatheses.

“The birthday of Eternity” as Seneca calls Euthanasia will be deferred for us by the use of scientific dietary and hygienic living. One may easily double the span of human life.

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