Corpulency, i.e. fat or embonpoint in excess : letters to the Medical times and gazette / by A.W. Moore ... explaining briefly his newly-discovered diet system to reduce the weight and benefit the health.

CORPULENCY.

AND ITS

NEW SELF-DIETARY CURE.

A. W. MOORE, M.R.C.S

3/6

CORPULENCY,

I. E.

FAT, OR EMBONPOINT, IN EXCESS:

LETTERS

TO THE

Medical Times and Gazette,

BY

A. W. MOORE,

MEMBER OF THE ROYAL COLLEGE OF SURGEONS.

EXPLAINING BRIEFLY HIS NEWLY-DISCOVERED

DIET SYSTEM,

TO REDUCE THE WEIGHT AND BENEFIT THE HEALTH.

THIRD EDITION.

LONDON:

PRINTED AND PUBLISHED (FOR THE AUTHOR) BY FREDERICK WILLIAM RUSTON, 82, LOWER THAMES STREET, E.C.

1857.

From the MORNING POST, *March 20th*, 1857.

"The author brings before our notice in this little work the results of his observation and experience thoroughly matured. The reader will experience no disappointment, as without any further medical aid than the pamphlet affords, he can set to work to lessen the weight of his body. The plan of treatment is simple, and in its explanation devoid of all medical mystification. The author deserves to be ranked amongst those who have made a useful and scientific discovery."

PREFACE.

THE Author wishes to make known through the medium of the following pages, a simple remedy against that inconvenient and apparently ridiculous ailment Corpulency, trusting that the egotism displayed at the commencement will be indulgently received, as his object does not fall short of the injunction given to the ancient and modern man to know and cure himself.

The success of this pamphlet has far surpassed any sanguine expectations that might have been formed of it; in the course of a year the former editions have been entirely disposed of.

The third edition is now presented to a discerning public without any apology for its brevity; as it cannot be otherwise regarded than a collection of facts, which to be properly understood, must be stated in a concise manner.

The Author takes this opportunity of advising the individual undergoing his dietary system, not

to mention the subject to any one, until the effect is produced; the profession are always sceptical on curative points, especially when they emanate from an ordinary member of their community. There is, besides, a good deal of unnecessary morbid sensibility and irritability existing amongst us, scarcely to be found in any other liberal profession.

Should the views herein stated be at any time questioned as to their soundness, or come under the observation of a severe critic, it will not cause any annoyance; as facts are as sound and lasting as the high hills, they can be bored through by human ingenuity, but not by the same means demolished.

The reader will easily form an idea that the intention now is to produce a simple essay, illustrated only by a few cases for a guidance, and to take off the perplexity that would naturally arise, had the subject been treated more copiously. By so doing, a deeper interest might be thrown over it, but a due caution could not have been properly observed as to the accuracy of the facts themselves herein particularly dwelt upon.

Pimlico, August, 1857.

FIRST CASE.

To the Editor of the "Medical Times and Gazette."

Sir,—Perhaps the following experiment practised upon myself, may prove worthy a place in your Journal, which is always open for the insertion of anything new.

I am, etc.,

Alfred William Moore,

2, *Bessborough Street, St. George's Square.*

Corpulency, *i. e.* fat, is a necessary ingredient of the body. Nature, however, is sometimes too liberal in its supply; it then becomes burdensome, and subjects the objects of its prodigality to much ridicule. The discovery of a certain remedy under these circumstances may prove a boon. The following experiment, or systematic plan of treatment adopted by myself, who am constitutionally fat, will clearly show that abstaining from bread and fermented liquors, will remedy this inconvenience in an incredible manner.

Weighing fifteen stone and a half, I reduced myself in three months to twelve stone and a half, by

strictly adhering to the following plan of dieting myself:—Breakfast early, consisting of two ounces of biscuit, one egg, two cups of tea or coffee; then fasted till five, my dinner consisting of animal food, &c., but no bread, likewise avoiding bread at my tea or supper.

My attention has often been directed to observe the tendency of our learned prelates, from the sedentary nature of their employment, to become fat, this could not have been the case with the priests of the Jewish nation, as their legislator commanded them to eat occasionally unleavened bread, being their share of the different offerings made by the people; a round and jovial condition of the body is certainly considered not very compatible with a sacred office.

P.S.—An Abernethy or a captain's biscuit amounts to two ounces. The quantity of biscuit taken at dinner and subsequent meals must be limited to one ounce.

(*Medical Times and Gazette, Feb.* 23*rd*, 1856.)

SECOND CASE.

Sir,—About three months ago, space was found in the columns of your Journal for a communication of mine, detailing the self-treatment of Corpulency, founded upon a systematic arrangement of the diet, viz.: omitting bread and fermented liquors, which produced an incredible and beneficial effect.

The plan was first adopted by myself about fourteen years ago, during the time of my medical pupilage, as I then found the unenviable state of embonpoint not only subjected me to unpleasant criticism, but also was unfavorable to the acquirement of professional knowledge. This system has never failed in benefitting myself, and therefore the light, if new, must not be concealed.

The following I consider a satisfactory case in which the treatment, although a little altered, was rigidly adhered to. E. W., a magistrate, of a remarkably good-natured and cheerful disposition, height about six feet three inches, aged fifty-eight years, weighing about twenty-one stone, suffering from or enjoying the true obesity of Prince Hal's jovial companion, viz. the *Polysarcia Omenti* of medical writers, seeing my communication in your Journal, thus dieted himself:—

Breakfast, consisting of two ounces of biscuit, an egg, and two cups of tea; but instead of fasting till five, ate about one o'clock, one ounce of biscuit with a wineglass full of Port wine; his dinner, at five, consisting *ad libitum* of animal food, &c., but no bread or fermented liquors, likewise avoiding the same at subsequent meals. I saw him about a fortnight ago, and he then said he had lost in weight one stone and a half, his ambition being to reach eighteen stone by degrees. A very zealous anonymous writer, J. B. N., has sent me three

unpaid letters—to please him, I cannot reduce myself *ad-mortem*, twelve and a half stone—being about compatible with a six-feet height.

I am, &c.

A. W. M.

(*"Medical Times and Gazette," June* 24, 1856.)

Corpulency, *i. e.* fat or embonpoint in excess, is a subject that has long occupied the attention of those who wish to reduce themselves to suit some particular purpose, such as prize-fighters, jockeys, &c. We find cases of this kind occasionally reported in the sporting journals, the result of the various experiments being only partial, and the process either inconvenient or painful. Dr. Chambers remarks that corpulency is no doubt a disease of itself, and may be viewed in the light of an hereditary disease handed down from parent to offspring, and it is the hereditary transmission which has made it endemic in several countries. The Irish and Scotch have comparatively few fat persons; the Americans are proverbially lanky; the French and Italians are both mostly lean, the former consume a great deal of bread, which may at first-sight appear contradictory to my practice of discontinuing the consuming of that article

of diet; but when it is remembered that their disposition is very excitable, and almost every word spoken by them is accompanied with some quick movement of the body, there must necessarily be a great demand for much carbon and hydrogen, the chemical constituents of the fat, which is consumed by the action of the lungs and liver, as well as by that of the muscles. Our gay neighbours when excited seem to quiver from head to foot. Mary Queen of Scots and the first Napoleon are recorded to have become fat from grief and confinement.

Fat begins to accumulate as soon as the system has attained its full developement; it will go on increasing, if not checked by proper management, until the decline of life, and then it ought again to decrease.

The average weight of the human body is generally put down at 140 lbs. and 6 ounces.

To be very stout is certainly no addition to beauty, and ladies particularly, whilst most anxious to find out the secret of becoming thin, often resort to means likely to affect their health, and produce a variety of unpleasant symptoms; this is an unwise and dangerous proceeding, for the mere sake of personal appearance; but when stoutness is "constitutional," and is not the result of any disease, it is quite advisable to make use of a simple and healthful means to reduce the size.

The author of this pamphlet is convinced he has

found out a plan, by which this may be done without the least risk to health or even comfort, and having tried it himself with great advantage, offers it to those willing to adopt it, with confidence in its success. Perseverance is only necessary to prove its efficacy.

Contrary to usual custom the author has detailed the treatment at the commencement, as a remedy is generally considered preferable to a scientific discourse on a subject.

Plebs amat remedium.

After having got rid of the excess of fat by the diet system recorded at the commencement of this pamphlet, to prevent its re-accumulating, the author would strongly recommend the person so trained to take regular exercise, as much as the strength of the individual will allow, walking in the fresh air, as well as certain amusements, to conduce to keep the mind excited and the body active.

The game of quoits. so much used among the lean and lanky Americans, a hard bed or mattress, are also conducive to the same object. It is also well known, as my letters will show, that the use of malt liquors has a fattening influence on the system. These must therefore only be recommended to the thin and weak, as well as to old persons whose fat and tissues have begun to waste. An idea prevails amongst people that animal food is very fattening,

and many stout persons adopting vegetarian principles have greatly increased their size and diminished their strength. This was the case with the gentleman reported in my second letter, before adopting this treatment. Are not the carnivorous animals very light and muscular? And do not we witness the tendency of the herbivorous to become fat and unwieldy; even the horse, distinguished for its fleetness, requires the driest food, and that in small quantities at a time, to keep up its noble and useful qualities.

THIRD CASE.

E. B. C., aged about forty, height five feet eight inches, a clergyman of the Church of England, whose figure some years ago was very slight, being then single and unsettled—mind also active and excitable. After marriage was more disposed to settle down quietly; his disposition then became more sedentary, and in consequence an embonpoint made its appearance, which went on increasing to his great annoyance, as it is sometimes regarded as an outward sign not quite in accordance with any pre-judged idea of a self-denial kind of life. He took down the particulars of my own case, and adhered as strictly to the rules there laid down as if they constituted a part of his clerical duties. Upon

my seeing him again, he informed me he lost flesh so rapidly, that even the youngest member of his family noticed it. This he did not consider quite desirable in his own case to continue long, so he abated the severity of the treatment, remarking to me that he intended reducing himself gradually, and probably extend the time for so doing over the space of three years. He considered it a system quite unique in itself, and encouraged me in my desire to overcome incredulity and make it more generally known.

FOURTH CASE.

A patient of mine hearing of the efficacy of this system, brought to me a young lady, dwarfish in stature and exceedingly fat. Her head appeared fairly buried in her shoulders. The appearance was caused by the neck being very short and enveloped in a thick layer of adipose tissue. I was informed that she had consulted many physicians, who pronounced the case hopeless; all agreeing that her heart was in a state of fatty degeneration. Their diagnosis appearing to me perfectly correct, I gave directions how to manage her diet; but did not insist upon its being rigidly adhered to. This case was recommended to me before I brought the subject under consideration in the Medical Journal. Upon seeing her, about a month afterwards, I was

surprised at her altered and improved condition. I then laid down the law about the regulation of her food and habits with a great deal more confidence; having afterwards lost sight of her, in the usual manner of patients when they are getting better, generally becoming the victims of oblivion in respect to their medical advisers. However, about two years having elapsed, I was again summoned to see her; she was then in an apoplectic fit. Her friends informed me that, considering herself well, she had relapsed into her former habit of taking much bread, and heavy fermented liquors, such as porter, which caused her to regain her usual bulk. Her blood by these means became highly carbonized, causing her to sleep much—the sure and sad precursor of the above-mentioned fit. She rallied for a few days only.

FIFTH CASE.

R. A. G., a brewer in one of the western counties, after having perused my pamphlet, wrote to me saying, "I am a tremendous big fellow, about six feet two inches in height, and too stout by a great deal. Just lay down the law with respect to my diet, and I will endeavour to abide by it." I heard from him about a month afterwards, stating he felt

lighter in every way, and approved of the system very much; remarking also that he must in future brew and allow others to drink.

The following improved Diet Scale was sent to me by an unknown medical correspondent, I. B. N., founded principally upon my system of discontinuing the use of bread and fermented liquors to reduce the weight of the body, and to which I cannot help giving my approbation.

BREAKFAST, Nine o'Clock.

Biscuit, 2 ounces; Tea or Coffee, 8 ounces; Egg, one (an egg weighs about 2 ounces.)

DINNER, Five o'Clock.

Biscuit, half an ounce; Vegetables, 2 ounces—Sea-Kale, Asparagus and French Beans; Meat, 7 ounces (in my opinion as much as will comfortably satisfy the individual). Any sort of ærated Water, such as Seltzer and Soda, 9 ounces.

TEA had better be taken about Eight o'Clock, consisting of 8 ounces of that liquid, and half an ounce of biscuit.

SUPPER, an Hour before Bed-time.

Gruel, 8 ounces, just to support the strength, owing to its highly phosphoric principles.

N.B. Cheese and butter had better be taken very

sparingly; thus following the custom of ladies at a fashionable dinner party.

The total amount of solids consumed during the day will be seen to consist of 16 ounces, and that of liquids 33 ounces.

My anonymous colleague, who is supposed to be now meeting me in consultation, goes on recommending severe regular and habitual exercise. This I do not find absolutely necessary. The bed to be slept upon he recommends to be very hard, such as the French elastic spring beds, now so much used on the continent, and amongst the wealthiest in our own country. Purgatives had better be used occasionally, about four times in the year, or once a quarter. Horse-hair gloves also once a day, accompanied with a cold sponging.

Dr. Carpenter remarks, "that the amount of food which can be properly appropriated by the system varies considerably in different individuals, and in the same individual under different circumstances. Consequently it is impossible to give any general rule, which will apply to every one alike. The average quantity required by adult men, leading an active life, and exposed to the ordinary vicissitudes of temperature in our own climate, seems to be from thirty to thirty-six ounces of dry aliment. But a healthy condition may be kept up on scarcely more than half this allowance, if the muscular powers are but little exerted, and the surrounding temperature

be high; provided that it consists of substances of a nutritious kind, united in proper proportions." I quote the observations of that far-seeing physiologist to shew that under peculiar circumstances an individual can be limited to a certain amount of nutriment without in any way endangering health, and therefore, should any one find a trial of my system too severe, the difference must be made up in an increased allowance of animal food, which, as *I have already said*, is consumed in nourishing the muscular part of our body, and therefore contributes greatly to the increase of the strength and activity of the whole frame.

There are cases on record in which persons, believing that indulgence in the luxuries of the table to be the cause of their sufferings, have adopted quite a minimum allowance of solid food daily, and yet have maintained a sound state of health. The following life presents a good example:—

Lewis Cornaro, of a noble Venetian family, was born in 1467. Having impared his constitution by a debauched and voluptuous life, and brought on at last a severe illness, on recovering from this at the age of more than forty, he adopted a strict and abstemious regimen, limiting himself to twelve ounces of solid food, and fourteen of wine daily, which quantity he rather diminished in the latter part of his life. He carefully avoided all the extremes of heat or cold, with all violent exercise, and took care

to live in a pure dry air. He thus preserved a considerable share of health and activity to the great age of ninety-eight. His wife, by whom he had an only child, a daughter, when they were both advanced in years, survived him, and attained nearly the same period. When he was eighty-three, he published a short treatise in commendation of temperance, which has been repeatedly translated, and printed in every country of Europe. He then states himself to be able to mount his horse without assistance from any rising ground. He wrote three other discourses on similar subjects, at subsequent periods, the last only three years before his death. The best English translation is said to be that of 1779.

Polysarcia, from πολυς much, and σαρξ flesh, obesity, fatness, or corpulency, presents to our view two appearances in the human subject. There is the *Polysarcia generalis*, or general obesity, equally diffused over the body and limbs, and the *Polysarcia omenti*, where it shows itself in a troublesome protuberance of the abdomen, which is vulgarly denominated a pot-belly. It is caused by an increased and rapid secretion of the animal oil, almost as much as water in general dropsy, from a relaxed state of the system, on which account some writers have called it a dropsy of fat. The bulk of the body has in some increased enormously. Bright, of Maldon, weighed seven hundred and twenty-eight

pounds; Lambert, of Leicester, seven hundred and thirty-nine pounds, a little before his death, which was in the fortieth year of his age. In the *Philosophical Transactions* for 1813 there is an account of a girl who weighed two hundred and fifty-six pounds, though only four years old. Walking one day through the Strand, in 1851, when the Great Exhibition was open, there was an announcement over a door, nearly opposite Temple Bar, that an enormous fat woman was exhibiting herself within. I do not exactly remember her weight; but upon questioning her and the exhibitor, I found they were rigid vegetarians, and she was not at all a little proud of belonging to that (doubtless erroneous) way of dieting herself.

A moderate amount of fat in the body is conducive to health, as it is found in places where extensive motion is required to be performed, such as under the skin, and around serous surfaces. It also fills up interstices, and is found for that purpose more or less at the base of the heart, around the origin of the great vessels, and in the orbit of the eye. It also greatly assists in the retention of the animal heat, by its nonconducting quality; and for this reason those warm blooded mammals that inhabit the seas, such as the whale, &c., are provided with a good thick layer of it, which is found immediately beneath the skin, or incorporated with its substance. In our own species, besides the uses

already pointed out, it is often the medium of saving life when the system is much weakened, as in low fevers, by the impossibility then of the stomach being able to digest anything solid, and in the shocks experienced in the body by severe accidents. Fat is then found acting the part of a reservoir of combustible matter, at the expense of which the respiration may be kept up when the office of the digestive apparatus cannot be properly performed. The reason why fat in some persons accumulates to such a degree as to keep their muscular system in a state of weakness, is to be found in the absorbents, or more properly, in the minute ramifications of the veins around the fat globules being in a state of inaction, caused by general debility of the whole frame; and I cannot help throwing out a theory of my own to account for their increased activity when an individual is under my diet system: that all congestion is then removed from those veins, and that they are also greatly stimulated by the action of light, the corporeal weight being observed to decrease between the hours of 9 A.M. and 5 P.M., the time of the day I recommend fasting to be scrupulously observed and adhered to.

The construction of fat is very peculiar; under the microscope it is found to be made up of isolated cells, which contain within them the power of getting fatty substance out of the blood. They

generally form together small clusters, surrounded by a tissue kind of envelope, on the outer surface of which may be observed the ramification of a small blood vessel, from which these cells obtain their contents, and owing to their walls being constantly moistened with a watery fluid, which when dried up only allows the oily matter contained in them to escape, they give back their substance to the general circulation with great difficulty. The hybernating animals live on their own fat during the winter, the period of their repose; and about the autumn they lay in a stock of nutrition in their system to keep up that state, which is then to be found in the richness of their food, composed principally of seeds rich in oil. The *alma mater rerum*, kind nature, also forewarns many of the herbivorous animals whose food is scanty during the winter, to fatten themselves about the autumn time, when their food is found to be very abundant, and that, as already observed, principally consisting of seeds. The same phenomena is seen in many birds, such as the beccafico, so much esteemed in Italy, which are described as being "lumps of fat," if killed at this time of the year.

As an embonpoint in excess is considered to be caused by a life of indolence, the ordinary treatment laid down by medical writers, and which readily suggests itself to an individual in such a state, is to take severe regular and habitual exercise.

In a former part of this treatise I recommended it more as an adjunct to my dietary system, than to be depended upon alone. Sleep, also, is generally considered to contribute its share in increasing the bulk of the body. This also I have found a fallacious idea, and in itself immaterial. Dry and scanty food is also insisted upon, without laying down any particular rules in this respect; in fact, the whole subject has not hitherto received that attention from the profession which it deserves. I have already observed that my system is not accompanied with the least inconvenience. A patient under it has only to regulate the breakfast by the rules there laid down. and then not to think anything more about it till the next meal, when bread and fermented liquors only need be avoided. No unusual exercise is necessary to be taken; the bed can also be occupied or left when it best suits. The individual so training becomes not the observed of all observers, as there are plenty of excuses to be made respecting the use of biscuit, that it removes indigestion and heartburn, which are generally found concomitant with a state of corpulency, as well as headaches, which can be traced often to the use of fermented liquors.

Away also with the notion that vinegar is an antidote to corpulency, and which is apt to haunt the minds of young ladies who are desirous of becoming celebrated for an elegant slenderness of

form. A foreign physician gives a striking example of this in a young lady, who, for the above purpose, had for nearly a twelvemonth greatly diminished her daily food, used severe horse exercise, and drank every day a large quantity of vinegar. By this time she was labouring under dyspepsy, hysteria, and a dry cough, with a pungent pain in her side, hectic sweats, and occasionally purulent expectoration: she was pronounced to be in the last stage of consumption, and her life was entirely despaired of. The physician, however, succeeded in averting this event, by the gradual renewal of a more nutritious diet, and the use of tonics.

An easy condition of the mind, in conjunction with a phlegmatic or passive temperament of the body, is generally the state of an individual in whom a fatty diathesis prevails; and in consequence of their lungs and liver not being overworked, a less amount of the carbonized materials of the food is required; so that substances containing such materials in abundance, and are not wanted immediately by those organs, are separated from the blood by the fat cells, increasing thereby considerably the weight of the body, but yet at the same time enabling the system to bear fasting without either inconvenience or injury.

The ingredient of our food which is most conducive to the formation of fat, is fermented or leavened bread. It is made up of wheat flour, salt, water,

yeast, and a certain amount of potatoes to assist fermentation and render the bread lighter. The use of the yeast is to excite the fermentation of the sugar, which it converts into alcohol and carbonic acid; the former is dissipated in the oven, and the latter remains distending the dough and causing it to rise. Flour in baking imbibes also a great deal of water, ordinary baker's bread taking up as much as 50 or 51 per cent. of the same. Rice flour possesses this quality to a much greater degree, and for that reason is used amongst other adulterative materials to increase the useless weight of the poor man's loaf. When bread is analysed, its fattening ingredients are found to be very considerable, viz., starch 53.5, sugar 3.6, starch gum 18.0. The ingredient alum is used by bakers to increase the whiteness and fineness of bread, and it probably has a fattening effect, by astringing the pores of the skin, thereby keeping the fluid of the perspiration amongst the fat beneath that integument.

The reader will bear in mind that fermented liquors must be strictly prohibited; the yeast and saccharine matter they contain are strongly impregnated with carbon and hydrogen, of which the contents of the fat cells are principally composed. Ale and beer are obtained by the fermentation of an infusion of malt and hops. Ale is richer in alcohol, sugar, and gum, than porter or stout; pale, or bitter ale, brewed for the Indian market, has

been carefully fermented so as to be devoid of saccharine matter, and contains an extra quantity of the active principles of hops.

A lady, who placed herself under my dietary system, informed me that she indulged herself during the time with India pale ale, by the advice of her family physician, and that the effect was just as satisfactory as if she had not infringed the law in that respect.

On the other hand, the *panis sine fermento*, of that compact and heavy kind which we call biscuit, is much more slowly permeated and acted upon by the gastric juice than the ordinary light and porous fermented bread; consequently it becomes less nourishing, and when used as before recommended, the system is at that time fed and its strength supported by the amount of the animal food daily consumed.

Amongst the letters received is one from a gentleman, who writes, saying: "A physician informed me, about three years ago, that my embonpoint received encouragement from partaking of an egg or two daily, at my breakfast; in consequence of which I abstained from the same; this, however, did not at all impoverish my weight." I found him to be a great bread eater. The white of egg is stated to consist of 12 per cent. albumen, 85 of water, 2.7 of mucus or uncoagulable matter, and 0.3 of saline substances, including soda and traces of sulphur;

the yolk, *vitellus ovi*, consists of oil (which contains much elaine, with a little stearine) 28.75, albumen 17.47, and water 53.8, with a little free sulphur and phosphorus in combination. The popular supposition that an egg is equal to a beefsteak in nourishment is quite fallacious; the amount of albumen in it which nourishes the muscles and of oil to be deposited in the fat, is so small, that when one or two only are eaten, they rather serve the purpose of a small luxury at the first meal of the day than supply any important amount of nourishment to the system, even of the corpulent.

Coffee is a grateful stimulating beverage, so also is tea; they both contain a volatile oil, too small in quantity to be otherwise than productive of an agreeable taste.

A plain English dinner is generally commenced by partaking of animal food of some kind or another. If commenced by fish, mackerel, salmon, herring, sprat, cod, haddock, flat-fish, and others, are served up according to the season. In most of them the gelatinous alimentary principle prevails; this does not contribute in the animal economy to the formation of flesh and blood, but serves principally for the reproduction of the gelatinous tissues, viz., skin, cellular membrane, cartilage, &c. The animal food most commonly used is that derived from the mammalia class, consisting of the ox, sheep, deer, hare, &c.; the alimentary principles found in these are

fibrine, albumen, caseine, gelatine and fat; the three first named contribute largely to the formation of flesh and blood, aiding thereby considerably in nourishing and enlarging the muscles — the substance gelatine has just been noticed; the last, viz. fat, is only used at table in quantities too small to assist materially in the formation of that compound in our organization. still it is necessary that a small quantity should enter the frame to keep up the requisite amount of heat in our system.*

The animal broths, as beef tea, mutton broth, &c., can be also used without any prejudicial effect to an obese patient.

The vegetables we generally find on the dinner table are those derived, botanically speaking, from the Cruciferous family, consisting of cabbage, turnips, and mustard. No unfattening crusade need be preached against them; they abound in mucilage, and nearly all possess an acrid principle, which serves the part of a gentle purgative, and are also very useful as condiments and stimulants, and may therefore be partaken of in moderation with great benefit. Amongst this family is found that well-known seasoning agent mustard, which is not at all nutritive, its peculiar pungent property depending upon a volatile oil and resin. In summer time we

---

* In medical nomenclature, the word flesh means the state and strength of the muscular system and vigour of the whole frame.

find in season peas and beans; these are farinaceous seeds, belonging to the Leguminous family; they are highly nutritious, and must be used in moderation.

No dinner, however sumptuous, is ever served up without a potato; it is either upon the table or in some way at the beck and call of every one. This necessary article of our diet is derived from the Solanaceæ family, and must not be passed over without a few remarks—so the corpulent sufferer should mark well some of its characters. The part of the plant which is used as food is the tuber (*tuber solani tuberosi*) attached to the subterranean stem, of which, in fact, it may be regarded as a part, in a state of excessive development, and in no way is it the root of the plant. It is provided with a number of buds, commonly called eyes, which, with surrounding portions of the potatoes, are used, under the name of sets, for multiplying the species. The tubers vary in shape, being round, oblong, or in the form of a kidney; when boiled they differ in quality, being either watery, waxy, or mealy. When examined by the microscope, the tissue of the potato is found to consist of a mass of cells, between and within which is an albuminous juice; each cell also contains about ten or twelve starch grains. By boiling, the cells are separated, the starch grains absorb the albuminous liquid, swell up, and completely fill the cells, while the albumen

coagulates and forms irregular fibres between the starch grains. Potatoes in which these changes are complete are called mealy, whilst those in which the liquid is only partially absorbed and coagulation imperfectly effected are denominated doughy or watery. Potatoes contain within them an immense amount of starch, combined with sugar, gum and fat; they are consequently productive of fatty materials, and of course must not be served up in abundance to a corpulent person. My experience and observation suggests that two partaken of at dinner-time must be the limited supply. For guidance sake, it should be mentioned that an experiment was made at the Glasgow Bridewell, and it was there found that baked potatoes are less nourishing than boiled ones. It has been already mentioned that potatoes are used by bakers in the preparation of the ordinary loaf bread of London.

Cheese, butter, and milk, abound in an oily or fatty substance. The quantity of cheese to be daily used has already been given. The biscuits, either Abernethy's or captain's, can have a thin layer of butter spread over them to make them palatable. The quantity of milk used at breakfast and tea-time is too trifling to supply any quantity of fat to the system.

The various forms of diffusible stimulants, properly known as alcoholic drinks, tend, more or less, to congest the system, and paralyse the absorbents;

thus preventing their taking up again the overplus of fat for other uses in the body. Port or Sherry wines, which are the pressed out and fermented juice of the grapes, or ripe berries of the *vitis vinifera*, are said by some to have their fattening properties neutralized by the impure cream of tartar, bi-tartrate of potash, which from being one of the constituents of the juice of the grape, they must necessarily contain in more or less quantity. Two glasses of either, altogether three ounces, must be the quantity used at dinner-time by an obese patient. The fact, however, of biscuit being a very digestible article of diet, particularly the Abernethy, in combination with either tender mutton or beef, causes so little thirst, that scarcely little need be said on the subject; and thus, probably, a diminution of the fluids drank, is one of the causes for the marked reduction of the size which is observed to take place whilst under this dietary system. Water and the infusions into which it enters, such as tea or coffee, were the only beverages made use of by the author whilst experimentalizing upon himself, as reported in the first letter, which may be said to form the text of the whole pamphlet. The diminution of the fat is observed to be greater during the winter than summer months, and this is probably owing to the same cause, viz., in the former season the desire for drink not being so intense.

Ærated waters are recommended by some authors, as well as French Rhenish wines, which contain free tartaric acid, water acidulated with acetic acid, and cream of tartar drinks. The author strongly objects to the use of vinegar by itself, but acidulated waters of every kind are not injurious to the stomach; on the contrary, by contracting the muscular fibres of that organ, prove tonic and become in themselves a grateful and agreeable form of drink.

Cream of tartar may be used and made in the following way:—

First,—In the form of a drink called imperial. This is made by dissolving one drachm or a drachm and a half of cream of tartar in a pint of boiling water, and flavouring with lemon-peel and sugar; when cold the solution may be taken *ad libitum*. It is also used as a refrigerent drink in febrile complaints.

Second,—The cream of tartar whey. This is prepared by adding about two drachms of the same to a pint of milk; it may be diluted with water, and like the former is taken principally in febrile and dropsical complaints.

Dropsy in many of its characters bears a great analogy to obesity, on which account an embonpoint in excess has been called, and perhaps correctly, a dropsy of fat. Dropsy consists in a secretion and deposition of the water or serum of the blood into the cellular membrane—obesity, of the fat or

animal oil in that structure. They both denote weakness of the absorbents, which are intended to take up again these irregular secretions. An interesting case came under my own observation, in which the two complaints were removed together.—A lady informed me that she had not only been the victim of an increasing obesity, but that also her ankles had been a long time swollen, and the two combined had incapacitated her a long time from the performance of her household duties. She strictly attended to my directions, and with a daily decrease of her embonpoint, disappeared also the swelling of the ankles, which left no doubt in my own mind of its being an incipient dropsy, this being the part of the lower extremities, together with the feet, where a general dropsy makes its first appearance, gradually ascending, and successively occupying the thighs and trunk of the body.

Another curious and interesting question which physiology is able to answer, why are not all mankind fat? why, also, do some people eat so plentifully, and yet appear as lean and hungry-looking as Cassius? The answer is found in the fact, that the liver in constitutionally thin persons is generally found very strong, and is able to separate and throw off from the blood any superfluity of its fatty and carbonaceous constituents; failing sometimes, however, to do that, from an overplus of food, the individual so constituted becomes what is called

"bilious," the system refusing to retain and store up in the body the fatty ingredients of the tood; the liver under these circumstances enlarges, giving rise to a train of unpleasant, and sometimes dangerous, symptoms, which can only be cured by a strict attention to the diet and regimen, in conjunction with other medicinal means.

Congestion of the liver, the condition of which we have just spoken of, is artificially produced in some animals for the purpose of adding to the luxury of the table. What gourmand is not familiar with the name, at least, of the Strasburgh *pâtés de foie gras?* these are principally composed of the enlarged liver of the goose; these poor unfortunate birds are kept chained by the legs in a very warm room, and crammed with food too much to fatten them, the consequence of which is the liver takes on an increased action, upon the principles, and for the purposes, above noticed.

SIXTH CASE.

A medical practitioner in this neighbourhood, having from his youth upwards carried about with him a more than ordinary supply of this weighty ingredient, constituting in him a general obesity, *Polysarcia generalis*, which proved obstinate, in spite of moderate eating and drinking, much exercise

and little rest, unavoidable in the general routine of an extensive practice; height about five feet eleven inches, weight sixteen stone, more or less. Finding his neighbour unburdening himself whenever his adipose load proved oppressive, enquired particulars. The following was his dietary scale, which he put into practice the day following the receipt of the pamphlet.—Breakfast early, consisting of a hard captain's biscuit, buttered slightly to make it palatable, an egg, with an *ad libitum* supply of tea, sugared and milked; and then about one, a luncheon off the same kind of biscuit, enabled him to hold out pretty comfortably till five. His dinner then consisting of either mutton or beef, with a moderate amount of green vegetables, about two baked potatoes, tarts instead of any kind of pudding, substituting biscuit for bread, and a little Port or Sherry wine in the place of fermented liquors. Tea taken about eight or nine, with a small quantity of biscuit. The first week he lost four pounds, and after a two months' trial twenty pounds. His theory and belief amounted to this, that solids and liquids impregnated with yeast become deprived of their proper assimilative power, so that in constitutionally fat persons these substances do not repair properly the waste of the muscular fibres, becoming non-nitrogenous, are converted into fat, presenting a sure sign of a depraved nutrition.

Barm, or yeast, is a substance belonging to the lowest type of vegetable existence, the Cryptogamic series; it is almost entirely composed of globules or cells, which can only be seen by the aid of the microscope; they grow and multiply rapidly during the fermentation of any saccharine vegetable juice. The yeast used in the process of making bread is obtained principally from ale, and is considered the best and strongest; small-beer yeast being weak, is sometimes used in making rolls. The analysis of yeast shews it consisting of two parts, viz., the cell-walls, composed of a substance termed cellulose, and the contents of the cells, made up of a proteine substance, with probably fat or oil. The effect of yeast on the animal economy has not yet been clearly defined; the constituents of the cell-walls are described as insoluble, and therefore presenting no active principle; the contents of the cells evolve carbonic acid, which distends any solids or liquids with which it may become intimately mixed.

The medical man whose coporeal condition has just been described, informed me that he had all along been a great bread-eater, and such I invariably find in all cases that come under my notice. By use mankind become satiated with the different articles of diet and luxury they daily consume; fermented bread, however, forms the exception; this is easily accounted for, as being light and porous it is readily permeated and acted upon by

the fluids of the stomach, and being also a substance easily masticated, no notice is taken by the individual of the amount daily used. Upon being questioned on the subject, the reply is, "I hardly know how much I consume at breakfast, luncheon, or supper-time;" but the answer is easily given as to the amount taken in with the dinner, as we know that small and stale slices are the unchangeable concomitants of that generally very welcome meal, especially after a long fasting.

Corpulency has been pointed out to be an unwieldy bulkiness of the whole body or some of its parts, from the proneness of the fat cells to take on an increased action under the stimulus of a particular kind of diet, and with a peculiar state of the mental and corporeal constitution. In a healthy child the quantity of it under the skin is very great, and thus defends the young subject from the different changes of temperature to which it may be exposed. The viscera, or internal organs of the same, contain none of it. As we approach adult age we find the fat of the abdomen much more considerable than the subcutaneous. In old age nearly all the fat disappears, and the body in consequence becomes wrinkled. In cases of extreme hunger, or long abstinence from food, fat is reabsorbed and carried away by the veins to be burnt off as it were by the action of the lungs; and from experiments instituted on animals, it appears to be more capable

of supplying the waste of the body than any sort of ordinary food. An example of this is found in the camel, dromedary, and some varieties of the eastern cattle; these animals bear on their back huge humps, reservoirs of fat, which enable them to bear not only an immense amount of fatigue, but also a great deprivation of food and drink, to which they are subjected whilst traversing the arid plains of their native lands.

When fat is analysed it is found to consist chiefly of hydrogen and carbon; it contains very little oxygen, and no nitrogen, a substance which is the peculiar characteristic of muscular structure. The following is about the chemical decomposition which the system undergoes whilst fasting: the hydrogen of the fat combines with the oxygen of the air, and forms water, which is partly dissipated and partly returned to the general circulation through the arterial blood. The carbon combines also with the oxygen of the air and forms carbonic acid gas, which is given off through the lungs. The carbonized or venous blood becomes also oxygenated through the same means. The average quantity of fat in a healthy individual ought to amount in weight to about one twentieth part of the whole; this has only been ascertained after death.

The influence of the atmosphere has sometimes the effect of producing a very great accumulation of fat; for an example, it has been observed that in

the short space of twenty-four hours, a mist will occasionally fatten snipes, wood-cocks, partridges, and many other birds, to such a degree that they can hardly get out of the way of the sportsman's gun. Rage and vexation will often diminish in a very short time the plump appearance of many insects, by causing a greater amount than usual of carbonic acid gas to be excreted through the lungs. For instance, take a good fat humble bee, who has gained his embonpoint by living on the sugar extracted from different plants, place him in a thin cardboard box, and weigh him; it will be found that, being vexed with his confinement, and humming out his anger, the increased action of the lungs will soon cause to be decomposed the excess of carbon in its system, and thus very soon diminish his weight.

One of the manners and customs of society is to ridicule what appears in the person of another unavoidable, especially if it be some prominent feature, and the individual is at the time to all appearance healthy; much satire has been bestowed, even from olden times, upon the corpulent; some groaning at it, considering fat to be a curse in disguise; some pitying; whilst others go so far as to be enraged at it altogether, considering the possessors of an obese burden gourmands, monopolizers of the table, great sleepers, indolent, dull of comprehension, slow coaches; whilst thoughts often

arise in those to do with the fat prejudicial to the interests of the latter, both male and female. However, a more than moderate supply of this animal oil facilitates motion, and in the female improves the beauty of the person.

It is impossible to gather any information respecting the cure of this ailment from the numerous modern authors who have written works on the practice of medicine, the subject in itself being considered of little importance. Mention, however, is made of it by some of the older writers; Cullen gives it a place in his work on Nosology, and those who have dilated upon it have so amalgamated the subject with ridicule, that one cannot get a proper example or case reported of the effect of any particular diet, that will serve as a guide to an individual so predisposed; at least, no particular mention is made of the quality and quantity of food desirable. It may be remarked that, hitherto few persons have liked to seek personally for a medical opinion on this complaint, which does not in their estimation assume the character of a decided ailment, and at the same time, they can derive but little benefit from the plans laid down in books, being vague as to details of self-management, or the treatment is too severe for voluntary adoption. The foregoing pages, it is hoped, are free at least from these objections. It has been already mentioned that much exercise, abstinence from animal

food, little sleep, are the antique remedies, which can safely be dispensed with: the cure of the author consisting in a due and steady avoidance of bread and fermented liquors, and an abstinence from food between the hours of nine A.M. and five in the afternoon, the time when light appears to stimulate and strengthen the absorbent system, intended by nature to take up the fat again, if preponderating over the other tissues of the body.

It becomes a source of amusement whenever friends find themselves by chance congregated around a weighing machine, to ascertain at the time how the bulk of each figures in the scale; the lean ones on these occasions, admiring the beauty of their lankiness, smile with a kind of self-complacency at the heavy ones, whilst making them the butt of their jokes. The best machines are certainly those found at a railway station, or at any place where they are used for commercial purposes. The jockey indicator cannot be relied upon, as it is generally getting out of order.

It may at the first glance appear incredulous, but nevertheless it will be found true, that a steady perseverance in this dietary treatment will so change the state of the constitution, as to give the body the appearance of having undergone a metamorphosis. A good healthy plumpness, consisting principally of firmness of the muscle, takes the place of what was previously a troublesome obesity.

THE END.

DIET DIARY.

APPENDIX.

"Corpulency, and its New Self-Dietary Cure." The eye is arrested for a moment by this advertisement, whilst perusing either the *Illustrated London News* or the *Morning Post*, papers which lie on the tables of the wealthy, amongst whom corpulent individuals are mostly to be found. The reader of the foregoing pages will perceive that the cure itself lies in a nutshell. The author, *ipse pinguis*, starts with the proposition, and endeavours to form an essay, working out the problem, that the baker's loaf, in any shape or form, whether white or brown, or when made into rolls, must, during the unfattening season, be laid aside. The same must be said of fermented liquors. Fasting must be scrupulously observed between breakfast and dinner time. The drink must be water, to produce a quick and satisfactory effect; the exception to the rule, or infringement of this strict law detailed in some of the cases, ought to be no proof that a moderate amount of stimulating beverages will answer the same purpose: under such circumstances the cure will be prolonged.

The author considers it advisable to annex hereunto a Diet Diary in a blank form, and the corpulent patient would do well to fill it up, making a note every day of the *quantum sufficit* for food and drink, and the progress making towards recovery; convalescence consisting in gradually being brought, through these means, to an equality or average standard of weight with other people.

By the side of the word breakfast, at 8 or 9, must be written, an Abernethy or captain's biscuit, slightly buttered, one egg, two breakfast cups of tea or coffee; alternate days these beverages had better be varied. Dinner, at 5; two courses of either tender beef or mutton, green vegetables of any kind in moderation, one potato if boiled, or two baked; pies or tarts can be served twice; no kind of pudding ought to be eaten; cheese and butter in moderation, salad and the various fruits; biscuit, half an Abernethy's or captain's; nature's beverage, water, as much as will comfortably satisfy the thirst, or if wine cannot be give up, let it be a tumblerful or so of water, weakly diluted with port or claret. Tea, at 8, about 8 ounces or so, with a small quantity of biscuit; watercresses or shrimps may be eaten in any quantity. By the side of supper, put down a biscuit or a little gruel. The author is confident, from self and other experiments, that the above dietary treatment, in most cases, in accordance with what is stated in the few lines of the advertisement, suffices

to reduce the greatest amount of adipose corpulency.

Should, however, the absorbent system prove at the time torpid or sluggish in its action, or the fat of the body require neutralization, medicine may be required. These remedies, such as the iodide of potassium, and the various alkalis, require the greatest caution in their exhibition, and the patient would do well to consult some respectable practitioner in medicine, instead of entering upon a course of self-drugging which might produce a baneful result.

DIET DIARY.

DAY *Weight.*

Hour

BREAKFAST

Hour

DINNER

Hour

TEA

Hour

SUPPER

DAY. *Weight.*

Hour
BREAKFAST

Hour
DINNER

Hour
TEA

Hour
SUPPER

DAY. *Weight.*

Hour
BREAKFAST

Hour
DINNER

Hour
TEA

Hour
SUPPER

DAY. *Weight.*

Hour
BREAKFAST

Hour
DINNER

Hour
TEA

Hour
SUPPER

DAY. *Weight.*

Hour
BREAKFAST

Hour
DINNER

Hour
TEA

Hour
SUPPER

DAY. *Weight.*

Hour
BREAKFAST

Hour
DINNER

Hour
TEA

Hour
SUPPER

DAY. *Weight.*

Hour
BREAKFAST

Hour
DINNER

Hour
TEA

Hour
SUPPER

DAY. *Weight.*

Hour
BREAKFAST

Hour
DINNER

Hour
TEA

Hour
SUPPER

DAY. *Weight.*

Hour
BREAKFAST

Hour
DINNER

Hour
TEA

Hour
SUPPER

DAY. *Weight.*

Hour
BREAKFAST

Hour
DINNER

Hour
TEA

Hour
SUPPER

DAY. *Weight.*

Hour
BREAKFAST

Hour
DINNER

Hour
TEA

Hour
SUPPER

DAY. *Weight.*

Hour
BREAKFAST

Hour
DINNER

Hour
TEA

Hour
SUPPER

DAY. *Weight.*

Hour
BREAKFAST

Hour
DINNER

Hour
TEA

Hour
SUPPER

DAY. *Weight.*

Hour
BREAKFAST

Hour
DINNER

Hour
TEA

Hour
SUPPER

DAY. *Weight.*

Hour
BREAKFAST

Hour
DINNER

Hour
TEA

Hour
SUPPER

DAY *Weight.*

Hour
BREAKFAST

Hour
DINNER

Hour
TEA

Hour
SUPPER

DAY. *Weight.*

Hour
BREAKFAST

Hour
DINNER

Hour
TEA

Hour
SUPPER

DAY. *Weight.*

Hour
BREAKFAST

Hour
DINNER

Hour
TEA

Hour
SUPPER

DAY. *Weight.*

Hour
BREAKFAST

Hour
DINNER

Hour
TEA

Hour
SUPPER

DAY. *Weight.*

Hour
BREAKFAST

Hour
DINNER

Hour
TEA

Hour
SUPPER

DAY. *Weight.*

Hour
BREAKFAST

Hour
DINNER

Hour
TEA

Hour
SUPPER

DAY. *Weight.*

Hour
BREAKFAST

Hour
DINNER

Hour
TEA

Hour
SUPPER

DAY. *Weight.*

Hour
BREAKFAST

Hour
DINNER

Hour
TEA

Hour
SUPPER

DAY. *Weight.*

Hour
BREAKFAST

Hour
DINNER

Hour
TEA

Hour
SUPPER

DAY. *Weight.*

Hour
BREAKFAST

Hour
DINNER

Hour
TEA

Hour
SUPPER

DAY. *Weight.*

Hour
BREAKFAST

Hour
DINNER

Hour
TEA

Hour
SUPPER

DAY. *Weight.*

Hour
BREAKFAST

Hour
DINNER

Hour
TEA

Hour
SUPPER

DAY. *Weight.*

Hour
BREAKFAST

Hour
DINNER

Hour
TEA

Hour
SUPPER

DAY. *Weight.*

Hour
BREAKFAST

Hour
DINNER

Hour
TEA

Hour
SUPPER

DAY. *Weight.*

Hour
BREAKFAST

Hour
DINNER

Hour
TEA

Hour
SUPPER

DAY. *Weight.*

Hour
BREAKFAST

Hour
DINNER

Hour
TEA

Hour
SUPPER

DAY. *Weight.*

Hour
BREAKFAST

Hour
DINNER

Hour
TEA

Hour
SUPPER

DAY. *Weight.*

Hour
BREAKFAST

Hour
DINNER

Hour
TEA

Hour
SUPPER

DAY. *Weight.*

Hour
BREAKFAST

Hour
DINNER

Hour
TEA

Hour
SUPPER

DAY. *Weight.*

Hour
BREAKFAST

Hour
DINNER

Hour
TEA

Hour
SUPPER

DAY. *Weight.*

Hour
BREAKFAST

Hour
DINNER

Hour
TEA

Hour
SUPPER

DAY. *Weight.*

Hour
BREAKFAST

Hour
DINNER

Hour
TEA

Hour
SUPPER

DAY. *Weight.*

Hour
BREAKFAST

Hour
DINNER

Hour
TEA

Hour
SUPPER

DAY. *Weight.*

Hour
BREAKFAST

Hour
DINNER

Hour
TEA

Hour
SUPPER

DAY. *Weight.*

Hour
BREAKFAST

Hour
DINNER

Hour
TEA

Hour
SUPPER

DAY. *Weight.*

Hour
BREAKFAST

Hour
DINNER

Hour
TEA

Hour
SUPPER

DAY. *Weight.*

Hour
BREAKFAST

Hour
DINNER

Hour
TEA

Hour
SUPPER

DAY. *Weight.*

Hour
BREAKFAST

Hour
DINNER

Hour
TEA

Hour
SUPPER

DAY. *Weight.*

Hour
BREAKFAST

Hour
DINNER

Hour
TEA

Hour
SUPPER

DAY. *Weight.*

Hour
BREAKFAST

Hour
DINNER

Hour
TEA

Hour
SUPPER

DAY. *Weight.*

Hour
BREAKFAST

Hour
DINNER

Hour
TEA

Hour
SUPPER

DAY. *Weight.*

Hour
BREAKFAST

Hour
DINNER

Hour
TEA

Hour
SUPPER

DAY. *Weight.*

Hour
BREAKFAST

Hour
DINNER

Hour
TEA

Hour
SUPPER

DAY. *Weight.*

Hour
BREAKFAST

Hour
DINNER

Hour
TEA

Hour
SUPPER

DAY. *Weight.*

Hour
BREAKFAST

Hour
DINNER

Hour
TEA

Hour
SUPPER

DAY. *Weight.*

Hour
BREAKFAST

Hour
DINNER

Hour
TEA

Hour
SUPPER

DAY. *Weight.*

Hour
BREAKFAST

Hour
DINNER

Hour
TEA

Hour
SUPPER

DAY. *Weight.*

Hour
BREAKFAST

Hour
DINNER

Hour
TEA

Hour
SUPPER

DAY. *Weight.*

Hour
BREAKFAST

Hour
DINNER

Hour
TEA

Hour
SUPPER

DAY. *Weight.*

Hour
BREAKFAST

Hour
DINNER

Hour
TEA

Hour
SUPPER

DAY. *Weight.*

Hour
BREAKFAST

Hour
DINNER

Hour
TEA

Hour
SUPPER

DAY. *Weight.*

Hour
BREAKFAST

Hour
DINNER

Hour
TEA

Hour
SUPPER

DAY. *Weight.*

Hour
BREAKFAST

Hour
DINNER

Hour
TEA

Hour
SUPPER

DAY. *Weight.*

Hour
BREAKFAST

Hour
DINNER

Hour
TEA

Hour
SUPPER

DAY. *Weight.*

Hour
BREAKFAST

Hour
DINNER

Hour
TEA

Hour
SUPPER

DAY. *Weight.*

Hour
BREAKFAST

Hour
DINNER

Hour
TEA

Hour
SUPPER

DAY. *Weight.*

Hour
BREAKFAST

Hour
DINNER

Hour
TEA

Hour
SUPPER

DAY. *Weight.*

Hour
BREAKFAST

Hour
DINNER

Hour
TEA

Hour
SUPPER

DAY. *Weight.*

Hour
BREAKFAST

Hour
DINNER

Hour
TEA

Hour
SUPPER

DAY. *Weight.*

Hour
BREAKFAST

Hour
DINNER

Hour
TEA

Hour
SUPPER

WESTMINSTER AND PIMLICO

Church of England Commercial School.

APPEAL FOR THE PROVISION OF PERMANENT SCHOOL BUILDINGS.

COMMITTEE.

The Venerable ARCHDEACON BENTINCK.
Rev. Dr. WORDSWORTH, Canon of Westminster.
Rev. W. CURETON, Rector of St. Margaret's, Westminster.
Rev. J. JENNINGS, Rector of St. John's, Westminster.
Rev. A. BORRADAILE, Incumbent of St Mary's, Vincent Square.
Rev. W. TENNANT, Incumbent of St. Stephen's, Rochester Row.
Rev. B. BELCHER, Incumbent of St. Gabriel's Pimlico.
Rev. C. F. SECRETAN, Incumbent of Holy Trinity, Vauxhall Bridge Road.

Rev. J. E. VAUX.
Mr. J. A. HALLETT.
Mr. J. S. WESTMACOTT.
Mr. W. KING.
Mr. W. M. TROLLOPE.
Mr. R. J. WITHERS.
Mr. R. R. ARNTZ.
Mr. H. F. GRITTEN.
Mr. C. TRAIL.
Mr. H. P. DAVILS.
Mr. J. H. COWARD, } *Churchwardens of Holy Trinity.*
Mr. A. MOORE, }

THE means of education enjoyed by the lower middle classes is confessedly of a most unsatisfactory character. While the whole tone of our higher Public Schools has undergone the most material improvement; and while all the resources of public grants and private benevolence have been directed to the extension and organization of our National Schools for the lower classes of society: the education of the middle classes has remained without any corresponding amelioration; and the tradespeople of our large towns, the farmers of our rural districts, are mainly obliged to entrust the education of their children to preceptors who possess neither academical degree nor Government certificate, and have thus little guarantee for their efficiency or their character.

The necessity of providing an adequate education, secular and religious, for the middle classes, has at length forced itself upon the consideration of educationists. The national importance of the movement has been recognized by Parliament, and Public Schools for the lower middle classes have now been established by Diocesan Boards and by other educational bodies in various parts of the country.

ADVERTISEMENT.

The Westminster and Pimlico Commercial School was set on foot in the beginning of 1855, for the purposes of offering a sound Commercial Education (in connection with the Church of England) at such terms as to be within the reach of the majority of tradespeople, and of professional men of moderate income residing in the neighbourhood. The experiment has proved very successful. The School, though carried on at some disadvantage on two floors of a private dwelling-house not constructed for the purpose, has reached an attendance of 68 boys, sons of professional men, tradespeople, and superior mechanics, who pay at the rate of £1 1s. per quarter. The Committee have thus brought it to the test of experience, that such a School does meet the requirements of the neighbourhood, and that the middle classes are most willing to avail themselves of the advantages it offers. And the Committee feel that they have only to secure permanent School Buildings, suited for the purpose, in order to raise their Institution above every possible fluctuation, and give it a lasting place among the educational institutions of Westminster.

It is for this object they make public their present appeal. They cannot estimate the cost of suitable School Buildings at less than **£1,500**, and as Government grants are not yet made toward Middle Schools, the Committee must hope to raise this sum by private contribution. They feel the endeavour will require every support from those who appreciate the importance of their cause. As the benefits of the School are not confined to the district of Westminster in which it is situate, but are open to the whole of the neighbouring districts, they trust they will receive an extended support from the Parishioners of Westminster and Pimlico. To the tradespeople, and parents of the Scholars, they venture to look for such assistance as they are able to give, to found an Institution of which they have proved the advantages. But they feel they must look beyond a locality like their own (inhabited mainly by the lower and middle classes) in order to raise the amount proposed; and they make their appeal, therefore, to the consideration of those wealthier members of the Church who appreciate the importance of influencing the education of the middle classes, and they hope to receive substantial encouragement from them towards their present undertaking—almost the earliest attempt of the kind that has been made in the Metropolis, to fill this acknowledged void in Church Education.

Contributions can be paid in to any Member of the Committee; and to the "Building Account" of the Westminster and Pimlico Commercial School, at Messrs. HALLETTS & MAUDE, Little George Street, Westminster. Any inquiries will be gladly answered by Rev. C. F. SECRETAN, M.A., Incumbent of Holy Trinity Church, Vauxhall Bridge, Westminster.

FREDERICK WM. RUSTON, Printer, 82, Lower Thames Street.