

Tables of nutriment in various dietaries, 1854.

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TABLES OF NUTRIMENT

IN

VARIOUS DIETARIES.

1854.

By
Sir Robert Christison.

EDINBURGH :

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TABLES OF ALTIMETER

TABLES OF DISTANCES

1881

BY JOHN W. GIBSON

NEW YORK

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1881

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STANDARD TABLE OF NUTRIMENT, 1849.

I.	Per-centage of Nutriment.		
	Carbo-niferous.	Nitro-genous.	TOTAL.
Wheat-flour,	71.25	16.25	87.5
Bread,	51.5	10.5	62.0
Oatmeal,	65.75	16.25	82.0
Barley (Pearl),	67.0	15.0	82.0
Pease,	55.5	24.5	80.0
Potatoes,	24.5	2.5	27.0
Carrots,	8.5	1.5	10.0
Turnips,	5.7	0.3	6.0
Cabbage,	6.7	0.3	7.0
Lean of Beef and Mutton,	0.0	27.0	27.0
Fat of Meat,	100.0	0.0	100.0
Average Beef and Mutton,	15.0	20.25	35.25
Bacon,	62.5	8.36	70.86
Skimmed Milk Cheese,	0.4	64.6	65.0
White Fish,	0.0	21.0	21.0
New Milk,	8.0	4.5	12.5
Skimmed Milk,	5.5	4.5	10.0
Butter Milk,	1.0	6.0	7.0
Beef Tea (strong),	0.0	1.44	1.44
Beef Tea, and meat decoction of Broth,	0.0	0.72	0.72

BRITISH NAVY ALLOWANCES (*Admiralty Order, 1824*).

II.	Rough Weight.	Nutritive Proximate Principles.			
		Total in		In both Scales.	
		Each Scale.	Both Scales.	Carbo-niferous.	Nitro-genous.
Bread, or	20.0 ...	12.4 ...	12.4	10.3	2.1
Biscuit, 16.0	... 14.0	14.0	11.4	2.6
Oatmeal,	1.5 1.5	1.22 1.22	2.44	1.96	0.48
Cocoa, or	1.0 ...	0.5 ...	0.5	0.5	...
Cheese, 2.0	... 1.33	1.33	...	1.33
Sugar, or	1.5 ...	1.5 ...	1.5	1.5	...
Butter, 1.5	... 1.5	1.5	1.5	...
Meat, or	16.0 ...	5.64 ...	5.64	2.4	3.24
Salt Meat, 12.0	... *5.64	5.64	2.4	3.24
Vegetables, or	8.0 ...	1.05 ...	1.05	0.9	0.15
Flour, 12.0	... 10.9	10.9	8.95	1.95
Tea, † or	0.25
Coffee, † 1.0
Beer (in har- bour only), } or }	160.0
Spirits, † 4.0
Total,		22.31 34.69	57.0	41.81	15.09
Daily average ounces,			28.5	20.90	7.54

* Conjectural, and probably over-rated.

† Doubtfully nutritive; and, if so, the amount must be insignificant.

HESSIAN SOLDIERS' DIET (*Liebig*).

III.	Rough Weight.	Nutritive Proximate Principles.		
		Carbo-niferous.	Nitro-genous.	TOTAL.
Meat,	5.73	0.86	1.16	2.02
Fat,	0.07	0.07	0.0	0.07
Sausage,	3.3	0.49	0.67	1.16
Butter,	0.8	0.8	0.0	0.8
Bread,	36.0	18.54	3.78	22.32
Potatoes,	20.45	5.0	0.51	5.51
Pease,	0.6	0.33	0.15	0.48
Vegetables,	6.1	0.50	0.10	0.6
Total Daily Ounces,		26.59	6.37	32.96

BERWICKSHIRE REAPERS' DIET (*Private Information*).

IV.	Rough Weight.	Nutritive Proximate Principles.		
		Carbo-niferous.	Nitro-genous.	TOTAL.
Oatmeal,	32.0	21.04	5.2	26.24
Skimmed Milk,	32.0	1.76	1.44	3.2
Bread,	17.5	8.96	1.84	10.8
Beer,	32.0	1.6	0.0	1.6
Total Daily Ounces,		33.36	8.48	41.84

YORKSHIRE FARM LABOURERS' DIET (*Private Information*).

V.	Rough Weight.	Nutritive Proximate Principles.		
		Carbo-niferous.	Nitro-genous.	TOTAL.
Bread,	40	20.6	4.2	24.8
Milk,	30	1.65	1.35	3.0
Beef,	18	2.7	3.64	6.34
Bacon,	7	4.44	0.56	5.0
Vegetables,	4	0.33	0.07	0.4
Beer,	60	5.49	0.51	6.0
Total Daily Ounces,		35.21	10.33	45.54

IRISH LABOURERS' DIET (*Poor-Law Commissioners' Report*).

VI.	Rough Weight.	Nutritive Proximate Principles.		
		Carbo-niferous.	Nitro-genous	TOTAL.
Potatoes,	143.75	35.2	3.6	38.8
Skimmed Milk,	46.0	2.5	2.1	4.6
Total Daily Ounces,		37.7	5.7	43.4

This was found to be the general diet of labourers in Ireland, living at home in their own way. The scale is the mean consumption, the extremes being 128 to 176 ounces of potatoes, and 32 to 64 ounces of skimmed milk.

EDINBURGH INFIRMARY FULL DIET, 1843.

VII.	Rough Weight.	Nutritive Proximate Principles.			
		Carbo-niferous.	Nitro-genous.	TOTAL.	
BREAKFAST—					
Oatmeal, for porridge,	4.5	2.96	0.73	3.69	
Butter Milk,	20.0	0.2	1.2	1.4	
DINNER—					
Boiled Meat,	6.0	0.9	*1.1	2.0	
Potatoes,	16.0	4.32	0.4	4.72	
Bread,	3.0	1.97	0.5	2.47	
Broth, 20 oz. {	Vegetables,	0.72	0.06	0.01	0.07
	Barley,	1.0	0.67	0.15	0.82
	Meat,	2.0	0.3	0.4	0.70
SUPPER—					
Potatoes,	16.0	4.32	0.4	4.72	
New Milk,	10.0	0.8	0.45	1.25	
Total Daily Ounces,		16.5	5.34	21.84	

* 0.11 is deducted here, being boiled out in cooking.

CONVALESCENT DIET (*Personal Experiment*).

VIII.	Rough Weight.	Nutritive Proximate Principles.		
		Carbo-niferous.	Nitro-genous.	TOTAL.
BREAKFAST—				
Bread,	8.0	4.12	0.84	4.96
Egg,	2.0	0.25	0.25	0.5
Butter,	1.0	1.0	0.0	1.0
Sugar,	0.5	0.5	0.0	0.5
Cream,	0.25	0.1	0.0	0.1
Coffee,	0.5
DINNER—				
Meat,	8.0	0.6	1.9	2.5
Bread,	3.0	1.55	0.31	1.86
Potatoes,	6.0	1.47	0.15	1.62
TEA—				
Bread,	6.0	3.09	0.63	3.72
Butter,	1.0	1.0	0.0	1.0
Sugar,	0.5	0.5	0.0	0.5
Cream,	0.25	0.1	0.0	0.1
Tea,	0.25
Total Daily Ounces,		14.28	4.08	18.36

Convalescence from a short febrile attack. Age 47. Exercise moderate; appetite good; weight and strength quickly increasing.
* The meat contained half the fat in Table I.

PERTH GENERAL PRISON HIGHEST DIET, 1844.
(*For long terms of Imprisonment*).

IX.	Rough Weight.	Nutritive Proximate Principles.		
		Carbo-niferous.	Nitro-genous.	TOTAL.
Bread,	12.0	6.18	1.26	7.44
Oatmeal (<i>in porridge</i>),	14.0	9.2	2.27	11.47
Barley,	2.85	1.9	0.43	2.33
Pease, 4½ oz. once a-week,	0.64	0.35	0.15	0.50
Vegetables,	1.61	0.14	0.03	0.17
Meat,	0.71	0.11	0.14	0.25
Fish, 12 oz. once a-week,	1.71	0.0	0.36	0.36
Skimmed Milk,	26.4	1.19	1.45	2.64
Total Daily Ounces,		19.07	6.09	25.16

The breakfast and supper are always porridge and milk. Before the scurvy in 1846, milk was replaced by treacle, 1.85 oz. = 1.32 carboniferous and 0.0 nitrogenous nutriment.

SCOTTISH LOCAL PRISONS, LOWEST DIET, 1851.

(For short terms of Imprisonment).

X.	Rough Weight.	Nutritive Proximate Principles.		
		Carboniferous.	Nitrogenous.	TOTAL.
Bread,	6.0	2.92	0.41	3.33
Oatmeal (in porridge),	10.0	7.04	1.36	8.40
Barley,	2.14	1.47	0.30	1.77
Pease,	1.0	0.60	0.23	0.83
Vegetables,	2.0	0.20	0.03	0.23
Meal,	1.0	0.14	0.22	0.36
Butter Milk,	25.0	0.50	1.50	2.00
Total Daily Ounces,		12.87	4.05	16.92

EDINBURGH CHARITY WORKHOUSE WORKERS' DIET, 1847.

XI.	Rough Weight.	Nutritive Proximate Principles.		
		Carboniferous.	Nitrogenous.	TOTAL.
BREAKFAST—				
Oatmeal, for porridge,	4.0	2.63	0.65	3.28
Butter Milk,	15.0	0.15	0.90	1.05
DINNER—				
Bread,	8.0	4.12	0.84	4.96
Broth, 30 oz. } (Ox-head and hough, 3½ oz., or beef, excluding bone,	2.0	0.3	0.4	0.7
Barley,	2.0	1.34	0.3	1.64
Pease,	0.5	0.27	0.13	0.40
Vegetables,	1.5	0.12	0.02	0.14
SUPPER—				
Oatmeal,	4.0	2.63	0.65	3.28
Skimmed Milk,	15.0	0.82	0.67	1.50
Total Daily Ounces,		12.39	4.56	16.95

The average age is above 60. Those who do not work have less. Beer is sometimes given instead of milk.



