

**Report on the diets of the Royal Infirmary / (approved of by the managers on the 24th April 1843).**

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# REPORT

ON THE

## DIETS OF THE ROYAL INFIRMARY.

*(Approved of by the Managers on the 24th April 1843.)*

EDINBURGH ROYAL INFIRMARY,  
*April 4. 1843.*

The Committee, consisting of the Medical Managers and Medical Officers of the Infirmary, appointed by the Ordinary Managers to consider in what way the diet of the patients may be altered, so as to combine fitness, simplicity, and economy, have held several meetings on the subject, and now beg to recommend the following SCHEME of DIET.

At the present time there are Four Stated Diets in the Infirmary Diet-Table. But these really constitute Eight staple varieties, because in each the patient has his choice of Porridge or Bread for breakfast and supper.

In the proposed Scheme there are Nine Fixed Diets; but four of these are merely such varieties as those constituted in the present system by the liberty of choice now exercised between Porridge and Bread. It has been thought better, however, to separate them into distinct kinds with special names, for facility in prescribing, and in keeping the Accompt-Book of Diets.

By means of the annexed Table, the Committee are satisfied that the dietetic treatment of a very large proportion of the multifarious cases of disease in the Hospital may be appropriately regulated, without the necessity of prescribing any extra articles of food, as is too generally practised at present, for great pains have been taken to supply, in the different rates, combinations of articles in such variety as to suit



every ordinarily supposable case. The Committee feel confident that the Physicians and Surgeons of the Hospital will make themselves familiar with the new Diet-Table; and, in particular, that they will do all in their power to avoid the present practice of devising rates of diet of their own, by selecting one article from one rate, and another from another rate in the Table. If this precaution be forgotten, the continuance of great complexity in the domestic details, and confusion in the Accompt-Books, will be the result, which, as the source of waste and loss, it is one great object of the Managers and Committee to avoid.

In order that the Managers may understand the relations of the proposed system to that now in use, the Solid Nutrient and Cost of the present Diets are here appended.

		NUTRIMENT.	COST.
LOW DIET,	with <i>Porridge</i> ,	8.00 oz.	1 <sup>d</sup> .81.
	with <i>Bread</i> ,	9.30 oz.	2 <sup>d</sup> .22.
COMMON DIET,	with <i>Porridge</i> ,	14.85 oz.	3 <sup>d</sup> .12.
	with <i>Bread</i> ,	17.45 oz.	3 <sup>d</sup> .93.
FULL DIET,	with <i>Porridge</i> ,	18.07 oz.	3 <sup>d</sup> .75.
	with <i>Bread</i> ,	18.17 oz.	4 <sup>d</sup> .36.
EXTRA DIET,	with <i>Porridge</i> ,	26.25 oz.	5 <sup>d</sup> .32.
	with <i>Bread</i> ,	26.33 oz.	6 <sup>d</sup> .04.

*N.B.*—The principal Diets of both Schemes must be COMMON and FULL Diet. It will be found that a small saving is effected in the former, and a considerable one in the latter, by the proposed new Diet-Table.

In calculating the cost of a ration of each article of diet, the cost of the several substances used in preparing it has been taken at the price in the contract, under which the Hospital is at present supplied. These prices are,—Oatmeal, Twenty-Eight Shillings the sack of 280 pounds; Bread, Sixpence the loaf of 64 ounces; New Milk, Eightpence Halfpenny the imperial gallon; Butter-Milk, Twelve Shillings and Sixpence for 100 Scotch pints of 64 fluid ounces each; Barley, Thirteen



Shillings the hundredweight ; Meat, Fourpence a pound "over head ;" Greens, Ninepence the stone ; Leeks, Twopence the pound ; Salt, Eightpence for 21 pounds. Of the articles to be used in the New Scheme, which do not form a part of the present regular diets, *Tea* is taken at Four and Sixpence a pound ; *Coffee* (burnt) at Twenty-pence ; *Rice* (E. Indian) at Threepence ; *Essential Oil of Lemon* at One and Sixpence an ounce ; *Eggs* at Eightpence, new-laid, and at Fivepence the dozen when preserved from summer in lime-water. It is probable that some of these articles may be had at a cheaper rate.

### I. LOW DIET.

	<i>Cost.</i>															
BREAKFAST, ...	<table style="margin-left: auto; margin-right: auto;"> <tr> <td style="padding-right: 10px;">BREAD, .....</td> <td style="padding-right: 10px;">3 oz.</td> <td></td> </tr> <tr> <td style="padding-right: 10px;">TEA, <math>\frac{1}{2}</math> pint,</td> <td style="padding-right: 10px;">{</td> <td style="padding-left: 10px;">Tea, ..... <math>\frac{1}{8}</math> oz.</td> </tr> <tr> <td></td> <td></td> <td style="padding-left: 10px;">Milk, ..... 1 oz.</td> </tr> <tr> <td></td> <td></td> <td style="padding-left: 10px;">Sugar, ..... <math>\frac{1}{2}</math> oz.</td> </tr> <tr> <td></td> <td style="text-align: right;">—</td> <td style="text-align: right;">1d.00</td> </tr> </table>	BREAD, .....	3 oz.		TEA, $\frac{1}{2}$ pint,	{	Tea, ..... $\frac{1}{8}$ oz.			Milk, ..... 1 oz.			Sugar, ..... $\frac{1}{2}$ oz.		—	1d.00
BREAD, .....	3 oz.															
TEA, $\frac{1}{2}$ pint,	{	Tea, ..... $\frac{1}{8}$ oz.														
		Milk, ..... 1 oz.														
		Sugar, ..... $\frac{1}{2}$ oz.														
	—	1d.00														
DINNER, .....	<table style="margin-left: auto; margin-right: auto;"> <tr> <td style="padding-right: 10px;">PANADO, ...</td> <td style="padding-right: 10px;">{</td> <td style="padding-left: 10px;">Bread, ..... 3 oz.</td> </tr> <tr> <td></td> <td></td> <td style="padding-left: 10px;">Milk, ..... 2 oz.</td> </tr> <tr> <td></td> <td></td> <td style="padding-left: 10px;">Sugar, ..... <math>\frac{1}{4}</math> oz.</td> </tr> <tr> <td></td> <td style="text-align: right;">—</td> <td style="text-align: right;">0d.57</td> </tr> </table>	PANADO, ...	{	Bread, ..... 3 oz.			Milk, ..... 2 oz.			Sugar, ..... $\frac{1}{4}$ oz.		—	0d.57			
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		Milk, ..... 2 oz.														
		Sugar, ..... $\frac{1}{4}$ oz.														
	—	0d.57														
SUPPER, .....	<table style="margin-left: auto; margin-right: auto;"> <tr> <td style="padding-right: 10px;">BREAD, .....</td> <td style="padding-right: 10px;">3 oz.</td> <td></td> </tr> <tr> <td style="padding-right: 10px;">TEA, <math>\frac{1}{2}</math> pint,</td> <td style="padding-right: 10px;">{</td> <td style="padding-left: 10px;">Tea, ..... <math>\frac{1}{8}</math> oz.</td> </tr> <tr> <td></td> <td></td> <td style="padding-left: 10px;">Milk, ..... 1 oz.</td> </tr> <tr> <td></td> <td></td> <td style="padding-left: 10px;">Sugar, ..... <math>\frac{1}{2}</math> oz.</td> </tr> <tr> <td></td> <td style="text-align: right;">—</td> <td style="text-align: right;">1d.00</td> </tr> </table>	BREAD, .....	3 oz.		TEA, $\frac{1}{2}$ pint,	{	Tea, ..... $\frac{1}{8}$ oz.			Milk, ..... 1 oz.			Sugar, ..... $\frac{1}{2}$ oz.		—	1d.00
BREAD, .....	3 oz.															
TEA, $\frac{1}{2}$ pint,	{	Tea, ..... $\frac{1}{8}$ oz.														
		Milk, ..... 1 oz.														
		Sugar, ..... $\frac{1}{2}$ oz.														
	—	1d.00														
Solid Animal Nutriment, .....	0.40 oz.															
Solid Vegetable Nutriment, ...	6.95 oz.															
Total Solid Nutriment, ...	7.35 oz.															
Total Cost, .....	2d.57															





## III. STEAK DIET.

		<i>Cost.</i>	
BREAKFAST, ...	{	BREAD, ..... 6 oz.	
		COFFEE, $\frac{1}{2}$ p. {	Coffee, . . . $\frac{1}{2}$ oz.
			Milk, ..... 2 oz.
			Sugar, ..... $\frac{1}{2}$ oz.
		———1 <sup>d</sup> .56	
DINNER, .....	{	POTATOES, ..... 16 oz.	
		BEEF-STEAK,* ..... 4 oz.	
		BROTH, 1 p. {	Barley, ... 1 oz.
			Vegetables, $\frac{3}{4}$ oz.
		Meat, ..... 2 oz.	
		———1 <sup>d</sup> .65	
SUPPER, .....	{	BREAD, ..... 6 oz.	
		TEA, $\frac{1}{2}$ pint, {	Tea, ..... $\frac{1}{8}$ oz.
			Milk, ..... 1 oz.
			Sugar, ..... $\frac{1}{2}$ oz.
		———1 <sup>d</sup> .30	
Solid Animal Nutriment, ..... 1.41 oz.			
Solid Vegetable Nutriment, ... 13.77 oz.			
Total Solid Nutriment, ... 15.18 oz.			
Total Cost, ..... 4 <sup>d</sup> .51			

## IV. STEAK DIET WITH BREAD.

This is the same with No. III, except that 6 oz. of Bread are substituted at Dinner for Potatoes, and  $\frac{4}{5}$  of a pint of Beef-Tea for Broth.

The substitution makes the *Total Solid Nutriment*, 13.87 oz., and the *Cost*, 5<sup>d</sup>.47.

\* In this and all the other diets, the weight is to be understood as applying to the food before being cooked.

## IX. EXTRA DIET.

		<i>Cost.</i>
BREAKFAST, ...	{ PORRIDGE, 2 pints, made of Oatmeal, ..... } BUTTER-MILK, 1 pint,	6 oz. 20 oz. ——— 0d.92
DINNER, .....	{ BOILED MEAT, ..... 8 oz. POTATOES, 1¼ lb. .... 20 oz. BREAD, ..... 3 oz. BROTH, 1 p. { Barley, ... 1 oz. Vegetables, ¾ oz. Meat, ..... 2 oz.	——— 2d.02
SUPPER, .....	{ POTATOES, 1¼ lb. .... 20 oz. NEW MILK, ..... 15 oz.	——— 1d.13
Solid Animal Nutriment,.....		4.85 oz.
Solid Vegetable Nutriment,...		18.58 oz.
Total Solid Nutriment,...		23.43 oz.
Total Cost, .....		4d.07