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FOODS FOR THE FAT

THE DIETETIC CURE OF CORPULENCY

WITH CHAPTERS ON THE

TREATMENT OF GOUT BY DIET

BY

DR. YORKE-DAVIES

LICENTIATE OF THE ROYAL COLLEGE OF PHYSICIANS, LONDON, ETC.



ELEVENTH EDITION, REVISED AND ENLARGED

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WITH CHAPTERS ON THE
TREATMENT OF GOUT BY DIET

BY

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AND VARIOUS ARTICLES ON OBESITY AND GOUT IN THE MEDICAL AND
SCIENTIFIC JOURNALS



ELEVENTH EDITION, REVISED AND ENLARGED

TWENTY-FOURTH THOUSAND

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INTRODUCTORY

PREFACE TO THE ELEVENTH EDITION

WHAT constitutes robust health? A sound constitution and a lithe, active frame may truly be the answer; for without these the power of enjoying life, even under the most favourable circumstances, is to a great extent limited.

If this be true, there are a large number of people of both sexes whose pleasure is to a considerable extent curtailed—though they may be in other respects fortunate—by the fact that their condition is incompatible with perfect health, and that their bulk renders exercise difficult, and in extreme cases impossible. The mode of life and diet of the ordinary Englishman, especially when middle age is reached, undoubtedly tends to foster an accumulation of fat that, if it does not destroy life directly, does so in very many cases indirectly—by preventing the victim from taking the exercise necessary to circulate the blood, keep the skin acting, and prevent congestion of those internal organs which, by their free and healthy action, eliminate the waste products of the system.

The disease of corpulency—for a disease it is—creeps on so insidiously and slowly, and the individual becomes so entangled in its toils, that he or she finds, when it becomes necessary to grapple with it, that the power to do so is curtailed, and the effort of taking the steps formerly advised

so weakening as to be practically dangerous or too painful to continue.

Happily for the victim of obesity, if he is blessed with too much sense to be gulled by the lying advertisements of the quack, science comes to his aid, and his diet, without curtailing very much the pleasures of the table, may be so arranged that with benefit in every way to health, and with undoubted increase in length of life, he may be safely and permanently reduced to normal weight and dimensions. Among the better informed this fact is now recognised (the danger of taking purgatives, which weaken without reducing weight, acid and other quack medicines, which permanently ruin the digestive organs, is becoming known to all but the ignorant).

The question will be asked, How may this be done? A medical adviser who says to the victim of corpulency, 'You must avoid a diet containing sugar and starch'—the principal fatteners—generally gets the reply: 'But, doctor, I don't know what articles do;' for the ordinary individual, and, as far as that goes, the ordinary practitioner, does not make dietetics a study, and the reply is perfectly true in the majority of cases.

Indeed, it is not going too far to say that the ordinary medical practitioner generally advises the victim to let well alone, whatever that may mean, for he has not so far realized the fact that overfatness is dangerous to life even in the ordinary person, and is ten times more so when illness attacks the victim.

To reduce weight, and at the same time improve health and condition, the diet, like everything else, to be successful, must be constructed on scientific principles, and every case should be absolutely dieted on its merits. For instance, a fat, gouty man requires an entirely different line of treatment to one who is not gouty, and the condition of the heart and the other organs requires special consideration, and therefore it is not wise for the victim of obesity to diet on such

haphazard lines as he can formulate for himself, unless he is supervised by someone who understands dietetics thoroughly.

In dieting for obesity, it is absolutely essential that, however rapidly weight is lost, whether it be at the rate of 10 or 20 lb. a month, at the same time the muscular and nervous strength should be increased, and there should be absolutely no starving. There are, of course, many other, what may seem trivial points, for consideration, but which are of great import in the final result, such as exercise, habits, and mode of life. The weak heart, that must of necessity always go with corpulency, must be strengthened, and the nervous system toned up.

I have thought it advisable in the tenth edition of this work to include a chapter on gout, which is, of course, a disease absolutely due to faulty diet. As the majority of fat people are gouty, this matter will doubtless be of sufficient interest to those readers. It would not be possible to construct a book which could safely teach people how to diet themselves, and no individual suffering from either of these ailments is capable of doing this, except he be an expert in dietetics. The safest and most useful book on the subject is one that will point out the proper path to health.

This little work has been favourably reviewed in hundreds of papers, and approved of by the more enlightened medical practitioners in all parts of the world, and the system associated with my name is, I presume, now pretty well known all the world over. It is so easily carried out, and can be absolutely relied upon as health-improving and permanent in its results. By proper dieting not only is normal weight attained, and condition and health improved, but the ability to keep at that weight for the rest of life with perfect ease and safety is ensured. The best plan, I find, is a course of *strictly regulated* dietetic treatment, suitable to each particular case, until normal weight is attained. The length of this depends, of course, upon the degree of obesity. Normal weight once attained, the knowledge imparted by a perusal

of this little work, with proper guidance, will enable sufferers to enjoy permanent relief from corpulency and an increased immunity from gout, rheumatism, indigestion, and other more fatal diseases that come in its train. Some remarks will be found in this edition on the more recent systems of treating obesity, more especially in Germany, and also one on the use of an animal substance called thyroid extract for this purpose, and on wines and aerated waters suitable for the obese and gouty.

The favourable notices that have appeared in the English and foreign press, coupled with the vast number of letters I have received from medical men and others from all parts of the world who have placed themselves under my care and followed the system I advocate, induce me to believe that the dietetic mode of treating obesity and gout, which I have formulated in the medical journals and in other papers, and outlined in this little work, is the easiest and pleasantest to carry out, and the only one that can be relied upon as permanent and health-improving, and absolutely free from all danger. I am indebted for much assistance in bringing out this edition to my son, Dr. Wynne Yorke-Davies.

44, HARLEY STREET, LONDON, W

May, 1899.

FOODS FOR THE FAT

PART I.

CORPULENCY.

1. OF all the evils to which humanity is subject, there is not one more common than excess of fat, or one that causes greater discomfort, or indirectly tends more to shorten life. In men this common condition of disease begins to show itself between the ages of thirty and fifty, in women a few years earlier. It is not unusual for cases to be brought to me in childhood and early life of abnormal development in this way.

Though it may not be a disease in itself—unless it attains enormous proportions—it often induces disease by impeding the victim from taking that exercise that nature demands to stimulate the functions of the different organs that keep the body in robust health.

2. Though this condition is so frequent, it is not one that meets with much sympathy, for the sufferer is generally considered to be fond of good eating, and deserving of his abnormal proportions, and the ordinary run of practitioners who are consulted seldom offer any consolation, or suggest a remedy; indeed, *few medical men give the attention to dietetics in the treatment of disease that disease demands*, and as the result, in this case the corpulent person too frequently consults, and falls an easy prey to, some quack, who finds him a profitable

subject, and doses him with drugs that effectually and permanently injure his digestive organs.

3. Or, perhaps, being a believer in the old adage, 'that a man is either a fool or a physician before he is forty,' he proceeds to experiment upon himself, and by dint of purging, starving, and tiring himself by manual work or walking, reduces a few pounds in weight; but as there is no scientific principle in his system he soon finds it too hard to continue, and once more resigns himself to the inevitable, and to increasing misery and danger.

4. This is a great mistake, as corpulency is caused more by a faulty diet than by any hereditary tendency; and as there are means of obviating this, when its treatment is based on scientific principles, and with due regard to habit, constitution, age, and mode of life, no person need despair. A properly constructed dietary, taking all the circumstances of the case into consideration, and the health, soundness, and constitutional requirements of the sufferer, will absolutely permanently and certainly reduce weight at the rate of from 4 to 8 lb. per week.

5. The first thing the patient has to be made to believe is this: That a rapid reduction in weight may take place, and the obese person be stronger and better in every way than he was before, and that this may be done better, safer and more certainly by diet than physic. For instance, take the case of the horse. It is a well-known fact that when a horse is turned out to grass he becomes in a short time very obese and weak, and if worked perspires, and is easily distressed. If it becomes necessary to put him in condition, what is done? Why, simply this: He is brought into the stable, and put on corn and hay, groomed—a form of massage—and given exercise, and what is the result? He rapidly loses fat, gains breathing power, gets spirited and does hard work, hunting or racing, as the case may be, with ease to himself and pleasure to his owner—indeed, is in every way better for the process.

6. Now, plainly speaking, this principle is applied in another way to the human animal, and, in the hands of a *specialist* in dietetics, with the greatest success; at least, it has been so in mine, as I hope to illustrate in these pages by cases of extreme corpulency treated entirely by dietetic means.

7. At the same time it must not be forgotten that where a sudden change in food is made, and those foods that make fat, and therefore supply the body with heat, are cut off, though this may be done with perfect safety in proper hands, it is not advisable that the victim of corpulency, who, of course, can be no judge of his own constitutional requirements, should take the management of his case into his own guiding, for the functions of the liver, kidneys, and bowels may have to be regulated; in fact, the successful treatment of this condition can only be properly carried out by someone who makes a specialty of ailments due to improper food. As well might a person, who knew nothing about the sea, read a book on yachting, and then try to navigate the yacht in the dark, through unknown shoals, rocks and quicksands, storms and tempests. All I can say is, I should not like to trust him, or ever expect, if I did, to see port again.

8. In the case of a person of gouty habit—though such a person would be in every way better for the course of treatment and the increased freedom to move about and enjoy life, and future immunity from recurrent attacks of gout—such a person would require guiding, and a much larger quantity of fluid.* To flush the system with fluids is

* It is astonishing what a difference diet will make in the case of a gouty person, and how soon the excess of uric acid in the system can be cleared off. With the rapid loss of fat and the large quantity of fluid taken the gout poison is rapidly eliminated. In a number of cases that have recently come under my observation of fat gouty people, an examination of the urine has revealed the fact that a highly nitrogenous diet, *i. e.*, large proportion of meat, with plenty of vegetables, containing no sugar or starch, with other dietetic aids, has absolutely cleared the system of the gouty poison, and a general improvement in the health with increased strength has taken place. (See chapter on Gout.)

absolutely necessary ; it would also be necessary to make an examination of the secretion of the kidneys, to see that the uric acid was being eliminated in a satisfactory manner, and to see that they are healthy in structure. Indeed, every case of corpulency must be treated on its merits, and only by this means can thorough success be obtained, and the result made permanent and lifelong. The habit of taking an excess of certain foods requires to be broken, and to accomplish this the patient for a time must be under careful guidance and supervision.

9. Sufferers from obesity who try to diet themselves in various ways fail as a matter of course, and for two reasons. They cannot realize the fact that the different constituents of food have to be carefully apportioned. Further, they cannot distinguish the difference between a dietary that reduces weight and one that does not fatten, or only fattens very gradually. The other great source of failure is that they starve themselves—in their endeavour to avoid fattening articles—by not taking sufficient of those elements of food that nourish and strengthen the muscular and nervous systems. Added to this, age, sex, state of health, the degree of obesity, heredity, and the general habits of life, require a certain consideration that renders self-treatment useless, and, indeed, absolutely dangerous.

Taking age alone, a person of thirty having good teeth can masticate and assimilate foods that would be quite unsuitable in the case of either a male or a female of sixty or over. In chronic cases of gout complicated with obesity, where the general health is impaired, a course of tonics, change of air, and massage, assist in bracing up the flabby muscular development, and in strengthening the heart, so that with the loss of fat comes the ability to take exercise ; this tends to improve the general tone of the constitution, to say nothing of adding to the length of life. The most serious result of corpulency is that it impedes the action of the heart, and hence a weak and dilated heart, with palpi-

tion on exertion, breathlessness, and dropsy. This is a constant danger to life. A reduction to something approaching normal weight permanently remedies this, but it is most important that the heart and secretion of the kidneys be examined before a course of diet is embarked upon.

10. If increasing corpulency is a misfortune in a man, it is a far more unfortunate state of affairs in the female, for long before beauty should cease to attract, the complexion loses the peach-like bloom so much admired, and the figure those lines of grace and elegance that should be its characteristics. More than this, the ability to dance and enjoy life is very much curtailed by the unwieldy proportions attained—a serious matter in those who move in the higher ranks of society, and strive to obey the dictates of fashion.

11. Happily for all such individuals, science comes to their aid, and, with proper care in diet, rapid reduction of weight may be ensured, and this, under proper guidance, without the slightest danger or harm in any way. The reduction to proper dimensions may be carried out and made permanent with very little ordinary care afterwards, in avoidance to a slight extent of certain foods.

12. If the individual unfortunate enough to be weighted with superabundance of fat moves in society, a reduction of 4 to 6 lb. per week in bulk may be carried out without attracting attention, for corpulency does not require treating as an illness, and the fair victim of *too much plumpness* may once more have the bloom brought to her cheeks, and the complexion made peach-like, and no one be the wiser, and this without having recourse to quack medicines that, if they reduce weight at all, do it simply by reducing strength at the same time, and if persisted in by permanently destroying the coats of the stomach, and ruining the digestive apparatus *for ever*.

13. It is a curious circumstance that ordinary medical men scarcely ever, *the exceptions being very rare*, take any interest in the treatment of corpulency; and still it is the

cause of much ill-health, and misery, and shortening of life. They leave the victim to seek the advice of those quacks who trade on the fears or the vanity of the sufferer, and plunder him or her without compunction, and without benefit. It is time that this disease—for a disease it is—attracted the notice it deserves, and in a letter to the *Lancet* many years ago I called attention to this anomaly.*

14. To proceed. It is a well-known fact that no two persons are constitutionally formed alike; but, broadly speaking, there are five types. They are classified as the nervous, the bilious, the gouty, the scrofulous, and the lymphatic. Now, the nervous are seldom over-burdened with fat; they are quick and restless, and, as a rule, thin and wiry. The bilious are dark in complexion, largely developed in frame, and inclined to be gloomy in temperament. Such people often lay on fat as middle-age approaches. In their ailments particular attention must always be paid to the functions of the liver; so that, necessarily, the proper action of this important organ should be encouraged in treating those of this temperament for obesity or gout. This system is adapted to that end.

15. Constitutions that inherit the gouty taint have their

* After mentioning an extraordinary case of obesity in a child, I go on to say: 'While on the subject of obesity, may I remark that it appears to me its physiology has not received the attention it deserves? We all know that certain foods fatten some people, and that sugar and starch are the great offenders. Beyond this there is little light. Corpulency in excess is a diseased condition, and I think deserves more consideration in our treatment of many ailments of which I assert it is the primary cause. Corpulent people are often ailing, are more subject to gout, colds, bronchitis, and many other diseases, than lean people. But the condition excites no sympathy; they are supposed to be fond of good things, and deserve to be fat. A chimney that smokes is swept, but a sufferer from obesity is left to go on in his misery, and he goes to quacks for relief. Personally, I have taken great interest in this subject, and have treated numbers of people for corpulency with great success. The ordinary dietary for our climate is admitted to be faulty. This has been constructed during hundreds of years by cooks and not by physiologists. Let us hope, as we live in an age of progress, that the philosophy of dietetics may soon teach us how "to eat to live," not "to live to eat." Longevity and leanness are twins.'—*Lancet*, July 19, 1890.

digestive powers good and their appetites large. They are prone to obesity, and generally fond of good living. The surplus food in their case is not eliminated from the system, so that it remains behind in the form of uric acid—the poison of gout and rheumatism—and stored fat. In such people a reduction of fat reduces the liability to attacks of gout, for gout poison and fat are twin brothers. They are both aliens in the system, and have no business there; and if the fat goes the gout poison, as a rule, goes along with it under dietetic treatment.

16. The lymphatic constitution is the type of those listless, large, phlegmatic people, that nothing seems to move; all the functions of their bodies are performed sluggishly. Such people are slow and indolent. Those who inherit this diathesis are generally fat and difficult to treat; they are not fond of exercise, and do not care to exert themselves, even for their own benefit.

17. Having drawn attention to the different inherited constitutions, one may remark that they all require a little variation in treatment for corpulency, that only one who makes a study of dietetics can satisfactorily carry out. After thirty-five years' experience of disease, I am able to say that the latter (the lymphatic) are the most difficult to manage or to please. However, a medical adviser must do the best he can, even for those who will not take a little trouble to strictly obey him, when their very life depends upon it.

18. Since the first edition of this work was issued, I have had occasion to treat many people who, attempting to treat themselves, were indifferently successful, only managing to get down a few pounds, and then coming to a standstill. This was their own fault, arising from want of knowledge of their own constitutional requirements, and, after all, it is not to be wondered at that they should fail. Imagine a person reading a book teaching how to cut a suit of clothes, and then trying to make his own as a result, or learning

how to swim, or ride, or drive, by studying a manual on the subject! It is needless to point the moral.

19. What I find is, that people who draw out their own dietary constantly break the rules they lay down for themselves, and hence, for want of proper guidance, fail, as a matter of course; whereas when I treat them personally or by correspondence, I expect them to see me or write me a weekly letter, and by this and the weekly loss in weight and abdominal girth, I am able to see that the result is a loss, which varies, according to the degree of obesity, from 10 to 20 lb. a month.

20. The advantage of the system outlined in these pages is that it is safe to reduce corpulency at any age and at any season by its means, my experience being that even elderly people become apparently many years younger when they attain proper dimensions; the flabby heart that prevents exercise up hill is gradually strengthened, and the difficulty of breathing when lying down soon passes off; the greater tendency to congestive ailments is much reduced, and the general health improved in every way. But the treatment must here undoubtedly be supervised by someone who makes a study of this condition, and the correct dietetic and other necessary means of treatment for its cure. It is as well to remember that the loss of weight in elderly people must be more gradual, the dietary being scientifically regulated to this end.

21. That an extraordinary reduction of weight may be brought about with the most happy results may be instanced in the following case: A lady, sixty-one years of age, came under my care just a year ago. She then weighed 18 st. 9 lb. She now weighs 11 st. 9 lb., and, incredible as it may seem, she tells me that she is learning to ride a bicycle, and is getting on with it remarkably well.

In treating corpulency, or the state of making too much fat, the treatment should be divided into three periods. During the first period it is necessary to make a thorough

change from the old mode of living, and to arrange a dietary in which strength-giving food is the principal factor, and in which fat-making foods are either entirely or almost entirely cut out, as the case may be. In the second stage this should be slightly modified, and a small amount of fat-forming foods introduced. These embrace a few of the ordinary luxuries of life. Then, finally, the dietary should be so far modified as to bear a very close resemblance to the diet of everyday life. The effect of this graduated system is that both the habit of taking excess of the most fattening articles, and the habit of the digestive organs of unduly assimilating them, are broken. Therefore, the reduction continues until normal weight is attained; and when normal weight is once attained, a very slight modification in the old mode of living—indeed, so slight as to be scarcely noticeable after it is once understood—makes the result positively permanent. There are many simple adjuncts to keeping down weight in the future, and there is no excuse for a person who has once been through a proper course of dieting, and been properly instructed, ever weighing a pound more than he or she wishes during the remainder of life.

22. The successful treatment of obesity lies in the way the articles of diet are apportioned. From treating so many individuals, it is easy to regulate to a pound a week the loss in any given case; and if the patient objects to its rapidity—which is seldom the case, as the feeling of elasticity and increased strength is so marked—I am in the habit of modifying the diet, to graduate such rapid loss.

About a twentieth part of the weight of the male body should be of fat, and of the female a little more, but it is seldom the balance is so evenly kept. Even where this is greatly exceeded, some people manage to enjoy life, and to take a certain amount of exercise, at least in youth; for Daniel Lambert weighed thirty-two stone at the age of twenty-three years, and could then walk from Woolwich to London; subsequently he attained the enormous weight of

fifty-two stone, and died at the age of thirty-eight years. Most of those who lay on excess of fat early die during middle age from attacks of acute diseases, such as inflammation of the lungs, bronchitis, etc., or from apoplexy, syncope, due to passion or sudden exertion, and from numerous other causes that would not endanger thin people. *A fat person lives on the brink of a volcano ; he is never safe ; an illness of no importance to a thin person is often fatal to him or her, as the case may be.* The recent epidemic of influenza has illustrated this over and over again. Cases of this disease, where complicated with bronchitis or pneumonia in fat people, owing to the weak state of a heart burdened by fat, have been almost invariably fatal. This is not to be wondered at, for, in the first place, the heart is surrounded and buried in fat, and has not enough room to work in. Secondly, it is called upon, with the system debilitated by disease, to pump the blood over a far greater amount of tissue, and, not being in a position to do this after laboriously working for some days, it is not to be wondered at that it suddenly fails. How many hundreds of fat people have I known during my thirty-five years of professional life who have suddenly died, who, it is not presumptuous to say, had they been of normal dimensions, would, in the natural course of events, have been alive now. It would be invidious to mention the names of many celebrities who have died simply through obesity, even within the last few years.

The evils of obesity are manifold. The fat person is also debarred from riding and other active exercises, and many pleasures that are supposed to make life tolerable, and, indeed, to increase its length.

23. Some races of men are more subject to excess of fat than others ; but whether this depends upon heredity or mode of life is an open question. After the age of forty, particularly in women, from reasons that may be surmised, excess of fat becomes almost the rule. This is more common in single females than in those who have had the care of

rearing families. Again, the Hottentot is almost always protuberant ; the German is proverbially fat, and the Frenchman generally so about the abdomen ; the Scotch are thin, as a rule ; so are the Irish. What the Englishman is may be judged by the satire of the age, and the jolly John Bull sort of man depicted in the pages of *Punch* may be supposed to represent the national tendency.

24. Among the determining causes of corpulency, the first is, of course, excess of food—*more especially certain kinds of food*—too little work, and too great an appetite, though some people, curiously enough, may be very fat and still have poor appetites ; while others remain thin on the most luxurious diet. Drink has also its influence. Fat people usually take a large quantity of liquid, and this is generally something with more body than water, and in some of its forms, as in sweet wines and malt liquors, it is very fattening.*

25. Deficient muscular exercise, by diminishing the amount of wear of tissue (oxidation of tissue, as physiologists call it), favours obesity ; and since, as a rule, the stouter the person the less capable he is of taking exercise, these two conditions react one upon the other to the advantage of fat-production. Nervous influence has much to do with fat ; the high-strung, nervous individual is seldom obese. On the other hand, the stupid, heavy, non-intellectual person, or the idiot, is, as a rule, flabby and fat ; and, as I before remarked, the phlegmatic person is generally obese.

26. All those states of the system that prevent the proper circulation of the blood favour obesity, by limiting its oxygenizing power, and thus preventing its conversion into carbonic acid and water, and its elimination from the system

* The German method of reducing fat by debarring fluid at meals, practised by Professor Schweningen, does not suit English people at all, and is most painful and slow in its results. It may answer in Germany, as the Germans are always swilling thin beer, and it is necessary to break this habit. Fluid is *not* fattening if it is free from sugar and starch. I can speak with some authority on this subject.

by the breath.* In this way exercise, by rapidly circulating the blood through the system, oxidizes fat much in the same way as blowing a fire with a bellows causes the fuel to be rapidly consumed. The power of enjoying many of the pleasures of life is limited in the corpulent, as exercise is attended with breathlessness and fatigue, and, indeed, in the case of such people is absolutely dangerous.

As a result of this, constipation ensues as a matter of course, because the muscular tissue of the bowels gets flabby. The liver becomes inactive, hence headache, palpitation of the heart, excessive flatulency, acidity, rashes on the skin, and other ailments too numerous to mention, follow as a matter of course, and the victim resorts to pills, purgatives, and drugs in various forms, which increase the evil.

27. It will be noticed that fat people, as a rule, have muddy-pale complexions. This is in a measure due to an excess of fat, and a want of iron in the blood. It is also due to the sluggish circulation in such persons; in their case the blood is not fully oxygenated. This is the reason why outdoor exercise gives a healthy colour, and people living in the country are more ruddy and fresh-looking than those residing in populous towns, or in a vitiated atmosphere.

28. Fat people often ail without apparent cause, and are more liable to catarrh and diarrhoea, due to the congested state of the mucous membrane, and, indeed, to a congested

* In cases I have had occasion to treat this has been so. One gentleman of thirty-two, who weighed 16 st. 1½ lb., was obliged to give up shooting, tennis, and other amusements. A reduction of 25½ lb. in two months and a few days made him feel younger by ten years, and able once more to adopt his old mode of life. He now writes me and says: 'When I saw you, I weighed 16 st. 1½ lb., as you know, and measured over the chest 48 inches, and round the waist 48 inches. My weight now is 14 st. 6 lb., and my chest measures 45 inches, waist 42 inches. Before I commenced the slightest exertion tired me, but now I am pleased to say I can play lawn tennis, do any amount of walking, and exercise of every description; in fact, I am quite a different man, feel ten to fifteen years younger, and was never in better health. Before I came under your care I could not sleep, but now I sleep all night through.'

state of the system throughout. They are also more liable to headache, giddiness, flushed face, and bloated countenance, due to the irritation of waste in the system, and to the sluggish action of all the organs that eliminate waste.

29. The obese are also highly susceptible to colds and bronchitis; indeed, there is a form of congestive bronchitis dependent upon an acid state of the blood and system loaded with waste products that are not eliminated, almost peculiar to such individuals. In these cases a reduction of fat by dieting is attended with the happiest results, and, as a rule, there is no return of hoarse catarrh, so troublesome and persistent in the winter. Fat people are very subject to sciatica, which is due to an accumulation of fat in the capsule of the hip-joint, pressing upon the nerve which passes through this, and to the irritation of excess of uric acid in the system so common in the obese; a reduction in weight is in such cases of very great benefit. They are also subject to pain in the knees and in the soles of the feet, which is due to the fact that they are generally gouty and rheumatic, and to the further fact that the weight presses upon the arch of the foot and stretches the ligaments, and in this way causes them intense pain, which is referred to the heel and the ball of the great toe.

30. As obesity increases and age goes on, an even worse and more dangerous state of affairs obtains, namely, a tendency to syncope; and where this is the case, the tight lacing of the corset in the female absolutely prevents the heart from recovering its power, and fatal results often ensue. Such a death not very long ago happened in the case of a very celebrated singer. On the whole the female is subjected to more dangers than the male in a similar condition. In the female corpulency produces a pasty complexion, and the features become puffed and shapeless—a disastrous state of affairs where beauty is an object to attain, and where is it not?

31. If there were no other reason—and there are plenty

more—the female who is becoming ‘embonpoint’ should undergo proper dieting for its reduction, as it is rare to find it stop at ‘plumpness’; and after youth is over it generally increases to unpleasant proportions, so that the victim begins to look matronly before her years demand it—a state of things that few of the sex look forward to with pleasure. More than this even, life is shortened by twenty years, where the accumulation of fat goes on unchecked until middle age is reached.

32. The corpulent person ages before his time, and before middle age arrives has lost the activity and muscular power that conduces to robust health. His or her figure bears the impress of advancing age early, but proper dieting will obviate even this; for a lady whom I treated some time ago writes me: ‘I feel grateful every recurring day for the benefit gained. I should say that I now weigh under nine stone, and at the age of *fifty-seven* have regained almost the figure and elasticity of my young days.’

33. The fat individual is liable to profuse sweating. This, being highly acid, causes chafing in the groin, with painful eruptions. Where this takes place, the parts become sore and inflamed. He is also more subject to gout, and his urine always contains uric acid to excess; therefore the same may be said of his liability to rheumatism. He is more liable to disease than a thin person, with this disadvantage, that ailments in him run a more unfavourable course, and he bears treatment worse. Further, he is more difficult to treat in illness on account of his inability to stand the lowering measures so much in vogue even now—a most fatal system—and as a result suffers from debility longer during convalescence.

A fat person is generally a *bon vivant*, and does not like to have any of the pleasures of the table curtailed. He is quite willing to sacrifice a great many years of his life, and to put up with untold misery and danger, so long as he can gorge and guzzle to his heart’s content.

34. Amongst the more luxurious classes the prevailing tendency seems to be to live on everything, regardless of consequences, during eleven months of the year, and then for about a month, when the London season is over, to go to some place, such as Marienbad, or Karlsbad, or Homburg, for a flushing out. If the fat man did not do this, he would be simply suffocated by the waste products accumulated in his system; and possibly the conviction is forced upon him that it is better to pay an annual visit to one of these spas than to die in such a state. Naturally, a more sensible plan would be, either to carefully diet while at one of these places (or at home), and come back better in health and condition; instead of which, the fat man, as a rule, comes back from Marienbad a complete wreck—weak, limp, washed out, and utterly out of condition. As soon as he returns he sets to cramming himself again, in order to gain strength, as he supposes, and as he is unable to discriminate between those foods that fatten and those that strengthen, he quickly puts on fat, and at the same time lays in a stock of gout and rheumatic poison. Thus, all the benefit of a visit to Marienbad or Homburg is thrown away for the want of a little proper guidance on his return home.

35. It would be too much to expect the *bon vivant* to understand that when too much food is indulged in the internal organs become embarrassed by too much waste in the system, which they are unable to eliminate, and, as a matter of course, a feeling of weakness ensues. All this quickly passes away if proper dietetic measures are carried out and methodical exercise is taken. Indeed, so far-reaching are the effects of diet, that it is not too much to say that it influences the character of men and nations, meat-eating people being more energetic, more persevering and determined, than those who live principally upon vegetables and fruits.

36. Even growth and temperament are influenced by food, and interesting experiments have conclusively proved

this to be the case in animals. Further still, it is asserted that sex can be determined by food, and this has been proved in the case of bees. My own experience has pointed out to me that diet influences sex, and recent researches and investigations indicate that this is the case. I could instance many interesting facts on this point, which might be of service where the determination of sex is a matter of desire, as it certainly sometimes is.

With age, corpulency increases permanently, unless some exhausting disease, such as chronic bronchitis or diabetes, comes on, so that excessive fat should always be regarded as a grave matter, in every way likely to shorten life, to say nothing of making it a burden by its encumbrance. Death by faintness from an overloaded fat-encumbered heart or overloaded stomach, by gout following years of over-eating and under-breathing, inducing changes in affected tissues and deposits of chalk in vital parts, by apoplexy from congestion and weakness of the bloodvessels, by bronchitis or dropsy from the poorness of the blood and the languid state of the circulation, often closes the scene about the beginning of the sixth decade. It is a misfortune to the sufferer that corpulency should be painless, though even pain will not teach some people to be wise. All the agony of an attack of gout is thrown away on the *bon vivant*, and Abernethy was quite right when he said that no man would attend to his digestion till death stared him in the face.*

37. 'Recognising that accumulation of fat is a perversion of nutrition which, if once established, and with a strong hereditary predisposition, cannot be cured by medicine of any kind, and is only amenable to proper dietetic manage-

* It often surprises the gouty that a reduction in weight in fat people always means the cure of gout when they are subject to this ailment; indeed, it is surprising the number of gouty people who now come under my care, and the result of the dietetic treatment of this ailment, which is indeed an ailment entirely due to errors in diet, is most satisfactory and permanent.

ment, it follows that we should endeavour to prevent as far as possible its increase by avoidance of the factors which science tells us are favourable to its development. The cardinal rule in any procedure that may be adopted is to avoid *heroic* treatment, such as purging, bleeding, violent exercise, starving, and other dangerous means; for though thereby the fat may be diminished, the result may be attained by establishing a worse state of the body.' When it is proved beyond doubt that by the application of science to diet, a loss of fat far greater can be safely insured, it is simply criminal to take medicines for the purpose when these do permanent harm to the constitution, and do not after all accomplish the object for which they are taken.

The following, then, are the objects that should be carried out, and are carried out by the system of dieting I advocate :

1. To improve by exercise the muscular tissue, and by diet to keep the muscles of the body in firm fibre and tone.
2. To maintain the blood in its normal and healthy composition.
3. To regulate the quantity of fluid in the body, by freeing the action of the skin and kidneys.
4. To prevent the deposit of fat, by eliminating from the diet an excess of those articles which create it, but are not otherwise useful in the economy.
5. To allow quite sufficient food, and many luxuries, so as to satisfy the cravings of nature and the wants of the system, and yet by dietetic means to reduce corpulency at the rate of 4 to 6 lb. per week at first, and more gradually after, so that in a given time the weight should not exceed the proper standard, and to do this with perfect safety and permanent improvement to the constitution.

The system outlined in this little work is universally approved of by the medical profession, so many of whom I

have from time to time advised, and I cannot fail to be grateful to them for their appreciation of the efforts I have made to ameliorate the condition of the overfat.

RECENT METHODS OF TREATING OBESITY.

38. Perhaps after many years of experience in the treatment of obesity, extending over many thousands of cases, a few words here on the subject may not be out of place, particularly regarding other methods of reducing weight practised abroad and here.

I may premise by saying that the dietetic treatment of obesity, if conducted on proper lines, is absolutely safe and permanent, and that it means an increased length of life, a strengthening of the nervous and muscular systems, and improvement in health and condition.

I have repeatedly explained that the life of a fat person is always in danger. The weakening of the muscular structure of the heart that occurs in obesity is always a grave symptom. Under these circumstances, when the heart is called upon to do extra work, as it is in the case of exhausting or inflammatory disease, it soon fails.

I have seen some painful instances of this within the last few years, during the epidemics of influenza. In this case the weak and oppressed action of the heart has led to fatal collapse. One case I shall never forget. A lady of high position, exceedingly stout, was sent by her medical attendant to me for obesity. She had had two previous attacks of influenza, and was told the danger of any future one. She came to me on December 15, and told me she would begin dieting on January 1, as she had visits to make. For her January 1 never came. Two days after her visit she was attacked with influenza, and died after a two days' illness, leaving six children to deplore the too early close of her earthly career.

I regret to say that I have also seen, in the long experience that I have had in treating obesity, many deplorable cases of suffering and death from taking quack medicines for the purpose of reducing weight.

39. Under no circumstances can these remedies be safe. If they reduce weight, they do it at the expense of health, as I have so persistently pointed out ; and though numbers of these compounds are advertised as perfectly harmless, and, indeed, beneficial in every way, they are absolutely poisonous, and are followed by the most disastrous consequences in the shape of persistent indigestion, constipation, sickness, loss of nerve power, and general debility.

I know that it is perfectly vain to attempt to teach people these facts ; they will take quack medicines, and no amount of argument will prevent them. People trust the quack with their lives who would not trust him with the loan of a sixpence. They seem to believe advertised testimonials as if they were guaranteed by a prominent physician, forgetting that many obscure prints can be got to write any falsehoods and back up any quackery under the sun. These lying testimonials are paraded in papers that ought to know better than to insert them, and the public believe in their statements as if they were scientific truths.

I should not write so strongly on the subject did I not see constantly the evil effects of the quackery I describe.

40. With regard to well-known systems of treating obesity by diet, the most familiar of foreign systems is that of Professor Schweningen. His treatment, as I have stated before, seems to consist in limiting the amount of fluid drunk, more especially during meals. This naturally makes it very painful to the patient to carry out. He also considerably curtails farinaceous food. The system answers very well in Germany, but does not seem to suit English people at all. The reduction of fat is very slow, and from my experience of many cases previously treated by Professor Schweningen it does not suit English habits, the customs of the people

being so different to those of the German, who, as is well known, drinks large quantities of thin beer. This habit has to be broken with the German, and the only way to do this is to stop fluid altogether.

41. Another system of treating obesity was practised in London by the late Mr. Towers-Smith. This consisted in giving large quantities of meat and fish and little else for some time, but patients found it very monotonous. Of late I believe the treatment was slightly modified, and was brought more within the lines that I have advocated for some years, of treating each case on its merits, and apportioning the diet to the mode of life and requirements of each patient, giving abundance of food to feed every tissue, but eliminating fat-forming ingredients.

While on the subject of obesity, a few remarks may be made on a preparation in the nature of diet, if it may be called such, known as thyroid extract. This is a substance procured from the thyroid gland of the sheep, and some time ago had considerable repute in the treatment of corpulence; but in inexperienced hands, as might well be supposed, in some cases injury arose. By the wish of some eminent confrères I tried it (being in the nature of a dietetic substance) in treating cases of obesity, and I found that with some patients it undoubtedly did increase the loss of weight most materially; but, of course, the diet and the thyroid at the same time were strictly regulated. A long account of its influence in this direction appeared (written by me) in a medical paper in July, 1894.* My experience of this substance was that under no circumstances should it be taken except under medical supervision, as if not administered in proper doses and at proper intervals it was very apt to cause sickness, and even faintness, with other unpleasant symptoms, and for this reason, like many other useful remedies, it should only be used in exceptional cases. I,

* *British Medical Journal.*

however, believe that in certain cases it is of great value, and in proper hands may be made an adjunct to reducing weight and admit of greater latitude in the way of diet, which to those who are fond of *good things* is a great matter.

42. To illustrate the influence of diet, and diet only, in the treatment of obesity, I have thought it advisable to insert the following table of 500 typical cases treated by diet alone. A similar table appeared in a long article by me in the *Provincial Medical Journal* some years ago. It will be noticed that the loss of weight in one case extends to the enormous total of 111 lb., and in this case, which came under my care three or four years ago, the patient wrote me recently to say that she has been in perfect health ever since. In another case, after a loss of 82 lb., the patient wrote to me, now years after, that her health has been perfect ever since, and that the weight has not been put on again. Weight is *never* put on again after a *proper course of dieting*, because old habits of taking excess of fattening foods become thoroughly broken. A very large amount of latitude may be allowed on a *stationary* diet. It is difficult to make sufferers from obesity understand this.*

Of course, while weight is *being lost*, the diet should be carefully supervised, and the patients be under strict surveillance and observation to prevent rules being broken.

To anyone suffering from obesity the following table will show what can be done, and this with absolute safety and with very little hardship, the hardship, if there is any at all, being only for a short time :

* Experience teaches me more and more that even in extreme old age a loss of superfluous weight, accompanied by a diet giving an increase in the foods of energy, rejuvenates. A few days ago a card was sent me from a gentleman whom I had dieted some four years ago at the age of seventy-six. On the card were the words: 'Having passed my eightieth birthday, and feeling thankful that I reduced my weight under your care, I thought I should just like to show myself, having kept at the same weight, and been in excellent health and condition ever since.'

FOODS FOR THE FAT

THESE ARE 500 SELECTED TYPICAL CASES IN WHICH THE TREATMENT WAS CONTINUED UNTIL FAIRLY NORMAL WEIGHT* WAS REACHED.

Original Weight.*	Time under Treatment.	Number of Patients.	Average Loss in Weight and Girth.†		Greatest and Least Losses in Weight.		Greatest and Least Losses in Girth.		Number of Cases.	
			Wgt.	Gth.	Gtst.	Lst.	Gtst.	Lst.	M.	F.
8 st. to 9 st. . .	2 months	4	13 lb.	4½ ins.	16 lb.	8½ lb.	6 ins.	3½ ins.	—	4
9 st. to 10 st.	6 weeks	5	12½	4½	19	8	7	4	I	4
"	2 months	4	15½	5	22	9½	8	3¾	—	4
"	3 "	4	17	5¼	24	9½	8¾	4	—	4
"	4 "	2	21	6	24	18	7	5	—	2
10 st. to 11 st.	1 month	15	13½	4½	16½	7½	7	3½	3	12
"	2 months	14	17½	5	28	14	9½	4	3	11
"	3 "	9	24	6	34	17	10	5	I	8
"	4 "	4	24½	6¾	42	17	10	5½	—	4
11 st. to 12 st.	1 month	15	14½	4½	20	9	6	3	3	12
"	6 weeks	17	16½	5	25	10½	6½	4	5	12
"	2 months	25	19	5½	26	11½	7	4	4	21
"	3 "	10	23	6	33	19	11½	5½	I	9
"	4 "	4	32	8	37	30	9	7	—	4
"	5 "	2	31½	8½	39	24	10	7	—	2
12 st. to 13 st.	1 month	26	14½	4	21	10	6½	3½	7	19
"	6 weeks	12	19½	4½	24	17	7	4	5	7
"	2 months	20	22	5½	28	14	9½	5	7	13
"	3 "	12	29	6	32	18	10	4½	2	10
"	4 "	4	30	6	36	21½	10	7	I	3
13 st. to 14 st.	1 month	10	15½	4½	18	10	7	3	3	7
"	6 weeks	15	19	5	24	14	8½	3	6	9
"	2 months	25	20½	5½	32	14	9	4	7	18
"	3 "	20	28	6	42	18	11	5	9	11
"	4 "	7	30	7	44	19	11½	5	3	4
14 st. to 15 st.	1 month	5	15¾	4	17	12½	6	3	2	3
"	6 weeks	10	21	5	28	18	8	3	5	5
"	2 months	25	23	5½	30	19	8	3	10	15
"	3 "	21	28	7½	42	23	13	6	9	12
"	4 "	4	42	9	56	34	14	7	2	2
"	8 "	4	44	9½	76	36	20	9	2	2
15 st. to 16 st.	1 month	12	16	7	20	11	9	3	6	6
"	6 weeks	10	22	7	25	11½	9	3½	6	4
"	2 months	15	27	7½	34	14½	9	4	9	6
"	3 "	10	34	9	46	19	11½	5	5	5

* Treatment being continued until normal weight was reached, the heights of patients in this table correspond to those given, height for weight, in the table on p. 30.

† Girth means abdominal naked measure.

Original Weight.*	Time under Treatment.	Number of Patients.	Average Loss in Weight and Girth.†		Greatest and Least Losses in Weight.		Greatest and Least Losses in Girth.		Number of Cases.	
			Wgt.	Gth.	Gtst.	Lst.	Gtst.	Lst.	M.	F.
15 st. to 16 st.	4 months	4	41 lb.	9 ins.	47 lb.	28 lb.	11½ ins.	7½ ins.	2	2
" "	6 "	2	51	11	54	48	12	10	—	2
16 st. to 17 st.	2 "	10	26½	6½	30	20	8	6	4	6
" "	3 "	13	35½	8½	49½	29½	13	6½	9	4
" "	5 "	14	52½	12	64	43	17½	8	8	6
" "	8 "	4	56	12½	82½	46	17½	9	2	2
17 st. to 18 st.	1 month	4	17	6	22	16	7	4	2	2
" "	6 weeks	4	23	7½	28	19	8	4	3	1
" "	2 months	4	25	7½	29	20	8	4	3	1
" "	3 "	10	35	7½	50	29	9½	5	6	4
" "	4 "	3	41½	9	46	38	10	8	2	1
" "	6 "	3	45½	9½	48	38	11	8	2	1
" "	12 "	1	111	14	111	111	14	14	—	1
18 st. to 19 st.	2 "	6	32	5½	37½	26	7	4	4	2
" "	3 "	5	35	6	44	28	8	4	3	2
" "	4 "	2	49½	10	52	47	10	10	—	2
" "	6 "	1	58	12	58	58	12	12	—	1
19 st. to 20 st.	2 "	4	28	7½	36	26	9	6	2	2
" "	4 "	4	42	8	46	40	11	7	3	1
" "	5 "	1	67½	13	67½	67½	13	13	—	1
									182	318
									500	

43. The benefits of dieting for obesity are manifold and lifelong. A great deal of nonsense has appeared of recent years in the press on this subject, and of course, as is always the case, people who know nothing about a thing seem to think that they know most and can advise the best. No doubt if I told the editor of an important paper that inexperienced people were equally able to do his work with himself, he would promptly disagree with me. The inference is plain.

* Treatment being continued until normal weight was reached, the heights of patients in this table correspond to those given, height for weight, in the table on p. 30.

† Girth means abdominal naked measure.

It would have been easy for me to have compiled a table of thousands of cases, but many patients who commence treatment fail to carry it out for the required length of time, and therefore many would have shown a loss of a few pounds where they should really have lost stones; but naturally every physician has to advise people who will not carry out his instructions, and whose love of the table is greater than their love of life, comfort, and happiness. Knowing the weakness of human nature, I have endeavoured in every way to consider it, and to make a reduction of fat compatible with having every luxury that it is possible to have, having regard to the fact that *for a time* fattening ingredients must be cut out of the dietary. More than this is impossible.

AMOUNT OF FOOD REQUIRED.

44. 'It may be fairly concluded,' says Dr. Pavy, 'that the requirements as regards food vary with exposure to different conditions. According to the expenditure that is taking place, so in a good scheme of dieting should materials be supplied which are best calculated to yield what is wanted. Under exposure to hard labour and inactivity, and to a high and low temperature, the consumption of material in the system differs, and the supply of food should be regulated accordingly. The laws of nature,' he continues, 'are such as to conduce to an adaptation of the supply of food to the demand; and if, from constitutional reasons, they do not do this, the dietitian must be called in to regulate and guide them into the proper channel.'

45. Exercise and exposure to cold increase the appetite, and lead to a larger quantity of material being consumed; on the other hand, a warm climate and an inactive life reduce the inclination for food. A labourer who is badly fed can do but a poor day's work, and a starving man falls an easy victim to the effects of exposure to cold.

'Practically it is found that hard work is best performed under a liberal supply of nitrogen-containing food (*i.e.*, meat). The reason is that it leads to a better-nourished condition of the muscles and the body generally.* Under the use of animal food, which is characterized by its richness in *flesh-forming* matter, the muscles are observed to be firmer and richer in solid constituents than under subsistence on food of a vegetable nature;' and it is also obvious that under animal food there is not that danger to corpulency which obtains under a vegetable diet, *unless from that vegetable diet* be eliminated those particular articles that contain too large a percentage of sugar and starch. To sum up, science teaches us that a liberal supply of meat is necessary to maintain muscles in a good condition for work, as exercise is to make them firm and red, and the result of experience tends to confirm it.

46. None the less is it necessary to limit a meat diet and *dilute* it with a proper admixture of *vegetable and other material*, to keep the blood in a proper and healthy state, and only where it becomes a question of reducing corpulency does it matter what vegetable is taken for this purpose or relatively the amount. In these pages those vegetables only are given which contain a percentage of fattening principles not in excess of what the system can utilize, and this is of vital import and the key of the whole system. A large and varied choice still remains to satisfy the epicure and the dietitian.

47. In dieting for obesity it is best to seek the advice of someone who makes the condition his particular study, for it is advisable that the weight should be taken weekly, the girth the same, and that the constitution, habit, age, sex of the sufferer, should be considered. In treating patients at a distance by correspondence, and I have successfully treated

* The food of the soldier in the reign of Henry VI. consisted of 2 lb. of meat and 1 lb. of bread—a rare fighting diet. No wonder that during the Wars of the Roses they fought like 'Kilkenny cats.'

thousands in every condition of life, I make them fill up a form embodying all this, so as to see that, while the reduction is going on, the health and strength are improving, and the different organs acting harmoniously. In no other way can success attend the treatment. This gives the patient confidence, and once the treatment is begun, as the patient loses fat and gains strength, it is seldom that under these circumstances he fails to assist in every way to carry it out. And to make this result a certainty, I insist that patients who come under my care, either by correspondence or by personal consultation, shall either write to me or see me once a week, so that I may know exactly how the reduction in weight and girth is taking place. This enables me to keep them well in hand, and I remember a very amusing incident connected with my plan in this respect. I was advising some time ago a high dignitary of the Church of Rome, and on my explaining to him the importance of the weekly report, he said, 'Doctor, is not this a very strong argument in favour of confession? We do the same thing to keep our flock under our observation, and if possible to prevent them from breaking rules and going wrong. This must be your reason for requiring the weekly report, and I much appreciate it.' I could not but agree with him; and the fact certainly served to enhance my appreciation of the good intentions of the priesthood of the Roman Catholic Church. However, creed and dogma have nothing to do with diet, and I simply use this as an illustration of the principle that I have been enunciating throughout, viz., that whoever is dieting for the ailments that form the subject of this book, requires firm guidance, although the rules themselves are easy enough. The point may be, perhaps, even better expressed by a short quotation from the letter of a lady which has just come before me. The letter runs:

'I am writing to thank you for the great benefit I have derived from your treatment during the past twelve months. You will remember that when I came to you a year ago I

weighed 20 st., and was unable to walk many yards without very much distress, whereas now I only weigh 13 st., and can walk five miles without feeling at all distressed or fatigued. I now take a pleasure in attending to my house duties, which was before impossible; in fact, I was looked upon as an invalid. I really do not know how to thank you for the great transformation that you have wrought in me; and had it not been for your plan of insisting on my writing or seeing you at regular intervals, I am sure I should have broken all rules, and have done no good. As it is, my present health and activity are far better than they have been during the last twenty-five years.'

48. That a loss of 7 st. may take place with every possible advantage, and with every improvement in health and condition, by a course of simple scientific dieting, is here plainly shown, but, on the contrary, I constantly have people come to me for advice who have been taking the medicines of advertising quacks with the most disastrous results, the digestive organs in many cases being permanently injured. When will people realize that, as improper diet is the cause of obesity, a proper diet will remedy the evil, and do this permanently without any hardship or starving? There is no other safe remedy.

49. It will be asked, What is the ordinary amount of mixed food an ordinary-sized person should take? An average healthy male adult of medium weight and height, and performing a moderate amount of work, requires

4½ oz. of nitrogenous food,*
3 oz. of fats (hydro-carbons),
14½ oz. of carbo-hydrates,†
1 oz. of salts.

This diet is equivalent to a little over 46 oz. of *moist* solid food.

* This is Liebig's opinion, but I do not agree with it. It contains carbo-hydrates in excess.

† Carbo-hydrates mean bread, sugar, and all vegetables containing starch and sugar.

The above ingredients would be contained in $\frac{3}{4}$ lb. of meat and a little less than 2 lb. of bread, or in 17 hens' eggs of ordinary size, supposing eggs only were eaten, which it is needless to say would be impossible.

Now, this diet, carried out in daily life, might suit those who have *no tendency to corpulency*, that is, it contains food for all purposes—food to nourish the body tissues, *i.e.*, meat; and food to be converted into heat, *i.e.*, bread; but if a person wished to reduce weight this diet would not answer the intention, for the proportion of meat is too little for the purpose, and the carbo-hydrate, *i.e.*, bread, is in too great excess. In fact, it would be necessary to considerably more than reverse it—at least for a time.

50. Dr. Lyon Playfair has estimated the quantity of diet required under varying conditions of work as under :

	NITROGENOUS.	CARBONACEOUS.
Subsistence only	2'0 oz.	13'3 oz.
Quietude	2'5 "	14'5 "
Moderate exercise	4'2 "	23'2 "
Active work	5'5 "	26'3 "
Hard work	6'5 "	26'3 "

It will thus be seen that subsistence diet would be represented by about 28 oz. of ordinary moist food per day, and hard work diet by about 60 oz. of the same, and here we will take the amount of food allowed by those who, like Banting, form a dietary for the reduction of corpulency.

It is admitted that the human body decreases in fat if the daily food consists of the three great groups of food in the following proportions :

Albuminous food about $4\frac{1}{2}$ oz.,

Fatty food, $1\frac{2}{8}$ oz.,

Starchy food (carbo-hydrates), $5\frac{1}{3}$ oz.

This means, under ordinary circumstances, about 22 oz. of moist food daily, and this is not sufficient in amount for continued safety.

51. With such a diet, of course, there would be loss of fat, but at the same time the mechanism of the body would be starved too much, and the energy, muscular and nerve power would be diminished, so that a person would feel weak and below par. This should not be. Indeed, where the food is properly adjusted to the requirements of the sufferer from obesity, strength and constitutional stamina should improve from the commencement.

52. Banting's system was slow starvation; it reduced weight, but it reduced vitality and strength at the same time, and was not scientifically correct, for if the fat-reducing food is taken from the dietary, the muscle and brain-forming food must be considerably increased, for by this means not only is the strength increased, but the organs that help to consume the fat are kept in working order, the greater amount of oxygen taken by the lungs acting as a blast of air does in the furnace, and assisting in burning away the waste, *i.e.*, fat. This, in a few words, is the principle carried out in this work. Due regard has, of course, to be paid to the circumstances of each case, and the degree of obesity, for the greater the weight to height, the greater the amount of nitrogenous food (*i.e.*, meat) required. It will thus be seen that by my system the surplus fat in the body is consumed to keep up the heat; it is the storehouse from which Nature derives fuel for this purpose, and when the food taken is properly adjusted to this end, and for this purpose, no fat being made, the surplus store of the corpulent person is consumed at the rate of from $\frac{1}{2}$ lb. to $\frac{3}{4}$ lb. a day, and at this rate he loses weight, and this with safety. Indeed, not only with safety, but with certain improvement in health and condition from the first, as of course a reduction in weight by proper diet can have no harmful effect whatever at any age. Perhaps once again I cannot do better to emphasize this fact than by quoting from the letter of a patient just before me. It reads: 'I feel so very much lighter and better as a result of the loss

of weight; I am quite a new person. Previously I had tried so many quack remedies without getting any good. They were all failures, and I weakened myself in the trial of them. Now, however, I feel ten years younger, and my friends say I look it, my complexion is so much fresher.'

53. I often have to combat the idea that liquids fatten, and many tell me, who have tried a German process of reducing obesity, where scarcely any fluid is allowed, that this was the most painful part of it. *Water—pure water—* is not fattening in any quantity, and the reason the German as a rule is fatter than the Englishman is that he is always swilling thin beer, and this contains sugar and other fattening substances. I allow any quantity of fluid and even a pint of wine a day to those who drink it, but this must be of a wine I approve of, a wine containing neither sugar nor tannin. See p. 74.

Salisbury, whose system of treating obesity was at one time a good deal talked of in America, required his patients to eat large quantities of lean meat only, and to drink 4 pints or more of hot water, and such a regime as this could not be approved of on grounds of health.

54. The following figures show what should be the relative height and weight of a person of adult age in good health :

EXACT STATURE.				MEAN WEIGHT.					
				MALE.			FEMALE.		
ft.	in.			st.	lb.	lb.		st.	lb.
5	1	-	-	8	8 or	120	-	7	12
5	2	-	-	9	0	126	-	8	2
5	3	-	-	9	7	133	-	8	9
5	4	-	-	9	13	139	-	9	2
5	5	-	-	10	2	142	-	9	9
5	6	-	-	10	5	145	-	9	13
5	7	-	-	10	8	148	-	10	8
5	8	-	-	11	1	155	-	11	3
5	9	-	-	11	8	162	-	12	0
5	10	-	-	12	1	169	-	12	6
5	11	-	-	12	6	174	-	12	13
6	0	-	-	12	10	178	-	13	5

It reads thus: A man in his clothes, of 5 feet 8 inches, should weigh 11 st. 1 lb.; he may exceed this by 7 per cent., and so attain 11 st. 12 lb. without affecting his vital capacity; beyond this amount his respiratory powers become diminished.

Where the weight for height exceeds this standard, insurance offices of the best class put on an extra premium, as, of course, the chances of attaining long life are diminished; and still, in spite of this and every fact which teaches that excess of fat is dangerous to life, patients tell me that when they begin to look thinner by dieting friends say, 'Take care you don't hurt yourself,' and so on, *ad nauseam*. Truly, ignorance and prejudice die hard.

Banting, Ebstein, and Oertel, the three men whose systems have been largely adopted for reducing obesity, advocate the different foods in the following proportions:

	ALBUMINOUS.	FAT.	CARBO-HYDRATES.
Banting	6	$\frac{1}{3}$	$2\frac{3}{4}$
Ebstein	$3\frac{1}{2}$	3	$1\frac{3}{4}$
Oertel	$5\frac{1}{2}$ to 6	$1\frac{1}{4}$	$2\frac{1}{2}$ to $3\frac{1}{2}$

55. 'In taking appetite as a guide in regulating the supply of food,' says Dr. Pavy, 'it must not be confounded with a desire to gratify the palate. When food is not eaten too quickly and the diet is simple, a timely warning is afforded by the sense of satisfaction experienced as soon as enough has been taken, and not only does a disinclination arise, but the stomach even refuses it if this amount be far exceeded. With a variety of food, however, and especially food of an agreeable character to the taste, the case is different. Satiated with one article, the stomach is still ready for another, and thus, for the gratification of taste, and not to satisfy appetite, men are tempted to consume far

more than is required, and also, it must be said, far more than is advantageous to health.'

56. It is plain, therefore, that a diet to reduce corpulency must not at first contain too great a variety or too many delicacies. This I find is the rock on which those split who attempt to draw up a fat-reducing dietary for themselves; as they are *unable* to discriminate between a dietary which does *not fatten* and a dietary which *reduces fat*, they lose very *slowly* or remain *stationary*. They cannot correctly apportion the different constituents of their daily food. As most of these people come under my own observation for one reason or another later on, a dietary adjusted according to their several requirements soon puts things on a different basis, and the loss of weight becomes satisfactory. The loss of weight should be at least 20 lb. in the first two months.

57. This book is written to illustrate dieting as a scientific system of curing corpulency, and to show what can be done, more than to teach sufferers how to do it themselves. They can diet themselves after they have been reduced to healthy proportions. In anything but slight obesity in young and healthy people, the diet must be most strictly regulated for each case, and someone who makes obesity a speciality, and who has had large experience in its treatment, and possesses a knowledge of dietetics, should be consulted, and asked to formulate a dietary, on this system, suitable to the particular individual interested.

58. Hospital diet furnishes a fair estimate of what is supposed to be necessary for them under ordinary circumstances, and taking Guy's as an example, it is found that the daily allowance is $29\frac{1}{2}$ oz. of solid food, apart from the liquids supplied. This amount would represent $16\frac{3}{4}$ oz. of water-free material. The food actually supplied consists of 4 oz. of cooked meat, 12 oz. of bread, 8 oz. of potatoes, 1 oz. of butter, $\frac{3}{4}$ oz. of sugar, $\frac{1}{4}$ oz. of tea, and $3\frac{1}{2}$ oz. of rice pudding, made of rice, sugar, and milk. There is also a daily allowance of $\frac{1}{2}$ pint of porter and $2\frac{1}{2}$ oz. of milk. This diet is sufficient for the

wants of the system under a condition of freedom from labour, *and is fattening*, but not strengthening.

59. A dietary to reduce fat must be carefully adapted to each particular case and temperament, and hereditary tendencies have to be considered, such as gout, rheumatism, weak heart, etc. The diet should be varied after each given loss of fat; in this way old habits of taking too much fattening food are broken, and the result of the course of dieting is made permanent, and life prolonged. When normal weight is attained, the erstwhile victim of obesity may almost return to his old mode of life. A few little differences have to be made, but they are so small as scarcely to be noticeable. The tendency to lay on fat again is greater in some than in others. Thus, while one person by simply avoiding sugar will remain at a stationary weight, another will have to cut down two or three articles, such as the starchy and even fatty elements more or less; but during the time that the patient is under observation, dieting for reduction, the kind of dietary that will keep him or her easily at normal weight can be gauged, hence the reduction should be permanent during the remainder of life. In an experience of thousands of cases, I find that many patients, having once attained normal dimensions, remain there without making any apparent difference in their old mode of life; others are obliged to curtail a few of the more fattening articles, while others prefer to live on everything that comes to hand (as though there was no such thing as obesity), and then to diet for a fortnight or so once or twice a year. This latter plan I do not as a rule approve of, as they are apt to grow careless, although many keep down to a given standard by the plan.

60. It is a wise plan to make a rule of taking the weight regularly every fortnight, so that a check can be kept, and to facilitate this end a small weighing-machine should be kept in the dressing-room on which the undressed weight can be recorded. A very reliable, and at the same time

ornamental, machine can be procured for this purpose from Messrs. Udal, Sons, and Symonds, Bromsgrove Street, Birmingham, at a very moderate price.

In dieting for obesity there should be no limit to the food; in fact, personally, I take care to give a larger amount than a person can ordinarily consume, but, of course, all fat-forming ingredients must be cut out *for a time*, and the dietary should be made as palatable as possible under the circumstances, each person's particular taste being consulted as far as compatible with reduction of fat. Variety is important, and more important still is it that the food should thoroughly nourish the muscular and nervous system, so that increased energy and strength may be ensured while the reduction of fat is taking place. In fact, the victim of obesity undergoing dietetic treatment is like a ship in a storm: he requires some one to guide him, for he is not competent to do it himself with either safety or success.

61. Under any system of dieting for the reduction of obesity, the food taken during the twenty-four hours should be divided into three meals—breakfast, lunch, or dinner, or breakfast, dinner, and high tea, according to the habits of the individual; and the amount of heat-sustaining food must be slightly increased or limited, according to age, habit, season, degree of obesity, etc.

A diet of this kind would be unendurable if there were no variety; but the endeavour of the author has been to give a variety, once more reminding the sufferer that food formed on this basis requires a larger amount of supervision at first to enable the system to properly assimilate it than does the ordinary everyday diet of ordinary people.

62. The Ebstein formula for reducing fat, which has many adherents in Germany, consists in very much restricting the food eaten, giving a large portion of fat, and curtailing those articles of diet that contain sugar and starch, his theory being that fat assists in the body, by its transformation into heat, in eliminating other materials. It is not

believed now that fat creates fat. It is believed that by its combustion in the economy it keeps up heat, and at the same time oxidizes waste, much in the same way as, *if a man were a railway engine, the blast of air acts on the fuel used in stoking.*

63. My own opinion is that this is an error. I do not believe that fat assists in oxidizing waste; and it is contrary to scientific opinion. Besides, few people can take fat in excess as Ebstein prescribes it; it makes them bilious, so that, in avoiding Scylla, they get into Charybdis. The system I have found so efficacious for the purpose consists in greatly increasing the amount of nitrogenous food, and giving plenty of those vegetables that do not contain carbo-hydrates—sugar and starch. By this means, as has before been remarked, no heat-producing food is taken, and as the fat in the body is used to keep up the heat of the body, as soon as the supply of the food that makes it is cut off, Nature draws upon that already accumulated in the system and uses it up.

64. The system of diet advocated in these pages has some resemblance to that used in Germany by Oertel, but contains more energy-forming food; it provides for the rapid decrease of fat, and prevents its reaccumulation afterwards, and at the same time restores tone to the heart, muscular and nervous systems, which excessive corpulency much impairs. This system can be safely carried out in cases where the muscular tissue of the heart is invaded with fat, and there is breathlessness on exertion and incipient dropsy. In such cases, as the loss of weight takes place, the ability and inclination to take exercise increases, and with this the heart gains power, and the surplus water in the system is carried off. In this the fact is accounted for of corpulent people often losing in the *first week* as much as 9 to 11 lb. in weight.

65. The infiltration of fat into the tissues, as has been previously explained, often leads to a diseased state of the

heart and kidneys. These organs become absolutely fatty in themselves. Anyone can observe this if they look at the prize-fed oxen and other animals at the Christmas shows. They will see that the muscle itself is white with fat. This is the state in which it may be really called absolute disease, and in the human being is a very serious condition, any little extra exertion being very dangerous. For such reasons also it is very desirable that, when anyone is beginning to diet for the reduction of fat, the secretion of the kidneys should be examined to ascertain whether it contains albumin (Bright's disease) or uric acid (gout), such cases requiring particular management. The same applies with regard to a disease known as myxœdema, which simulates obesity, and requires a totally different treatment.

All foreign specialists who diet patients for obesity take these precautions, and in my own case, in advising by correspondence, as I do so many, I am very particular, and have a specimen of the secretion of the kidneys sent to me for examination when practicable.

66. A diet that involves no hardship can be constructed; the appetite fully satisfied, the strength increased, and still a loss of weight obtained, of 12 to 16 lb. a month, with or without exercise. Exercise, by improving the quality of the blood as well as by circulating it more rapidly, assists the oxidation, *i.e.*, the consumption of tissue, especially of fatty tissue; and that it does this may be shown by the fact that exercise absolutely increases the size of muscles, while it is at the same time reducing fat and weight.

67. There is really no difficulty in reducing corpulence by scientific dieting, and the result is certain and permanent. The difficulty is to get the sufferer—generally easy-going and indolent—to carry out any system for his good, if it is slightly irksome by the restraint it puts upon appetite, especially in those who perhaps may almost be said to 'live to eat' instead of 'eating to live.' It is also needless to say

that any system, however good, for reducing redundancy of fat will be of no avail if the patient persists in eating between meals, or drinking what he should not, and does not go by the rules that may be drawn up for him while under treatment, and it must be remembered that it is only for a short time that a *strict diet* is *necessary*. I remember, three or four years ago, a gentleman coming to consult me, and his remark to me was that he was fond of outdoor pursuits, hunting, shooting, etc., but that he had got too fat to enjoy them; he was then over fourteen stone. Writing to me lately, he says: 'My weight a fortnight ago, in evening dress, was eleven stone twelve pounds. I have never felt better in my life, or more able to enjoy outdoor pursuits, having hunted all winter, three or four days a week, never feeling tired. I think I can turn quicker to hounds and have my wits about me at hunting as well as I could twenty years ago, and have as good nerve; I am now fifty-seven.' A very satisfactory letter, it will be admitted.

68. Those who, like myself, treat corpulency, make two most important distinctions in the form of the affection: namely, the slight form in which the organs of circulation are unaffected and where exercise is possible, and the more serious form in which fat is deposited in the muscle of the heart, which is thereby dangerously weakened, and as a corollary the healthy action of *all* the other organs in the body. The extreme breathlessness that occurs on slight exertion peculiarly marks this condition, and recurrent attacks of bronchitis in the colder months make it most necessary, if life is to be prolonged, that the surplus fat should be got rid of and the muscular tissue of the heart strengthened. This condition is known as fatty infiltration of the heart, and is the cause of sudden death from sudden exertion, or from flatulent dyspepsia during sleep, by impeded action of the heart. Where there is a suspicion that this form of corpulency exists, an examination of the urine should be made from time to time.

FOOD: ITS USES AND ULTIMATE ELIMINATION.

69. Popularly, we speak of the products we eat to supply the wants of the system as 'food' and 'drink,' and the ordinary individual does not care to analyze further the meaning of the words; but to the physiologist they have a far broader meaning, and in his hands their different properties and uses in the system are worked out; and in this way, by the light of his knowledge, we are able to show what effects on the animal economy certain foods produce, either for good or harm.

The physiologist broadly divides food into two classes. These are known as

THE NITROGENOUS AND THE NON-NITROGENOUS.

The nitrogenous class of foods are those which form the essential basis of structures possessing active or living properties, and the non-nitrogenous principles may be looked upon as supplying the source of power—in other words, if man were a steam-engine, the nitrogenous food would form the iron, brass, and works of the engine, and the non-nitrogenous would be the coal, or any other fuel used in generating power.

70. Now, what constitutes nitrogenous food? The answer is: meat of all kinds, gelatine, eggs, milk, and certain constituents of vegetables, such as gluten, vegetable fibrine, and caseine.

As life consists in the constant renovation and decay of living tissue, and as living tissue—*i.e.*, the body—is made up of nitrogenous matter, it is therefore absolutely necessary for all the operations of life, and is the instrument of living action, and out of it are formed bone, muscle, nerves, etc.

It is necessary for the reader, if he wishes to understand

the rationale of this system of curing corpulency, to master this; for the constituents of food that make bone, muscle, nerves, etc., and the food that makes fat, are two totally different things; and on this fact hinges the success of this plan of treating obesity.

71. Non-nitrogenous* food consists of fats, starch—the basis of bread and all farinaceous foods—sugar, and certain vegetable matters. These principles are found either naturally or are produced by chemical action. These constituents are used in the animal economy to keep up the heat of the body, generate power, and when not consumed or eliminated from the system, to be stored up as *fat*.

Again taking a railway-engine as an illustration, it is plain that if rapid speed is required, and a great weight has to be drawn, a greater amount of fuel must be consumed. So, in like manner, if hard work has to be done for many hours a day, a greater amount of food must be taken; and this is consumed in the human body in renovating the tissues and generating the force and heat according to the nature of the food used and its amount.

72. That this is the case may be instanced by this fact, amongst many. In making the railway from Paris to Rouen, it was found that two English were equal to three French navvies. An examination of the cause disclosed the fact that the former were fed on large quantities of *meat*, while the latter ate chiefly *soup* and *lentils*. The diet of the Frenchmen was altered to the English standard, with the result that the inequality soon disappeared. This is a rather awkward fact for vegetarians, and further proves that meat diet is a powerful weapon, where, as in the treatment of corpulence, it is used to keep the strength up, while the excess of fat is being consumed to keep up the heat of the body.

* Physiologists further divide this into hydro-carbons, or fats, and carbo-hydrates, such as starch, sugar, etc., fats being principally heat-producers.

73. Occupation, season, and climate greatly influence the amount and kind of food necessary. The inhabitants of cold climates require a large amount of fat;* and in the spring, as vital processes are more active, more food is required. On the other hand, muscular work demands a larger supply of nitrogenous food—*i.e.*, meat.

I find from experience that there is a strong tendency for English residents in Ceylon, India, parts of China, and other hot countries, to become overburdened with fat. This is due to faulty diet, sluggish action of the liver and of the different eliminatory organs, combined with inability to take sufficient exercise. I find no difficulty in formulating a dietary in such cases, and the results in numerous cases that I have treated in these far-away climes by correspondence have been highly satisfactory. One lady, living at Port Elizabeth, South Africa, height 5 feet 3 inches, and who some five or six months ago weighed 14 st. 6 lb., writes me that she has now reached a weight of 10 st. 10 lb. She says: 'I went to the Governor's ball yesterday evening; it was years since I had been to a dance, and it was delightful to be able to go in for dancing once more. At any time now, when I know that I am gaining weight, I shall know what to do. My own doctor has taken the greatest interest in me while I have been dieting, always telling me how well I look. It is very gratifying to me, as I must be looking well for so many to tell me so. The food you allow me is ample. Lately I have taken some tremendously long walks right across the veldt, and have not felt the least bit tired after it, and I scarcely know what it is to have a headache now.'

74. In the human body certain foods produce muscle, energy, force, and power; others, by their chemical decomposition, furnish material for the production of heat. It is

* An Esquimaux will eat 10 lb. or 12 lb. of blubber daily; and the children of that tribe will make wry faces at sugar, but eat blubber with delight.

plain that if more is used of these latter than is consumed in these ordinary operations of life, or is excreted by the bowels, kidneys, and lungs and skin, it must remain in the system, contaminating the blood—as with gout poison—or, equally out of place and equally destructive to comfort, as fat.

75. On the equable assimilation and excretion of these different classes of food depends the health and comfort of the individual; but from faulty diet, heredity, or mode of life in many persons, the balance is not equally held, and the waste that should be excreted, or consumed by exercise or work, becomes stored as fat. And with this we have to deal—not as the quack does, with purgatives, sulphuric acid, and other drugs that destroy the coats of the stomach, or carry through the system undigested the food it requires for the operations of life, but by the aid of science, and in such a way that, while that most complicated machine, the human body, is disposing of its useless surplus store of fat, it is in other respects gaining power, health, and energy.

If the luxurious who are overburdened with fat, and who seek relief at such places as Carlsbad, Homburg, Marienbad, and Kissengen, were dieted on the principles enunciated here for a short time each year, they would derive immensely more benefit than they do from drinking large quantities of purgative waters, and, as in the case of Marienbad, having their hearts weakened and permanently injured by the course of treatment. Why people should go abroad to get rid of weight I cannot conceive, for if they must drink the mineral waters, they can do so at home, and, for the matter of that, be properly dieted at the same time. The diet is of supreme importance, and the waters of quite secondary service. However, the attractions of Homburg are irresistible for some, and the 'London season' is now carried there. Hence the dieting, as a matter of health, is a sham. I speak from many years' experience of this famous spa.

Great faults that I have to find with Continental watering-places are the cooking and the unsanitary state of the hotels. There are very few that are not in this respect abominable. A lady came to me lately who had undergone the Marienbad treatment; she was thinner, it is true, but complained of extreme debility, and her appearance indicated it. The simple fact is that the food is washed through the bowels by the waters drunk, and therefore, as it does not nourish the system, fat, muscle, and strength all go together, and the stomach is so weakened, that usually a long course of tonics is necessary to give it tone. Worse than this, the loss of fat is only temporary, and a return to old habits soon puts it on again. When properly done by dietetic means the benefit is permanent.*

USES OF FAT IN THE BODY.

76. Though excess of fat is an evil and an incumbrance, it must not be forgotten that a twentieth part of the male body should be of this substance, and a sixteenth part of that of the female. This may be slightly increased without interfering with the breathing capacity or the comfort of the individual.

In excessive leanness (a condition the dietitian is often called upon to treat) the reverse obtains, and the following

* It is very amusing at Homburg to see the wealthy and the luxurious, after the dissipation of a London season, wending their way in the early morning to the Elizabeth Spring; in fact, the long avenue from Ritter's Park Hotel to this well-known spot reminds one very much of the church parade in Hyde Park.

Homburg as a permanent cure for gout, and Marienbad for obesity, are, I am afraid, a little over-estimated. Homburg diet is certainly not conducive to this end. No doubt much good arises from the three weeks' cure, but the benefit is not as great as it should be, for the dietary is not constructed to make the result permanent. I advise numbers there on dietetic principles suitable to English habits and tastes.

table will illustrate the minimum weight compatible with continued health and length of life :

HEIGHT.						WEIGHT.	
ft.	in.					st.	lb.
5	1	-	-	-	-	6	12
5	2	-	-	-	-	7	3
5	3	-	-	-	-	7	8
5	4	-	-	-	-	7	13
5	5	-	-	-	-	8	2
5	6	-	-	-	-	8	4
5	7	-	-	-	-	8	6
5	8	-	-	-	-	8	12
5	9	-	-	-	-	9	4
5	10	-	-	-	-	9	9
5	11	-	-	-	-	9	13
6	0	-	-	-	-	10	3

Under the condition of excessive leanness, for some reason unknown to the victim, the food taken is not properly assimilated, and therefore continued ill-health is the result. The cure, I find, is simply a matter of properly adjusted diet. Many people go all their lives on a diet that they do not assimilate, and are, as a result, always lean and weak.

77. A moderate amount of fat is one of the signs of health, and is certainly an adjunct to beauty of face and form, and its uses in the animal economy are many and various. In the first place, it serves the merely mechanical purpose of a light, soft, and elastic packing material, which, being deposited between and around the different organs, affords them support and protection from the injurious effects of pressure.

78. But the most important use of fat is seen in what occurs during the process of nutrition; for when more fat-forming material is taken into the system than is absolutely required for the maintenance of the body, it is stored up and

laid by to become available for use when the expenditure exceeds the immediate supply. In this way it goes on accumulating until it becomes positively a burden and dangerous to life. Indeed, a person overfat is never safe, a little forced exertion often being fatal.

79. When fat-forming food is cut off, nature has recourse to that which is in excess in the body in this form. But, curiously enough, fat eaten alone will not sustain life. A duck fed only on fat died of starvation at the end of three weeks. Butter, it is said, exuded from all parts of its body, and the feathers seemed as if they had been soaked in melted butter. Similarly, animals fed on *fat* and *arrowroot* mixed will die of starvation, or on meat alone; but if *bone* be given with the meat, it is sufficient to support life for any length of time. This is the reason why wild animals in confinement have bone given them with their meat.

80. The following experiments made will show what part the different constituents of food play in the economy. A couple of rats, which had been nearly brought to the verge of death by restriction to starchy matter and fat, were fed with bread and meat for four days, and then with meat alone. A week after commencing the meat their united weight was 9 oz. 1½ dr., and three weeks later 10 oz. 1 dr. Being now placed on a diet of meat with non-nitrogenous food (starch and fat), a notable improvement occurred; for in three days' time they weighed 11 oz.; four days later, 14 oz. 2 dr.; and a week later still, 14 oz. 4 dr.

In another experiment, two rats, weighing 12 oz., were placed on an exclusive diet of lean meat and water. They remained healthy in appearance, but *steadily lost weight, and in a month's time* weighed only 8¾ oz. They were now placed on a miscellaneous diet, and in a week's time weighed 12½ oz.

In a third experiment, two rats, weighing together 12 oz. 7 dr., were kept upon meat diet exclusively. On the thirteenth day *one of the rats died*, the weight of its body

being 2 oz. 8 dr., and that of the other 6 oz. 3 dr. The living one was still kept on the same food, and this died ten days later, the weight of its body being then 5 oz. It will thus be seen that meat alone will not sustain animal life for an indefinite period.

81. This shows the absolute necessity of plenty of liquid with an *exclusively lean meat diet* ;* for had these last rats had plenty of water, they would still have lost flesh, but would not have been worse for it, as in the case mentioned above. Mr. Salisbury, an American, whose system of reducing obesity consisted in giving nothing but lean meat, insisted upon large quantities of hot water being taken to assist the kidneys in eliminating it. Salisbury's system is needlessly severe, and leads to ill-health, and few can be tempted to undergo it ; no one would if he knew that the same result can be more safely and pleasantly attained. As lean meat contains no heating properties, but simply nourishes the tissues, the fat of the body is rapidly drawn upon. It is very unpleasant in its monotony, is not safe, and in no case should be continued for any period. As before mentioned, no patient should attempt to reduce corpulency on any system of this kind or any kind, for a sudden change of diet necessitates many little alterations in the mode of life to insure a successful issue, and these can only be formulated by those who make the condition a study. Most people have no conception of what is fattening and what is not, as the following quotation from a letter will show : ' I have been trying to get rid of a superabundance of fat for some time, and lost 2 lb. a month at first ; but I suffered much pain, as I thought fluid was fattening, and took next to none. I also ate many eggs, as I was told I might, and had lots of fresh

* No wise person would attempt to reduce fat on an exclusively lean meat diet, to say nothing of the disgust arising from eating nothing but meat ; it is a clumsy and inartistic process, against which I have waged war for years. There is no science in prescribing such a course.

fruit, which gave me indigestion.' If this person had had only the white of the eggs, poached, and the fruit, in moderation, stewed, no great harm would have been done. So much for self-dieting. Truly, a little knowledge is a dangerous thing.

82. Dr. Pavy, in his work on 'Dietetics,' says: 'Travelers have dilated on the large amount of food consumed by the inhabitants of cold, as compared with that consumed by those of temperate or hot, climates. Accounts are given which almost appear incredible regarding the enormous quantities of food devoured by dwellers in the Arctic regions. Thus, Sir John Ross states that an Esquimaux "perhaps eats 20 lb. of flesh and oil daily." Sir W. Parry, as a matter of curiosity, one day tried how much food an Esquimaux lad, scarcely full-grown, would consume if allowed his full tether. The food was weighed, and, besides fluids, he got through in twenty-four hours $8\frac{1}{2}$ lb. of flesh and $1\frac{3}{4}$ lb. of bread, and "did not consider the quantity extraordinary."'

83. 'He who is well fed,' remarks Sir John Ross, 'resists cold better than the man who is stinted, while the starvation from cold follows but too soon a starvation in food.' He says further: 'All experience has shown that a large use of oil and fat meats is the true secret of life in these frozen countries.' Sir John Franklin also states: 'During the whole of our march we experienced that no quantity of clothing could keep us warm while we fasted; but on those occasions on which we were enabled to go to bed with full stomachs, we passed the night in a warm and comfortable manner.'

These remarks will show that the use of fat is not so much to make fat as to supply heat, and also to act as a storehouse of fuel, to draw upon if it ever should be required. Lord Palmerston used to say that 'dirt was matter out of place'; he might have said of fat, 'that it was food out of place.' Where it is in excess this is really what it is.

EVILS OF OVER-EATING.

84. There is far more harm done by taking too much food than there is by taking too little, and it is only in very exceptional cases that injury results from the latter cause ; whereas an enormous amount of discomfort, disorder, and disease, and even curtailment of life, arise from excess in eating and drinking,* even in temperate climates, and still more so in hot ones. Where the individual lives plainly and simply, and only obeys the cravings of nature to the extent of satisfying them, there is no need for weights and scales ; but how many are there not who would be far more comfortable and more healthy if they lived upon a measured amount of food and drink, or avoided those foods and drinks that they know disagree with them ! Pain is the only thing that teaches some people to be wise. A confirmed dyspeptic, after a time, lives by rule, because if he does not he suffers pain ; but a corpulent person suffers no absolute pain, so he goes on increasing his corpulency by eating all sorts of things, regardless as to whether they increase his weight or not, and thus he or she sows the seeds of disease and early death as surely as the sun sets.

85. 'The keys of life and death are in the stomach,' said the Rev. Henry Ward Beecher, so it is not to be wondered

* I find from experience that English people who carry English habits to hot climates soon find obesity and enlarged liver the result. The climate of India would not be half as injurious to Europeans if they were to eat and drink food that gave the liver less work. A few months in England and proper dietetic treatment will, *if the liver is not diseased*, do wonders. A lady who came over from Queensland to be under my care, suffering from obesity, writes me from the seaside where she is staying : 'It is now the close of my second month's card. I have just been weighed, and am now 9 st. 8 lb. I have therefore lost 10 lb. during this fortnight, and 2 st. 7 lb. since I commenced dieting under your direction two months ago. My measurements were then, as you will remember, chest, 35 inches ; abdomen, 40 inches ; they are to-day, chest, 32½ inches ; abdomen 34½ inches ; and I feel so lithe, active, and comfortable, and can walk with such pleasure.'

at that many other evils besides corpulence result from excess in eating and a badly arranged dietary. Among them may be mentioned a deranged digestion, a coated tongue, constant headaches, an oppressed stomach, vitiated secretions, plethora and its consequences, a sluggish brain, with horrible dreams during sleep, and depression when awake.

86. Excess in animal food is nearly as bad as excess in vegetable, if it is combined with an indolent mode of life. In fact, excess in any kind of food is bad; it accumulates in the system in some way or other, and if hard work or exercise is not taken, corpulency, gout, Bright's disease* and indigestion are sure results. More especially so in the luxurious, whose appetites are tempted by every delicacy that art can fabricate, and whose exercise consists, 'in the season,' in driving up and down Rotten Row for two or three hours a day, and on Sunday attending 'church parade' in the Park. It is not my place as a physician and man of the world to pour the vials of sarcasm upon such a way of spending life; that is the task of the moralist. The time will come when the wealthy will learn the necessity of dieting for a month or two a year, simply for the sake of the comfort it will give them—and if they are votaries of fashion, for the improvement of personal beauty—if not for the more rational reason, that it would increase their length of life. Ease and luxury tend greatly to induce a full habit of body, but the luxurious are very loath to obey rules, even when those rules are formulated for their benefit. But when they do not, the day comes early when the inexorable scythe mows them down with its relentless sweep. Alas! the eyes of some of us are *only opened* just before they have to be *closed again* for ever.

* In no case is animal food more beneficial than in Bright's disease. I have seen wonderful results, in apparently hopeless cases, by increasing it considerably, and proportionately decreasing other foods. I have frequently pointed this out when in consultation with medical men in various parts of England.

AMOUNT OF FOOD TO BE CONSUMED AND
TIME FOR MEALS.

87. As man is designed by nature to consume a mixed diet, we may proceed to consider when and at what intervals food should be taken, and its proper constituents. The ordinary custom is that three meals should be taken daily, at intervals of five or six hours apart; and this has been found by experience to be best suited to our requirements. This allows a short period of quiescence for the stomach. The quantity of food taken in ordinary cases should be enough simply to satisfy the craving of nature, and no more; but if the food taken is designed to reduce a too corpulent habit of body, it must be regulated in amount for a given time, according to the height and weight of the person, and to the circumference of the body at the neck, chest, waist, and abdomen; it must also be carefully regulated in its constituents, according to circumstances. In such a case the diet may be designed to reduce weight at any rate desirable, although the individual be allowed as much as he can eat. There must be no starving, but plenty of properly selected food should be taken daily. The loss of weight has occasionally been so rapid that I have even found it necessary to give a little fat-forming food, to prevent such rapid loss, as it is sometimes apt to alarm the sufferer. Those who treat corpulency by dietetic rules can regulate almost to an ounce the daily loss, and herein lies safety and success.

88. Sex and age, height and weight and occupation, influence the amount of food required. A woman on the average takes a tenth part less than a man; and during growth more food is necessary to minister to the bodily functions, which are then more active, as well as to supply material for increase. After forty the diet, if long life is to

be enjoyed, should be slightly restricted unless the individual is of active habits;* and should be so adjusted as to be consumed in the operations of life, and not stored as fat or gout poison, and to be taught how to do this the aid of a dietitian should be sought. Much discomfort and disease would be avoided and life prolonged for many years.

89. People are apt to blame those who drink to excess, and are shortening their lives by it; but it is almost as bad to eat to excess, and disease is quite as often induced by it, and where it leads to corpulency life is shortened by very many years.

90. To arrest accumulation of fat in those predisposed to it, the diet should be regulated, and fat-forming constituents curtailed until normal weight is attained. By this time the habit of taking too fattening food is broken.

91. The nitrogenous elements of food consist of meat, in all its forms, principally; and the non-nitrogenous, of bread and all farinaceous foods, sweets of all kinds, sugar, whatever contained in, alcohol, and certain vegetable matters.

92. As in any dietary that contains an excess of nitrogenous food the kidneys have more work to do in eliminating the waste of it from the system, it is necessary to take a larger amount of fluid, and for this purpose the more harmless the fluid, the better. As a natural aerated table water the best I find for this purpose is sparkling Cambrunnen. It is bottled at the spring a few miles from Homburg in the Taunus Mountains. It is exceedingly pleasant to the taste, and absolutely harmless in any quantity. It contains a small amount of antacid salts, and is one of those waters that may be taken with absolute benefit to health. The system in the overfat is always overacid, and, as I have previously

* The result is permanent, as the following quotation from a lady's letter will show. She writes: 'I am thinner than when I last saw you, which seems to me highly satisfactory, as many people prophesied that I should get fatter than ever from the reaction. Results have, however, proved quite the contrary.' This letter was written about six months after the desired weight had been reached.

pointed out, the overfat are almost always gouty, and therefore a beverage of this nature is highly desirable, as it gradually dissolves the uric acid out of the system.

93. With regard to stimulants, any kind free from sugar is admissible, but the wines of the Rhine and the Moselle are the most suitable; indeed, as before remarked, gout is almost unknown on the Rhine and the Moselle, where these wines form the staple beverage.

All wine-merchants keep a selection of these wines, but one firm has been kind enough to submit to me for my approval a large variety free from sugar. Many of these wines I have found perfect, and can recommend them with pleasure. The firm I refer to is the Dry Wine Company, 56, Pall Mall, London, S.W. It may seem invidious to mention any particular firm in a book of this kind; but in this instance I consider it my duty to do so, as it is so important that those who require a wine of the kind described should know that they are really drinking one that can be depended upon as being pure and suitable in every way.

94. Some six or eight years ago the subject of obesity seemed to attract a serious amount of attention; its dangers were realized, and the different systems of reducing weight came very prominently before the public, and there was quite a 'craze' for becoming slim. In truth it is a mistake to call the desire to maintain a proper weight and a reasonably proportionate figure a craze at all. A proper figure and a proper weight are a natural state, and a corpulent person is unnatural, and therefore diseased. The 'craze,' fortunately, is now developing into a more intelligent recognition of what a dangerous thing excessive corpulency really is, and that it is undesirable, and the need to keep to something approaching normal dimensions continues to be more and more realized. The time will soon arrive when overfat people will be looked upon as laughing-stocks, and the exceedingly obese as monstrosities. The only unfortunate effect of what was known as the fat-reducing craze was that

it gave a great impetus to the charlatan and the quack, and, as a result, numerous nostrums of a dangerous nature continue to be largely advertised.

They are put before a credulous public as a cure for obesity, and one quack firm in particular, whose medicines to my certain knowledge have permanently injured the health of hundreds of people, must still spend thousands and thousands of pounds yearly in artfully contrived and mendacious advertisements in all classes of newspapers at home and abroad. I am constantly asked how it is that quacks are not prosecuted. I can only reply that, as the Government derives an income from the stamps on quack medicines, it cannot well prosecute itself, and that the law leaves fools to their folly.*

* THE TREATMENT OF FATNESS.—A discussion has been lately going on in the *Lancet* and *British Medical Journal* of great interest to sufferers from corpulency—a diseased condition, by the way, that not only causes great discomfort, but also indirectly tends to shorten life by many years. Medical authorities now consider that medicines are of no avail for reducing fat; indeed, purgatives and other drugs taken for this purpose are absolutely injurious, and as they have to be continued for long periods, they weaken the system and strength without reducing the weight. Now, science happily has come to the aid of the victims of obesity, and a rapid and perfectly safe reduction of fat is possible by dietetic means alone. The system advocated by Dr. Yorke-Davies, a well-known authority on the subject, seems to find most favour in the medical papers, it being easy to carry out. For the benefit of non-professional readers, the causes of corpulency and its only safe and scientific treatment may be put thus: The human body requires to keep up its heat about a pound of fat a day, either in the way of fat-forming food, or in fat already stored in the system, as in an analogous way it requires a certain amount of coal put on the fire to keep up the temperature of a kettle of boiling water. Now, certain foods—meat principally—produce, when consumed in the system, energy, muscle, nerve and bone; other foods—farinaceous, and sugar principally—produce heat by their chemical decomposition and combustion in the body, the surplus being converted into fat, and stored, as in corpulency. It is now found that if the diet is scientifically adjusted for fat people, and no fat-forming food is given, a loss of about a pound a day of the stored fat takes place, and as the muscle and energy-forming food is increased, the individual gains muscular and nerve power, whilst he is losing a useless and injurious incumbrance, much in the same way as a horse, brought in fat and flabby from grass, gains condition, vigour, and strength when he is put on corn and exercise. Not only may the

95. My experience teaches me that most people before they take the only sensible course for reducing obesity, namely, proper dieting, run through the whole gamut of quack preparations. Where weight is lost at all by taking these nostrums, it is done by the food being washed through the system without its nourishing at all, and if they become thinner, they at the same time lose health and strength. Acetic acid (vinegar), whether taken from the quack at high price or from the cruet, leads to excessive anæmia and debility. Unfortunately, these evils are not confined to obesity, and thousands of people have their health permanently injured by taking mixtures of colchicum and other drugs, for gout and other ailments in which self-medication is absolutely ruinous to health.

It is a pity that the ordinary medical practitioner is not taught, or does not take the trouble to learn, the uses of foods, but unfortunately the medical schools do not teach sufficiently this important science. Whatever may be said to the contrary, diet is of greater importance than medicine, not only during health, but more so by far during disease. Here a mistake in diet may make all the difference between life or death, as in typhoid, for instance.

96. As may be well imagined, there are more ways than one of reducing weight by diet. Some are not adapted to English habits, and some are so rigorous as to be dangerous; some are so monotonous as to be almost worse than the condition they should remedy. Years ago I thought the matter worthy of serious and scientific attention, and formulated a system of diet for the permanent reduction of weight, which has met with universal approval and success. This leads me

victims of corpulency take heart, but those of the fair sex, anxious to retain a symmetrical figure; or hunting men, and others solicitous to reduce weight, may do worse than inquire into the merits of a system that promises such results, and this without the aid of quackery, or the dangerous practice that some people indulge in of taking violent exercise to reduce obesity, before the heart is strengthened by proper dietetic treatment. Frequent deaths during the shooting season are, undoubtedly often attributable to this cause.—*Health*, August 22, 1890.

to believe that scientific dieting will soon, as it ought, take the place of medicine in the treatment of all diseases that arise from errors in diet. But my more pleasant way, like every other system of treating disease, should be modified according to the circumstances of each case. In fact, no two cases can be treated alike.

Indeed, it is not uncommon for a person to come to me desiring to lose weight even at over seventy years of age, and in such cases the result has always been satisfactory.

97. If obesity is an evil to the young and to the middle-aged, it is felt even more by the old, for the ability to carry weight decreases as age creeps on, and the aged victim of obesity is made an invalid. My experience is that the food of old people should not contain too much of starchy elements, but a large proportion of energy-giving food, such as soups, light meats, fish, and so on. Old people will stand a much better chance of feeling hale and hearty on these latter articles than on the enormous quantities of floury food they may get into the way of taking.

98. Of course prejudices die hard, and it has become a saying that the food of age should be similar to the food of childhood. This, in my opinion, is a very great mistake, and the whole of my very large experience endorses this fact. With increasing age the heart naturally gets less able to do its work, and if it is oppressed by fat the danger and discomfort are greatly augmented. From some recent communications that I have had with a large insurance company, it appears that after a time it will be very difficult for obese people at any age to insure their lives at all, and most certainly the premium in the case of people who are above normal should be greatly increased.

99. The great secret of any system of dietary of obesity is to restrict fat-forming foods, for if the supply of these is cut off, then Nature has to fall back upon that already in the system, and as there is a constant radiation of heat from the body, the fat is being used to keep up heat, much

in the same way as the oil is used in a moderator lamp to give light. To illustrate this, see p. 39.

It would be quite impossible in a work of this kind to draw out more definitely a dietary to suit varying degrees of obesity. The intention of the book is to show how fat is made, its evils, and a scientific system for its reduction. The proper course for the victim of obesity to pursue, if he is wise, is not to attempt to diet himself, but to seek the advice of, and be guided by, the expert in dietetics, either personally or by correspondence; and as no medicine is required, a dietary on the lines I advocate would be drawn out. The result would soon prove that the disease is an easy one to cure, and that relief from superabundant fat means comfort, ability to enjoy life, and considerable increase in the length of it, with, when *normal* weight is attained, *almost* an entire return to previous diet, but this is subject to slight modifications, according to heredity, disposition, and one or two other factors.

It is time that sufferers from corpulency should know, as previously pointed out, that all medicines and quack nostrums for reducing fat are dangerous and useless; they simply reduce it by destroying the digestive organs, and therefore preventing any food taken nourishing the body at all. Where the treatment of obesity is carried out on scientific principles, the muscular and nervous systems are especially nourished, and only the fat is starved: on no other system can obesity be permanently cured at any age.

PART II.

GOUT: ITS DIETETIC CURE.

100. THERE are two diseased conditions absolutely dependent upon improper diet and insufficient exercise. They are obesity and gout; and as the two so often run concurrently, I have considered it advisable in this edition to give a chapter upon the dietetic treatment of gout.

Gout may be inherited or induced, but in either case, if the person suffering from this painful and troublesome ailment, in its different forms, is properly guided with regard to food in its relation to exercise, occupation, mode of life, and other circumstances peculiar to the individual, it is within the reach of absolute cure. During many years I have had occasion to advise thousands for this ailment. In most of these cases they were complicated with obesity, but in many they were not. As will be shown in this section, the treatment of gout in the obese and the treatment of gout in the ordinary individual are absolutely distinct.

101. The history of gout dates back to the thirteenth century, and the disease takes its name from the French word *goutte*, a drop, because it was believed in ancient times to arise from a humour which fell *goutte à goutte* into the joints. The affection is known in almost every country by some name or other among races of epicurean tastes. It

seldom attacks its victim before the age of thirty-five. The poor rarely suffer from gout, so that Nature compensates them in this way for their hard lot in others.

102. Though gout is, as a rule, a hereditary form of disease, nevertheless, it may be brought on by a luxurious mode of life and idleness, coupled with indulgence in the pleasures of the table, and in sweet alcoholic liquids, in those who would otherwise pass through a long life with freedom from attack. The Laplanders were free from gout until wine was introduced into their country, when it became frequent. Irish labourers employed in raising ballast from the bottom of the Thames, who had no hereditary disposition, and came from country districts in Ireland, developed it, says Dr. Budd, as a result of drinking enormous quantities of porter, sometimes as much as two or three gallons daily. According to Sir Alfred Garrod, a few years' indulgence, to excess, in port or sherry, will induce gout, even when there is no hereditary disposition to the disease. The result of drinking alcohol in its different forms, of wine, beer, or spirits, as a cause of gout, may be further illustrated by comparing its frequency in different countries. Sir Robert Christison reports that during thirty years' experience in the Royal Infirmary at Edinburgh, he only met with two cases of gout. This seems almost incredible, but other Scotch physicians bear it out. In Sir Robert's cases, the victims were two fat, overfed English butlers—a pampered class.

103. In Ireland, Russia, Holland, and Sweden, gout is rare, and in these countries this may be attributed to the fact that they are spirit-drinking people. No doubt they suffer from diseases equally painful and more fatal, if not from this particular one. The cold, bracing air of Russia and Sweden admits of an amount of alcohol, in the form of spirit and wine, being consumed, that would be impossible in England; and the Scotch can consume an amount of whisky for this reason that would upset most Southerners. Where

an individual *inherits* gout, he is much in the same position as the one who inherits a heavily mortgaged estate, and the remedy in both cases is the same; in both he must live carefully, and in gout he must not by riot overtax the organs that keep the system clear of the poison.

104. In the human body, gout in its various forms, with its train of painful, and even dangerous, consequences, invariably tells of a system loaded with refuse, like a furnace overcharged with fuel and choked with soot, for the want of a proper stoking and air. Man, with his reasoning power, of all animals, should be free from diseases that are brought on by ignorance of the simple laws of supply and demand. If the pleasures of the table are greater to some natures than all the other enjoyments of life put together, all well and good, but, at all events, let the epicure learn that Nature will not be trifled with, and if he eats more than she requires, she looks to him to get rid of the waste by exercise and work, and if he does not do so, she afflicts him with gout, biliousness, obesity, indigestion, and other diseases that are due to over-feeding and under-working, that prevent his reasonable enjoyment of other more health-giving pleasures which are open to all. If he is to abuse one appetite, he must do it at the expense of inability to enjoy any of the others. I fear that any attempt to preach common-sense to the gourmand is like going out crying in the wilderness. My experience among the luxurious classes, as a dietitian, is, that the man who lives to eat, lives for little else, and that though impatient of pain, he is more impatient of any restraint upon appetite.

‘Does he stop your champagne?’ is generally the query put by those who are advised by their friends to consult me on matters of diet in such conditions as obesity, gout, and other ailments due to good living; not, ‘Does he stop your hunting, or your shooting, or your walking, or your riding, or your fishing, or any other pleasures conducive to health?’ Oh dear no; all these may go to the wall if a physician

will let a gourmand gorge, and guzzle, and eat and drink himself into disease and early death.

105. Gout may be briefly described as a state of the system in which the waste of rich food of all sorts, and sweet wines, malt liquors, beer and porter, is not consumed in the operations of life, or by work and exercise, and therefore remains in the tissues in the form of what physicians call uric acid. This product, when the body arrives at a certain stage of supersaturation, when the cup runs over, one may say, by causing a peculiar inflammatory state of the blood, and hence of all the tissues, develops an attack. This is known as acute gout. Chronic gout does not materially differ from the acute; it simply means that the first form has been allowed to go on impregnating the system by long-continued improper diet and mode of life and persistent attacks, until the diathesis has been established. The attacks are not so painful, and the swelling and redness develop more slowly; the redness is not so intense, and the swelling remains after the skin has peeled. Chalk stones are more common, as a matter of course, and there is difficulty in motion, and weakness and deformity of the parts. Indeed, after a time, in chronic gout the system is too weak to develop an attack of acute gout. The inflammatory action is of a low type. Poor-man's gout, as it is called, belongs to this class, as it is induced by drinking large quantities of beer, and not taking other proper nourishment. The victim of chronic gout is almost always weak and deficient in tone, and may be pale or sallow-looking, or, on the other hand, exceedingly plethoric. Such people suffer from persistent digestive disorders, irregular action of the heart, nervousness and depression, cramps, twitchings, sciatica, and tic douloureux. A gouty man has many warnings that his system is becoming overcharged with the poison, which seems to gather in strength, as the atmosphere does with electricity before a thunderstorm, and the storm bursts as suddenly and in a

similar manner. Nature holds out the danger flag in good time, if the individual would only notice it, and signals the impending mischief in the form of headache, mental irritability, dry skin, heartburn, palpitation of the heart, and vitiated secretions. For instance, that of the kidneys contains a thick brick-dust sediment that tinges the vessel with red lines, and deposits, in a cayenne-peppery-looking sediment, uric acid—gout poison.

106. The wise man when he sees these in the morning will take warning. If in this stage he stop rich food and heavy stimulants, and is properly dieted for a few days with food that opens the floodgates that let out the poison, and stimulates the action of the skin, liver, and kidneys (and proper dieting will do all this, especially if the action of the skin is encouraged by exercise or a Turkish bath), it acts like magic, not as ignorant people think by 'driving the gout poison in,' whatever they mean by that, for the gout poison is already in, in excess, as any person of sense must see, but by stimulating the free action of those organs that eject the poison from the system. You cannot empty a cask by letting its contents out at the tap and pouring it in again at the bung-hole.

107. Drugs in the treatment of gout are but palliatives, and they lead the victim to a feeling of false security, and to continuing a mode of life that brings on frequent attacks, until the constitution becomes so saturated with the disease as to be in constant danger. Under these circumstances, attacks become habitual at certain seasons. Excessive mental work or worry, exposure to cold or wet, suppressions of perspiration or of the different secretions, emotional causes, such as grief, or sudden joy, or rage, will induce an attack, especially in the colder months of the year. Hence a residence in a warm climate in the winter months, or warm clothing at home, and proper diet, will often prevent one.

During an attack of acute gout, half a tumbler of some

aperient mineral water, such as Rubinat, taken in the morning, is most useful, as it clears out the bowels and stimulates the kidneys and liver, and thus opens the channels that help to clear the system of the poison; but in a system that constantly becomes overcharged with gout poison by an improper dietary, drugs are simply poison. The permanent cure of gout is easy enough, but it is a matter of diet only, combined with suitable liquids. The danger of taking drugs or the advertised palliatives for gout is that they temporarily relieve the attack, and induce the victim to persistently fly to their assistance, instead of altering the mode of life that causes the disease, the result being that the constant and uninterrupted formation of uric acid develops disease of the kidneys and other organs, that becomes irremediable, and a form of chronic gout is the result, as the kidneys have lost their power of throwing it out. This is known as suppressed or atonic gout.

108. I remember an Indian officer coming to me some years ago, who told me that he had been a martyr to gout all his life. He was enormously fat (gout and fat are twin brothers); indeed, it was for the relief of the latter condition he consulted me. Being put on a fat-reducing diet, he lost in three months 3 stone in weight, but what astonished him most of all was that he also lost all his gout, and gained in return health and condition. Since that date to this, by living by rule, he has never had an attack of gout or put on fat. He said to me, 'I have been on the wrong tack all my life.' He had all his life been warned against meat. I gave him, *for a time*, plenty. In my experience, which is very large, in treating by dietetic means alone cases due to improper food, or to the improper assimilation of food, particularly among the wealthy and luxurious classes, I find meat, to *the extent that the system demands*, having regard to work and exercise, absolutely beneficial in the gouty. It stimulates the different organs into activity, and assists them in burning up the refuse of the body, when

other foods are taken in too great excess; it acts as a draught of air does in a furnace.

109. Of course, in the gouty, meat of certain kinds, pork and other rich meats, for instance, should not be taken at all, for the simple reason that they clog the organs that keep the system clear, and overcharge them with their own particular poison, such as in the case of the liver—bile, or of the kidneys—uric acid, in the form of calculi; but light meats, game, poultry, and fish are essential. The great factor in the production of gout is undoubtedly sweet alcoholic liquor, in the shape of beer, stout, port, sherry, and champagne; the next factors, naturally, are rich food, rich meats, sweets, pastry, made dishes, and epicurean compounds, such as *pâté de foie gras*, etc.; not that these are necessarily much more injurious in themselves than what would be called plain food, but more so because they tempt the appetite, and therefore the individual to eat to excess. I presume this fact is as old as history, for Socrates says—and the advice applies even more to this age of luxury and wealth, and therefore of sybarite tastes—‘Beware of those foods that tempt you to eat when you are not hungry, and those drinks that tempt you to drink when you are not thirsty.’

110. Now let us consider the best way to produce a severe attack of gout. In the first place, it is a great advantage to inherit it—you begin, then, so to speak, with a good balance at the bank; in the next place, the candidate should eat largely of meat of the richer sorts, such as pork and beef, and of fish that are profuse in oil, such as salmon, eels, sprats, etc.; he should go in well for savouries, such as anchovy toast, *pâté de foie gras*, caviare, and sweets, in the way of creams, ices, pastry, bon-bons, and so on. Water, to the man who is anxious for an attack of gout, is *poison*; the proper liquids are port, sherry, and luscious wines, such as madeira, champagne, muscatel, tokay, and, if he cannot afford these, strong ales and stout. These

should be partaken of freely, as they materially help the rich living in clogging the system with waste, to be by-and-by converted into gout poison.

No exercise should be indulged in, as this tends to burn up the gout poison by the skin (perspiration) and by the lungs, and the indolent mode of life, by causing constipation and congesting the liver, would prevent the bowels carrying off the poison by this channel. The individual should, of course, lie in bed as much as possible, reading novels and other light literature that involves no brain-work.

111. This is the proper way to ensure gout, and this is the way those who suffer from it usually live; they are blind to warnings, and, in fact, seem anxious to bring on the fit,* not to avoid it, under the impression that it clears the system. It does so for a little time, at first some months, or even years, if the sufferer is young, but at what a cost! for when recurrent attacks have established the gouty diathesis, that is, constitution, the interval shortens, and the surplus uric acid is always in the system, and a little sprain or other accident is followed by an attack of gouty inflammation of the part. The victim is thus never safe. He goes to bed apparently well, and awakes in the middle of the night, from his uneasy sleep, with pain in the great toe, heel, instep, or other joint, with a shivering fit, followed by great swelling and redness of the affected part, restlessness, constipation, and furred tongue.

These symptoms go on with more or less fever and irritability for a few days, and by means of abstinence and plenty of hot water—means that should have been adopted before the attack came on—he is well again for a time.

112. The most important treatment of gout is the preventive; for if this be not successfully pursued, the disease

* It is said that Archbishop Sheldon not only looked forward to an attack of gout, but actually proffered a thousand pounds to anyone who could help him to one, looking upon it as the only remedy for 'the distress in his head.'

will occur again and again, and the system get more and more impregnated with the poison. By repetition: the body in this respect is like a mill-pond—you may open the sluices and let the water out; but if you close them again, and do not turn the stream into another channel, it will refill again.*

The great danger of persistent attacks is in the mischief they cause the kidneys; the work thrown upon them in eliminating uric acid tends after a time to disorganize their structure, and the result is they become diseased, more particularly in the form of Bright's disease. To explain all the changes in the system that occur from repeated attacks of gout would be out of place here, suffice it to say that they mean in every way a shortening of life; indeed, assurance companies are aware of this, and they will not insure the gouty, except at an increased premium.

113. It has been customary to consider gout as an incurable disease and one that, once established, will lead to repeated relapses. This is undoubtedly the case when the individual continues to indulge in those luxuries and that indolent mode of life that fosters accumulation of waste in the system. As well might one, after preparing the ground and planting the seeds, expect them not to appear in due season, as to expect immunity from gout if the luxurious diet and mode of life that developed it are continued. The disease is one of ease and idleness, as well as of gourmandizing; and where the blood is vitiated by retained unhealthy matter, unless attended by active muscular exercise, it will not throw out the poison. I have found nothing so beneficial in gout as a sudden and complete change in diet, and this to be for a time adjusted so that it should fulfil the

* Speaking of this disease, the late Sir Andrew Clark says: 'What it (gout) exactly means to other people I do not pretend to know; what it means to me I can tell in a few words. By the gouty state, I mean the state brought about in certain constitutions by the retention in the blood and tissues of the body, of certain acids and waste stuffs, and their effects thereon.'

requirements of the system, and no more. The day should be begun and ended with a tumbler of hot water; it should consist of three meals only, and these should be of light soups, fish, light meats, green vegetables, and salads, with plenty of fluid in the shape of Cambrunnen water. This water, bottled near Homburg, being slightly alkaline, tends to dissolve the uric acid and wash it out of the system, and, being a naturally aërated table-water, is a pleasant adjunct for diluting wine or whisky for this purpose. Here it may be pointed out that in the gouty it is absolutely essential that plenty of harmless fluid should be taken at meals and at other times. This is a mistake that gouty people often make; they do not take sufficient fluid.

114. Claret is a bad wine for gouty people to drink with meals, as it contains tannin. Suitable wines under different conditions are given in the section on stimulants (pp. 67-84), and those who require stimulants will find these wines, or whisky well diluted with Cambrunnen, the most suitable fluids. The population of the Rhine and Moselle provinces are remarkably free from gout, as the lighter kind of this class of wine has no tendency to induce the disease.

Naturally, the proper course for a gouty person is to go to an expert in dietetics to draw out for him a suitable diet, and this should be adhered to until the system ceases to form the uric acid in excess, or at all, and the gouty diathesis is altered to something better; but, as the victim of chronic gout is always in a weak state of health, he should on no account be put on a low diet or starved. The food should be generous, but suitable. A change of air and scene to some watering-place, such as Cheltenham, Bath, or Buxton in England, or Homburg in Germany, is desirable. Indeed, Homburg is the most suitable place in the world, as well as the most celebrated, for the treatment of gout. In a work of mine called 'Homburg and its Waters,' published by Messrs. Sampson Low and Co., Fetter Lane, London, a

good deal of information may be gathered about the suitability of this famous resort.

115. If this line be not pursued, the victim may expect, without a shadow of doubt, a further manifestation of the enemy in a short time. Suppressed gout simply means a system saturated with the poison by persistent attacks of gout, which it has not the strength to throw off. In this case it is necessary to take a diet which will strengthen the system and assist in eliminating the poison by other channels. It is a fatal error to suppose that it is desirable to induce an attack by a debauch, as used to be popularly thought. This only makes the next attack more imminent and severe, and will lead to serious consequences.

116. Where gout is complicated with obesity, its cure can only be effected by reducing the patient by proper diet to normal dimensions. A system loaded with fat cannot ever be in a condition to throw off gout poison; indeed, fat is nothing more than the accumulated waste of fat-forming food taken to excess, and part of this at the same time is converted into gout poison, which in some constitutions develops, if not in acute gout, as gouty catarrh, bronchitis, indigestion, and other ailments due to excess of uric acid in the system.

117. In records of many thousand cases of obesity I have had occasion to treat by scientific dieting on a system now well known, I find that more than half of them suffered from gout in one form or other of its manifestations, and my experience has been that when the system is cleared of fat, and the sufferer attains ordinary dimensions, the cure of gout has, as a rule, been completed. The same applies to rheumatism in almost an equal degree, where it is complicated with obesity. These remarks may induce the victim of gout to give up a mode of life that bars the way to every pleasure but that of the table, and perhaps at an age when life has not lost its zest, to embark on a course of action that may lead to renewed health, strength, and activity.

PART III.

STIMULANTS IN CORPULENCY AND GOUT.

118. WHAT part does alcohol, in its various forms, play in the dietary? Chemists who have investigated the effect of alcohol on the system have come to the conclusion that it is not a *food*, and does not in any way make flesh or tissue, but in some cases it seems to increase the value of other foods taken. Whether pure alcohol increases or diminishes fat is still a moot point. Some physiologists believe that it assists in eliminating waste products, while others hold that it has no effect of this kind whatever, and that it passes out of the body unchanged. So long as alcohol, in the form it is taken, contains no sugar or starch, my opinion, after years of experience in dietetics, is that in moderation it has no influence either way.

119. That it is injurious beyond a certain amount is certain, and that amount entirely depends upon the habits of the person and the work done. As alcohol is contained in all wines and fermented drinks, experiments prove that to the other constituents of these beverages we must look for their fattening properties—thus, in wine, to the sugar; and in ale, stout, and other fermented liquors, to the sugar and starch they contain.

That beer and stout are unsuited to fat people there can be no question. The English and Germans, who drink

largely of beer, are more inclined to be corpulent than the Scotch or Irish, who drink more of spirits; this is a well-known fact. The stronger beers taken to excess in people of a corpulent habit lead to very great evils, more particularly in developing gout, biliousness, and other ailments dependent upon the irritation in the system of the retrograde metamorphosis of sugar and starch.

120. Beer-drinking in excess undoubtedly causes venous congestion. This is to be seen in the red nose of the beer-drinker, and in his generally bloated appearance. There is no question that anything beyond a very small amount of beer is exceedingly injurious to the sedentary. The individual who takes a very large amount of exercise in the open air may drink a considerable amount—say, to the extent of a quart a day—without harm, but beyond this beer is an injurious liquor.

There is no reason why those overburdened with fat should not take the same amount of stimulant as other people, for, as previously pointed out, alcohol itself is not a fattening element; but if such people are to take alcohol, they should seek to take it in the form in which it is least injurious. As I have elsewhere remarked, there can be no doubt that this is to be found in the dry wines from the Moselle and the Rhine. When pure, they are free from sugar and deleterious ingredients, while they are not strong enough in alcohol to do harm.

The same applies to the natural sherries of Spain. These are seldom drunk in England, but they are among the best of alcoholic drinks, and, unless fortified for the English market, contain only about 12 per cent. of alcohol. The La Perla of the noted firm of Sandeman and Buck, of Xeres, is the best. It is a pity that the importation of cheap bad sherries should have been allowed to injure the importation of one of the best of stimulants.

121. Alcohol! What a word! The comforter and curse of millions. Possibly no product for which Nature is re-

sponsible has had more influence on the human race, and mostly for evil, more especially where it is taken in its more concentrated form. From time immemorial, alcohol in the shape of wine has been looked to as the fountain whence perennial pleasures spring. In heathen mythology, Bacchus, the god of wine, presided at every festivity, and even the Greatest Being who ever influenced the human race stamped it with His approval at the marriage feast of Cana in Galilee. Wine excites love, anger, hate, and every passion that moves the human heart, and while on the one hand it enhances pleasure and soothes sorrow, on the other its abuse entails woe unutterable. To the worn and the weary it brings relief, but to the glutton and the sensualist it means the shadow of death. And what a death !*

122. What potentialities of pleasure in the spring-time of life lie in the magic word ! and, alas, how often in its dawn what regrets and shadows are conjured up ! How many a brilliant future, and how many a radiant being full of hope and every possibility that makes life a heaven upon earth, has been wrecked for ever by this siren that lures the victim to quicksands whence there is often no return ! It would be useless to deny that from the earliest stages of history alcohol has influenced, and certainly will continue to influence, the destinies of mankind until humanity ceases to people the globe. An excellent servant, as long as reason guides the helm, but the worst of masters when passion drives the rudderless wreck of humanity drifting on the lee shore of life.

123. I may premise by saying once for all that my experience as a dietitian has taught me that in *moderation* alcohol in its different forms, more especially in the form of *pure* wine, does no harm, while it undoubtedly tends to enhance the pleasures of life. But I have always held, and still hold, the opinion, that it is not a necessity. There is no

* Part of this article appeared in the *Gentleman's Magazine* for June, 1897.

reason why a man should not go from the cradle to the grave without touching it, and be in every way the better. It is not a food, nor does it replenish or improve any tissue of the human body. It, however, undoubtedly has its uses, as, for instance, in illness it tides over the victim in the debilitating stage of acute disease until Nature reasserts herself.

124. In these days of competition and worry, when possibly we live faster than our ancestors did, it rounds off those angles of social existence that sometimes grate, and, by smoothing the path to friendship and conviviality, makes life more bearable. The fact that a few people injure themselves by over-indulging is no reason why the majority should not enjoy the zest that the exhilarating effects of alcohol give to those who have sufficient control over themselves to use and not to abuse it. And they are the majority. I am a strong opponent of alcohol as a stimulant in its more concentrated form in the shape of spirits, except in cases where it is absolutely essential that they should be used in a medicinal way, and I should like to see a duty placed upon spirits that would make their use absolutely prohibitive: but in the form of wine, and in moderation, more especially where they are taken to please the palate and to enhance the charms of artistic cuisine and promote the flow of wit, laughter, and good-fellowship, I certainly think that they tend to make this transitory existence of ours more bearable and more pleasant. Gluttony in any form must naturally be disgusting; but the gratification of a refined appetite, and the appreciation of artistic cookery, is only another form of the intellectuality that has run in this groove, but may run in another groove to a love of music, in another to a devotion to art, science, literature, and the thousand other passions and pleasures and pastimes that elevate humanity above the level of the brute creation.

125. Alcohol in spirit form is the curse of civilization; it has caused more misery, more degradation, more crime, than

anything else on God's earth. Indeed, alcohol in any shape in excess has done the same. But in the form it takes in wines, in moderation, it seems as if it were a gift from the gods; and this has been the opinion of most men whose opinion is worth noting, from the time of Noah to the present day.

126. In ancient times wine was only made from the grape, as beer was from malt; but, alas! it is exceedingly sad to know that in these days wine can be fabricated not only from its legitimate source, the grape, but by chemical processes from substances that are absolutely foreign to the grape; and the unfortunate part of it is that it can be done cheaper and to almost defy detection. If there is a thing that I have a horror for it is 'cheap wines,' for these, almost without exception, mean poison. For those who cannot afford to pay a reasonable price for wine, my advice is, let them drink ale or cider, or any other wholesome stimulant within their reach.

127. The Legislature, to a certain extent, guards the spirit-drinker, and sees that the drink he consumes is of a strength that, to say the least of it, means poison; but the Legislature does not guard the wine-drinker in any way, shape, or form. It simply sees that the compound pays a certain duty according to its strength in alcohol, but whether it is a wine, or whether it is a sophisticated concoction made of logwood, acetic acid, sugar, and potato spirit, does not matter to it at all.

Few people know it, but it is an absolute fact, that in the city of Hamburg there are manufactories where wines of every description and every flavour, and of every *age*, can be made that are absolutely guiltless of any connection with the juice of the grape. It is not to be wondered at that these wines are injurious, not to say almost poison. The pure juice of the grape, without the addition of spirit or sugar, is a wholesome beverage; it stimulates the nervous system, it promotes the flow of nervous energy, it brightens

the intellectual faculties, and even assists digestion. But wine that is a chemical combination is naturally a liquid to be avoided as one would a pestilence.

128. The juice of the grape in a properly fermented state is entirely void of injurious products, more especially in the shape of 'fusel oil.' It is only when wine is fortified, as it usually is, with potato spirit and sugar (added to arrest fermentation), that it becomes injurious. To me as a dietitian, wine is of vast service ; in fact, I do not know what I should possibly do without it, and naturally I have taken a vast amount of trouble to get wines suitable for my purposes, that is, to try and procure wines that are imported free from fictitious aids to flavour and alcoholic strength. For instance, in dieting for the reduction of obesity, where it is essential by dietetic means to reduce the weight from 12 to 16 lb. a month, with at the same time improvement in health and condition, it is necessary, in dealing with those who are accustomed to take stimulants, that the particular stimulant allowed should be free from sugar, and in the shape of what is known as *dry* and *natural* wines, and undoubtedly these wines are the finest flavoured and the most wholesome of all. The same applies in the dietetic treatment of gout ; in this case *dry wines*, that is, wines free from sugar, are essential.

129. Of late years the taste for what are known as dry wines has enormously increased. It may be asked, What is a dry wine, usually called a 'brut' wine? A 'brut' wine is a wine free from sugar, and here, perhaps, it may interest many wine-drinkers to know what a 'brut' champagne really means. The term must be now familiar to wine-drinkers. It means that the juice of the grape that furnishes the wine known as champagne is allowed to run through its fermentation. If from the first it is found to contain sufficient alcohol for the purpose from the grape, it is left to make a wine that will improve as age goes on. In years when from cold and other causes the grape does not suffi-

ciently mature, after the fermentation has run to a certain extent, sugar is added to create a second fermentation and more alcoholic strength, and when this has run through the wine is, after racking and the different processes that such wine undergoes, bottled and temporarily corked, the bottles being placed head downwards in racks and moved daily. In this position a sediment deposits at the neck of the bottle, on the cork, which in due course is removed by a dexterous twist of the hand before the wine is finally corked, being blown out by the wine in the bottle. This is afterwards filled up by a certain amount of syrup liqueur. The bottle is then finally corked. The amount of this added liqueur depends upon the country it is exported to. In the case of England, 2 or 3 per cent. of liqueur is added, in the case of Russia a very great deal more, and so on. Where it is necessary to produce a 'brut' champagne, instead of adding a syrup liqueur a small quantity of a similar wine is added to fill up the bottle, which is then finally corked. This is known as a 'brut' wine,* and undoubtedly as a wine, when the taste is acquired for it, which it soon is, for all purposes such a wine is best. Indeed, it is best under any circumstances.

130. In nothing has fashion or taste changed so much of recent years as in wine. Our grandfathers drank heavy and strong wines in the shape of port, madeira, and sherry, but for some reason or other, possibly owing to the mischief done by excess in those days, which has left to us an inheritance in the shape of gout, the taste for heavy and strong wines seems to have passed away. The three-bottle men of years ago are quite obsolete, and one may truly say that wine is now drunk more as an aid to health, and as an adjunct to the appreciation of the more delicate cuisine of these sybarite days, than as an intoxicant. So in food, the roast beef and plum pudding of old England are now con-

* 'Brut' champagne, absolutely free from cane-sugar, may be had from the firm mentioned on p. 74.

sidered as fit for one day in the year only—Christmas Day—and we go in for dinners of numerous courses in which plain joints are conspicuous by their absence, each course having its own particular wine to enhance its charm.

For instance, among the luxurious classes in the *recherché* dinners now in vogue, it is usual to have some dry sherry or sauterne after the first course—soup;* and a choice Rhine wine or moselle, such as Berncasteler Doctor Auslese, or Rosenberg, with or after fish; and with the *entrée* or joint, or with both, a glass of chambertin; but there is one wine, viz., champagne, which seems to go well with the dinner after the first two or three courses are over. This latter wine may be continued throughout, even until the ice or dessert appears upon the table, and the invariable cigarette takes the place of wine, and mates with the cup of coffee that then should appear.

131. There are a certain number of people who drink wine simply as an excitant, but there are others who drink it because they believe, and rightly, that it makes life more bearable, that it assists digestion, and even that it lengthens existence. For many years now, for my dietetic demands, I have found it necessary to take a personal interest in the matter of wines, more especially as it is absolutely essential, in dieting for such conditions as gout, obesity, and dyspepsia, that I should have wines to meet my requirements, and I may truly say that within the last fifteen or twenty years I have tasted and analyzed many hundreds of different kinds, and after taking a very great amount of trouble, I have been able to have procured by the Dry Wine Company, 56, Pall Mall, London, S.W., a very large variety of natural wines of different countries and brands, such as sherries, burgundies, hocks, moselles, champagnes, ports, etc. I believe that there are very few people in England who have tasted all the different kinds of what are now known as ‘natural

* The present fashion of taking what are known as *hors d'œuvres* before the soup is a great mistake; it is beginning a dinner at the wrong end.

wines'—that is, pure wines without the addition of spirit or sugar. The national taste, until within recent years, has been for strong and sweet wines, matured, perhaps, by age, as in the case of port; but I question whether, even in these days, many people know or have tasted a 'natural port'—that is, a port in which there is no sugar. This class of wine may now be had, and a very nice wine it is, and a wine that would be suitable for gouty people to whom ordinary port is undoubtedly poison. My own opinion as a dietitian is, that natural wines are the wholesomest of all, and in this opinion I am borne out by such eminent authorities as Pavy and Thudichum, and, in fact, by hosts of others.

132. Natural wine rarely contains more than 26 per cent. (by volume) of proof spirit, and therefore a wine of alcoholic strength of 36 or 40 per cent., such as port and sherry, must have supplementary spirit added to it. Fortified wines, such as port, sherry, madeira, etc., usually contain 36 to 40 per cent. of proof spirit. This is added to arrest fermentation after it has advanced to a certain extent; and these wines, on account of their increased alcoholic strength, will keep under exposure to air, where the unfortified ones would not.

What I would here point out is the fact that the spirit for supplementing the alcoholic strength of wine is, as a rule, fabricated at Hamburg from rotten potatoes, and is known as potato spirit, and is imported to France, Spain, and other countries for this purpose, and it is this fact that makes cheap wines so very heady and injurious to drinkers. I would therefore strongly urge those who drink wines, if they are to drink them at all, to endeavour by every means in their power to get some wine that is guaranteed not to be fortified in any such way. At the risk of being blamed, which, of course, is a matter of absolute indifference to me, I must say that there is one firm in London, as I have said before, which has endeavoured in every way to meet my

requirements, as far as the procuring of these wines is concerned, and that I have tasted and tested two or three hundred wines of every description furnished by them. There are doubtless hundreds of other firms who supply the requirements of their customers with wines of exceptional purity, and, indeed, the names of many of them are of world-wide reputation; but of course with me it is essential that I should know exactly what wines are furnished for my requirements, which, as a dietitian, are naturally very extensive.

133. It would be absurd to suppose that any ordinary individual can be a judge of every particular class of wine, as the taste for high-class wines, like the taste for high-class cookery or high-class music, must be acquired; but I have for years pointed out that people should take the trouble to learn what particular kind of wine suits them best. This they certainly do not do. For instance, a gouty person will go on year after year drinking sweet wines when he should be drinking a Rhine wine or moselle, and another subject to constipation will go on drinking clarets or ports, which contain a large amount of tannin, thereby adding to the trouble already existing. Gouty, fat, and bilious persons will often drink wines which are totally unsuited for them, not from the fact that they have any special taste for that particular wine, but that they are ignorant in the matter of what particular wines or stimulants are most suitable. Not that there are not plenty of wines suitable for the gouty and obese, but it is that victims of these ailments will not take the trouble to find what these are and where they can be obtained, any more than they will the food they should take to keep them in health. Again, more from ignorance than from love of wine, very many people indulge in more than their requirements or their particular constitutions can assimilate, with the result that gastric irritation and other troubles are set up which eventually lead to persistent indigestion, malnutrition, and general ill-health.

134. Of course it would be out of place to expect the ordinary human being to be a physician or to understand the laws that govern and regulate health. This is the province of the expert, or perhaps, as more commonly known, the 'specialist,' and those who are wise and who find that their health does not seem to be all it should be should naturally consult the expert, and of experts in this way or that one may truly say there are thousands. It is only a matter as to which 'expert' the person should choose, having regard to the particular ailment from which he suffers.

The first expert—save the mark!—he generally tries is himself—the worst of all—and after swallowing drugs and quack medicines, and making his ailment worse, or even incurable, he goes to the physician to undo his own evil work. A sensible man does not try to cut his own clothes or repair his own watch, but the same man thinks himself quite competent to act as his own physician, and fritters away his life as if, like the proverbial cat, he had eight more to spare.

135. Thousands of people suffer from persistent ill-health from errors in diet and in drink; indeed, it frequently comes under the observation of the physician that people suffering from bronchial troubles, from persistent sore throat (often due to excess of uric acid in the blood), headache, malaise, and other conditions that make life unbearable, owe them to the food they eat and the liquid or wine they drink, and when these two factors are adapted to their particular requirements and constitutional needs, robust health is again obtained.

With regard to excess in stimulant, of course everyone is familiar with the evils that arise from this failing. One that comes more particularly under the observation of the physician is the fact that excess in alcohol prevents the elimination of waste from the system by depressing the nervous influence, and therefore it is retained in the form of

gout, obesity, rheumatism, eczema, and numerous other conditions that mean a retention of effete products in the system, or products that should be consumed in the operations of life.

136. Excess in stimulant, more especially in the form of spirit, undoubtedly tends to deteriorate tissue, and by so doing leads, when middle age is drawing to its close, to changes in the kidneys, in the liver, and, indeed, in all the organs (the healthy working of which is absolutely essential to continued health), and to their early decay. It does not matter whether it is excess in eating or excess in drinking, but, undoubtedly, excess of any kind means the wearing out of the different organs that have to get rid of it, and the old proverb that says that he 'who lives in wine dies in water' is perfectly true. It simply expresses the fact that excess in wine eventually leads to disease of the kidneys, that finally terminates in Bright's disease, dropsy, and death; and the proverb might just as well have added that he 'who eats too much dies of suffocation,' for in this case it simply means that he or she becomes corpulent, and by thus overloading the heart with fat, weakens its structure, and eventually dies from the oppression that such a condition entails, or from some congestive disease due to want of tone, a state always present in the obese.

137. I have repeatedly pointed out that a moderate use of stimulants does not in any way shorten life, but an immoderate use of stimulants undoubtedly does. The ordinary person, who is not overfat or gouty, may drink three half-pints of beer daily, or the same amount of any light hock or moselle, or about half a pint of port or natural sherry, or two or three glasses of whisky or brandy, without harm. Anything beyond this amount is injurious, more especially if it means wine or spirit that is not pure, or that contains fusel-oil.

138. It may be asked, Is alcohol in its different forms in any way a necessity to life? My answer is, It is not; and

an individual may go through life without ever touching it, and absolutely enjoy the most perfect health as far as that is concerned. It is no more necessary to a man than it is to a horse—it is only a matter of habit; and therefore one may truly say that the man who abstains from alcohol in all forms is the healthiest man. Unfortunately, such people are the exception; and as wine tends in moderation to exhilarate and to add to good-fellowship, a person who does not indulge in a little occasionally is an anomaly, and one may go further and say that in many cases he is a wet blanket.

It seems to be a necessity of our existence that every banquet and every dinner and every social function should not only have good eating, but, if one may so express it, good drinking. Imagine a *recherché* dinner at the Princes' Restaurant, with its epicurean and sybarite cuisine furnished under the auspices of the world-renowned Benoist and Fourault, the restaurateurs — the Soyers of these latter days—washed down with tea, water, or ginger ale! Why, the imagination pales at the thought.

139. The fact that alcohol in its different forms varies in its ultimate effects according to the particular idiosyncrasy and potation of the individual has been well shown by Hogarth, who in his Beer Lane depicts the ale-drinker coarse, fat, and bloated, and in Gin Alley the thin and emaciated wreck, who has ruined health by that spirit. In 'Marriage à la Mode' the portrait of the wine-drinker is exemplified in the gouty old squire, whose comfortable appearance, full cheeks, smooth skin, and rounded, well-cared-for look betoken excess at this Bacchanalian spring. This is the individual who leaves to his progeny—often all he does leave—a legacy of gout and obesity from which they will long suffer. He represents the three-bottle men of a hundred years ago, who are happily now extinct. Hogarth very aptly displays the mental characteristics of those who indulge to excess in alcohol in its different forms,

and, indeed, these characteristics are as truthful now as they were in his days. The spirit-drinker, as a rule, is furious when he takes it to excess, the wine-drinker is gay and blithesome, whatever the after-results may be, and the beer-drinker is stupid and coarse and heavy. Indeed, it is not too much to say of the latter what some philosopher or other said, viz., that the man who drinks beer thinks beer.

140. After all, in regard to alcohol as an adjunct to health, it simply comes to this, that the individual himself is no judge of the quantity or of the character of the stimulant that he indulges in. He may be right or he may be wrong, but if under any circumstances the health is not what it should be, he would do well to see whether what he is drinking may not be the cause of it. Not that the stimulant itself may necessarily be injurious in the particular case, but that the character of the particular stimulant he is taking may be so. For instance, it is well known that French red wines interfere more with the digestion than white German wines, and in this respect the Sicilian wine marsala is still worse. The most wholesome wines of all for ordinary use are undoubtedly hocks and moselles and natural sherry. A dry Solera, Manzanilla, or Val de Penas* is a wine fit for the gods, and should be free from sugar and added spirit. These seem to suit almost any person. They suit the gouty, they suit the obese, and they suit those affected with the ordinary forms of indigestion.

Of course, there are constitutions that are benefited more by other kinds of wine. In the debilitated stage of acute disease port seems to be the most valuable of fermented liquors, and where a rapid stimulant is required, and one that at the same time aids digestion, champagne furnishes the best. It would be impossible to enter into the merits and demerits of all the different well-known wines, but those

* This is an excellent cheap sherry; the El Rivas is a pure natural wine.

best known in England are the hocks, clarets, ports, sherries, and champagnes. Champagnes, unless of special brands, are as a rule too sweet for any but the robust and the active. Dry wines and champagnes may be procured that are suitable even for the gouty and obese; indeed, other wines in the form of sherries and dry ports may also be obtained; but these are imported more to please fastidious palates, and those who cannot drink other classes of wine. Most people naturally drink wine regardless of its after-effects, but there are, unfortunately for themselves, those who require to consider and choose what wine they should drink, and, happily for such people, such wines are now within their reach.

141. Few people seem to know or to understand that spirits distilled from the grape or from sugar are the purest of all, as they contain no fusel-oil. The danger is with spirits distilled from grain, and I take this opportunity of pointing this out. Brandy in France is, or should be, distilled from the grape, and hence it is of all spirits the best and the purest. Rum distilled from cane-sugar is equally free from injurious products, and it is a pity that the place of these two should be now taken up by grain spirit such as whisky and gin, that really require great age or care in their distillation to eliminate the 'fusel oil,' so injurious to the votary of these excitants.

Having gone thus far into the merits of alcohol, one can only say that there is no reason why people who are unfortunate enough to be overburdened with fat or gout should not take stimulant in moderation, for, as previously pointed out, alcohol itself is not a fattening or gout-producing element, but it is a matter of great importance as to the form in which alcohol is taken. The most harmless way in the case of the obese or the gouty is in the form of light wines, strong sweet wines being absolute poison to them. The wines most suitable are those made from the grapes grown on the Rhine and the Moselle. In these districts, in those who drink these

wines, gout and obesity are exceedingly rare. When pure, such wines contain no sugar or any deleterious ingredient, and their alcoholic strength renders them harmless.

142. The hurtful wines for people constitutionally disposed to stoutness are those which contain sugar, either by arrest of fermentation or by the addition of sugar, and these are, as a rule, the products of hot countries. In France, Germany, or Hungary, etc., where a cooler climate prevails, fermentation occurs with less rapidity, and is allowed to proceed till it comes to a spontaneous termination.

'Here, then, the transformation of saccharine matter is permitted to go on until it is quite or nearly lost, and in consequence there is produced a drier or less fruity wine, and one which takes less time to mature.' Wines of this class develop a stronger bouquet and a more acid flavour, and they are admitted to be in every way more suited for stout people of sedentary habit. The wines of the Rhine and the Moselle are noted for the aroma they possess, and the greater amount of acid they contain, and their freedom from sugar. The same applies to some of the wines of the South of France, known as clarets and burgundies. But clarets and burgundies contain tannin, and the cheaper sorts even sugar, and are so doctored up for the English market as to be utterly unsuited for any but the absolutely healthy, unless they are of selected brands.

143. I have tried and tested a large number of wines for the use of sufferers from ailments of malnutrition, such as the gouty, the dyspeptic, the overfat, the bilious and others; and for this purpose, as previously mentioned, the firm I indicate supply my wants. Of course, the epicure who requires not only purity in the wine he drinks, but also bouquet and flavour, may naturally obtain this by paying a higher price for older brands of theirs.

Common Rhine and Moselle wines are apt to turn sour, and this kind of wine ought to be avoided. Such wines, as previously explained, are the result of a want of ripening

of the grapes, being the product of cold summers. High-class firms do not sell them.

144. I am firmly of opinion that more injury is done to the digestive organs and liver by the *cheap* mixed poisonous wines sold to meet the keen competition of the day than people are inclined to believe. People will have cheap wines, forgetting that the ill-health in the way of gout and biliousness that they induce make them the dearest in the end. Connoisseurs can, of course, tell whether a wine is pure or not, and they do not drink inferior wine. But most of the people who take these beverages know little about their merits, and therefore go in for something cheap, which is generally a mixture of three or four different wines, branded with a high-sounding name, or with the name of some known locality, the wines from which fetch high prices.

145. The wine-drinker, if he is subject to obesity or gout, dyspepsia, and many other ailments, places his health and comfort in the hands of his wine-merchant.

Therefore how important it is that he should know whom he can trust !

Sparkling wines are not, *as a rule*, suitable for corpulent people, but of late years a number of brands of champagnes have been imported on account of the great demands for absolutely dry wines of this class. Indeed, many people do not consider life worth living if they are debarred champagne, and to meet this requirement the wines of some firms have been brought to such perfection that they can be drunk with impunity, and even benefit, by corpulent and gouty people, without in the one case adding weight, or in the other inducing gout.

In champagnes, the Vin Exquis of Leon Dalmarez et Cie., or the Cabinet Royale or the Cuvée de Luxe of André Leroux et Cie., of Reims, are absolutely free from sugar, and may be had from the wine company that I have mentioned once or twice before.

146. A pint a day of either of these wines, taken at lunch

and dinner, would be about the quantity that might be drunk with impunity and without injury, or even a little more; indeed, they would be absolutely beneficial in the victim of chronic gout, whose organs require a little stimulating, much in the same way that rusty machines require oil.

147. Until recently no sparkling wines of any kind were suitable for fat or gouty people, all being loaded for the English market with added sugar, but of late, largely prompted by my dietetic requirements, two or three firms supply absolutely dry champagnes and natural sheries that contain *no sugar at all*.* As some people of sybaritic tastes do not consider life worth living without champagne, they may be glad to know that a perfectly 'brut' champagne is now procurable as mentioned.

With regard to alcohol in its more concentrated forms, there are naturally numerous brands of whiskies and brandies and other spirits, several of which are excellent in their way; and, as a whisky, I know of none to surpass the very old and matured Scotch whisky called the 'Vich Alpine brand.' It is guaranteed to me as being ten years old, and I have no reason to suppose this is not the case. It is kept for my dietetic requirements by the firm already mentioned, as is also, for those who prefer an Irish whisky, the 'Balcora' brand. My own opinion is that Irish whiskies are the best, and for many reasons.

The cognacs of Baptiste Texas et Cie. are also excellent, and may be said to have the character of the old French brandies of years ago. An old liqueur brandy of 1842 can be procured from the Dry Wine Company that will satisfy the most fastidious connoisseur, as an after-dinner digestive, in those who think they require one.

* Dr. Thudichum says: 'Of all alcoholic beverages *natural wine* is the most healthful'; and Dr. Pavy, in his work 'Food and Dietetics,' says: 'A *pure and dry* sherry may be said to constitute one of the most wholesome liquids for general use of the fermented class.' For much information on this subject, see 'Health and Condition,' by the author: Sampson Low, Marston and Co., London.

148. Those who prefer spirits to wine may take this stimulant in the form of well-matured whisky or brandy. There is no more injurious spirit than *new* whisky; indeed, it is an established fact that whisky should be kept from eight to ten years before it is fit to drink. It takes this length of time to get rid of the fusel oil. All spirit made from grain contains the product known as fusel oil, but spirits made from grapes, such as genuine brandy, are free from it, so that really the most suitable and the least injurious of all spirits is good French brandy. I have of late years tested and tried a large amount of different spirits, and I have found good French brandy the best of all, more especially if a good price is paid for it, and it has been taken in proper moderation. The present craze for raw new Scotch whisky is a mystery to me. And what else can 'public-house' spirit be? It is rank poison. I am told that Irish whisky is coming into favour again. So much the better for the whisky-drinker. I hope to see the day when pure, cheap, light moselles and Rhine wines may be had on draft at restaurants, instead of the vile, poisonous clarets and spirits now sold at all these places.

WATER, MINERAL APERIENT WATERS, AND AERATED DRINKS, ETC.

149. A supply of water in one shape or another is one of the essential conditions of life. It is as important as food, and is required for various purposes in the performance of the operations of life. It forms the liquid element of the secretions, and thereby the medium for dissolving the digested food, and enabling it to pass into the system and the effete products to pass out in solution. In certain parts of the system water plays a most important part, as it dissolves out of the blood waste products that would other-

wise be most harmful. For instance, in the gouty a large quantity of fluid is absolutely essential, as uric acid is a most insoluble salt, and its retention in the system leads to a great amount of pain, trouble, and discomfort. It has always struck me as a curious anomaly that gouty people are not taught to drink a larger amount of harmless fluid than people not troubled with this ailment. Many sufferers from gout and obesity seem to believe that it is not desirable for them to take fluids at meals, and as far as possible at other times. Many suffer a great amount of misery due to their ignorance in this respect, as exactly the reverse is the case, and the more harmless fluid taken by the gouty, the better. Pure water is desirable either hot or cold, but best of all is some good antacid spring water such as I have mentioned elsewhere.

150. The quantity of water required for drinking purposes is found to bear a relation to climate and to the weight of the individual, being nearly half an ounce for every pound, or one and a half gills for every stone weight. Thus, a man weighing 150 lb. (ordinarily a man of 5 feet 7 inches) would require three pints and three-quarters; of this about one-third is taken *in the food*, the remainder, two and a half pints, being required as drink.

151. Where concentrated food consisting of nitrogenous articles of diet, *i.e.*, animal food, is taken for the purpose of reducing fat, the work of eliminating it is mostly done by the kidneys. Such being the case, it is necessary to take more fluid. It is best that this should be taken at least twice a day, hot; and the time of taking it and the quantity to be taken must entirely depend upon the circumstances of each particular case. In the obese gouty the amount of fluid taken should depend upon the amount of uric acid in the system as determined by an analysis of the secretion of the kidneys. This should be examined from time to time. In either case no fixed rule is possible. In such cases the best form of fluid is an effervescing water, and the one that I find to

answer admirably for this purpose is sparkling Cambrunnen, a natural spring water bottled a few miles from Homburg. This table-water contains a small amount of potash, lithia, and other salts that possess the power of dissolving uric acid, and thereby assisting the kidneys in carrying it off.

Uric acid requires 200,000 times its weight in water to dissolve it, but in the case of the antacid water mentioned a very much smaller quantity suffices.

Beverages containing sugar, such as lemonade, ginger-beer, ginger-ale, etc., should not be touched by the gouty or the overfat.

152. The pleasantest and safest waters to drink are the *natural* aerated waters, of which there are so many, the one previously mentioned being in my opinion the best. All, of course, are absolutely free from germs of all kinds, and therefore there is no danger of cholera or typhoid through drinking them. In fact, a person who wishes to be safe from these diseases should only drink the natural sparkling waters, or otherwise thoroughly boiled water; but boiled water is very insipid. The table-water mentioned can be procured from the Cambrunnen Water Company, 56, Pall Mall, London, S.W. This water being pure and strongly antacid, and really most delicious in flavour, and absolutely perfect in every way, will become a great favourite. I advise my patients now to drink no other. It is very pleasant either alone or mixed with wine or spirit. Indeed, it tends to correct the injurious effects of the latter.

153. Gout is one of the commonest complications of corpulency, and those of gouty and rheumatic constitution require a slightly modified system of treatment. More fluid is necessary to flush the kidneys and wash away the effete products in a dissolved state. Mild alkaline aperients and hot-air baths are useful adjuncts in eliminating gout poison.

Those of gouty and rheumatic constitution whom I have had under my care when these ailments have been complicated with corpulency derive the greatest benefit from the

change in diet. The improved tone and energy imparted into such people by the loss of twenty to thirty or more pounds in weight stimulates them to take exercise, and the general health improves in every way. The elasticity of youth seems to come again.

Gout, like obesity, as has been pointed out in the chapter devoted to this ailment, is entirely a disease of improper food and want of adequate exercise. The permanent cure of either diseased condition is entirely a matter of diet, and not of drugs. Among the more intelligent this is now becoming recognised.

TEA: ITS USE.

154. Tea is not food, and should not be taken as such. Tea taken three or four hours after dinner is valuable, for this is the time that corresponds with the completion of digestion, when, the food having been conveyed away from the stomach, nothing remains but the acid juices employed in digestion. These acid juices create an uneasy sensation in the stomach, and a call is made for something to relieve this uneasiness. Tea fulfils this object better than stimulants; more than this, it satisfies some unknown want in the system. This refers to the moderate use and enjoyment of tea, but there is a large class who drink an enormous quantity of this beverage, to the undoubted impairment of their health.

155. Those who take it to excess are found principally among the poor. They become pale and bloodless, much given to faintness, nervousness, and depression of spirits, and suffer excessively from flatulence and loss of appetite. This is no doubt partly due to poisons used to colour and adulterate it. One form of indigestion caused by tea deserves special notice, as it is commonly observed by medical men: the appetite is unimpaired, and no particularly unpleasant

sensations are felt after meals ; but almost as soon as food is taken it seems to pass out of the stomach into the bowels, causing flatulent, colicky pains, speedily followed by diarrhœa. Hence, there is a constant craving for food, and a feeling of sinking and prostration.

156. In moderate quantity, tea exerts a very decidedly stimulant and restorative action on the nervous system, which is aided by the warmth of the infusion, and is particularly useful in over-fatigued conditions of the system, and under these circumstances it is infinitely preferable to alcoholic drinks. Lord Wolseley considers it is the best drink for exhausted soldiers after a long march.

157. The harmful effects of tea depend a great deal on the way it is made. If it is allowed to infuse too long, the tannin and other injurious ingredients of even the best tea are drawn out, and the infusion becomes bitter and astringent, and unpleasant to the taste. To make tea properly, the teapot should be warmed, and the water poured over the tea immediately it boils. Five teaspoonfuls of pure Ceylon tea should be put to each quart of boiling water, and it should draw for six minutes. Ceylon tea takes a minute or two longer to infuse than Chinese. Professional tea-tasters are very particular to use only water which is freshly boiled.

158. In China tea is sometimes infused in a teacup, and sometimes in the cup from which it is drunk. In Japan the tea-leaves are ground to powder, and, after infusion in a teacup, the mixture is beaten up until it becomes frothy, and then the whole is swallowed. The Chinese drink their tea in a pure state ; the Russians take it with lemon-juice ; and the Germans often flavour it with rum, cinnamon, or vanilla. In England we know it is customary to add cream, milk, or sugar, but for corpulent people the Russian mode would be the best.

159. Ceylon tea is now justly taking a high place in public favour. There is no doubt it is more wholesome and more

delicately flavoured than any other, and as it contains more theine and less tannin than Indian and Chinese teas is more healthy. It does not injure the most delicate stomach, or disagree with those whose digestive powers are weak. When its virtues become fully known it will take the place of all other teas. It is a difficult matter to get pure Ceylon tea; most of those sold with high-sounding names as Ceylon tea are simply mixtures and blends in which common China tea predominates, and the names of the estates they are supposed to come from exist only in the imagination of the tea-dealer. One or two owners of Ceylon plantations do import their teas direct to the consumer; in this case it is a guarantee of their purity, and under these circumstances they can be bought much cheaper than where they have passed through the hands of the importer, the broker, and the tea-dealer.

160. Those who would like to have Ceylon tea in its pure and natural state can get it from the Agra Ceylon Tea Association (the retail establishment is at 2, The Crescent, Putney, London), who import their teas direct from the estates in Ceylon of the late Mr. H. R. Farquharson, and it is handed to the consumer pure and unmixed as it leaves the factories. Independently of its good quality and freedom from tannin, Ceylon tea is machine-made, and is not, like Chinese tea, handled and pressed in dirty and squalid huts, and by the hands and feet of the unwashed Mongolian.

COFFEE: ITS USE.

161. 'Coffee,' says Dr. Pavy, 'is said to have been in use in Abyssinia from time immemorial, and in Persia from A.D. 875. It was used in Constantinople about the middle of the sixteenth century, and, in spite of the violent opposition of the priests, in 1554 two coffee-houses were opened in

that city. It was introduced into Europe in the seventeenth century. It was drunk in Venice soon after 1615, and brought into England and France about forty years after.' Like tea, coffee produces an invigorating and stimulant effect, without being followed by any depression, and fully justifies the estimation in which it is held. It increases the action of the pulse, and is more heating than tea, while at the same time it arouses the mental faculties and so disposes to wakefulness. To make the infusion properly, 2 oz. of freshly-ground coffee should be used to each pint of boiling water.

162. Coffee is especially useful to those who suffer from redundancy of fat, as it has the power of relieving the sensation of hunger and fatigue, and may be used two or three times a day as a beverage. It has all the advantages of a stimulant without the ill-effects following alcohol in its various forms. It exerts a marked sustaining influence under fatigue and privation, and sustains the strength where a restricted diet is necessary, and this enables arduous exertion to be better borne under the existence of abstinence or a deficiency of food.

163. Dietetically it is a pity that coffee is going out of use so much in favour of cocoa, for cocoa is a beverage that really agrees with but few people, and there are only one or two well-known brands that can be recommended in any case. The ordinary cocoas and mixtures that are boomed and advertised largely should be avoided, and it is a matter of wonder to me that someone does not take up coffee and advertise this far more pleasant beverage in the same manner as has been done for cocoa. I have nothing further to say about cocoa, excepting to recommend people not to drink it. It is a very undesirable beverage to many, and has not the stimulating properties that make coffee so valuable. With regard to coffee, the difficulty seems to be in the making of it. Properly made, it is a most delicious beverage, but improperly made, it is simply an abominable compound.

Any appliance that passes *boiling* water through finely-ground coffee, and filters it, makes the beverage perfect. There are plenty of such.

BISCUITS, SOUPS, PRESERVED MEATS, ETC.

164. The science of dietetics has become an important part in the treatment of conditions due to malassimilation of food, and to meet the requirements of the dietitian a large number of firms are only too anxious to assist in every way in carrying out their requirements. Biscuits of all kinds, as circumstances demand, free from starch and sugar, peptonized or predigestive, are made for my purposes by Blatchley, the Dietetic Depot, 167, Oxford Street, London, W. Of course, in treating obesity a most essential point is that the biscuits should be not only non-fattening, but nourishing and strengthening. In treating excessive leanness, on the other hand, it is essential that the starch should be boiled previous to baking. The Pepsine Cracknels are made on these lines, and are assimilated by the system.

The biscuits made for my purposes by Blatchleys (a very old firm) are made as I desire. They comprise Gluten Biscuits (C) for the obese, Royal Biscuits (free from all fattening ingredients), Pepsine Cracknels (a digestive biscuit), and very many others.

165. Preserved fruits, free from sugar (which is essential in treating obesity and gout), such as stoneless cherries, plums, gooseberries, raspberries, etc., may be procured from Blatchley. Liquid saccharin is also supplied for sweetening stewed fruits and extra nourishing clear soups.

Fluid beef in a very portable form, but of a highly nutritive and stimulating nature, can be procured from the same firm. This fluid beef is done up in little bottles or tubes, each containing sufficient to make a cup of delicious beef tea. It is very useful, as it may be mixed with either hot or cold

water, and therefore taken at times when it is impossible to get other beef tea.

166. In the treatment of obesity it is necessary that any biscuits containing starch or sugar should be rigidly excluded from the dietary during the time reduction of fat is taking place on the system advocated in this work. For this reason it is imperative that the gluten or bran biscuits made by Blatchleys of 167, Oxford Street, London, be used.

167. The manufacture of dietetic articles for the use of the corpulent, the diabetic, and the dyspeptic at the above-named address has attained world-wide celebrity, and Blatchley, at my suggestion, has now added to his stock a biscuit made entirely of the finest bran and Liebig's extract of meat. This biscuit is highly digestive, nutritious, and strengthening, and, being free from starch and sugar, will be most useful to corpulent and gouty people. The bran, by its mechanical irritation during its passage through the alimentary canal, tends to act as a slight aperient; therefore these biscuits will be very serviceable to those in whom constipation is a troublesome affection. One or two taken before going to bed will, undoubtedly, tend to keep up a proper action of the bowels, and by their stimulating effect act as a wholesome and powerful tonic to the nervous system. They will keep good for some time.

168. The biscuits prepared by Blatchley at my suggestion, for use in corpulency, constipation, indigestion, etc., are known as A, B, C and D. The A biscuits are made of gluten and bran and extract of meat. The B biscuits contain gluten and bran and almond flour, and are sweetened with saccharin. The C biscuits are made of gluten and bran only, and the D contain gluten, bran, and a large proportion of almond flour, and are rather softer than the others.

PART IV.

EXERCISE.

169. IN the treatment of corpulency and gout exercise is of extreme importance, these two conditions being absolutely the result of *improper food* and *insufficient exercise*. Indeed, robust health is impossible if exercise be not taken. The forms in which this may be indulged in are manifold, and should be adapted to circumstances.

Where the weight is extreme, great care should be taken with regard to violent exercise, or sudden increase of the daily amount of exercise. The overstout person, as a rule, especially after middle age and upwards, becomes very disinclined to exert him or her self, and still it is absolutely impossible that proper health can be enjoyed without proper exercise. If it is not taken, the whole system loses tone. The heart and muscles become flabby. As the circulation of the blood is essential to perfect health, it is absolutely necessary that the muscular tissue of the heart should be in good condition for this purpose. Systematic exercise strengthens the muscles of the heart, and when fat has been lost by dieting, daily exercise should be increased, so that condition may be improved and the oxidizing power of the blood increased. By this means the waste of the system is burnt off.

170. In the obese exercise should be regulated according to age, weight, and other circumstances. It would be absurd

to expect a person of 20 st. to take the same amount-as one only 3 or 4 st. above normal weight, and all this requires careful consideration when dieting for reduction.

The most dangerous form of corpulency, or perhaps, to be more correct, the most dangerous sequel of corpulency, is that in which the muscular structure of the heart is invaded by fat. In such cases there is extreme breathlessness on exertion, and much danger where the heart is called upon to do a larger amount of work in a little time, such as often occurs in hurrying to catch a train, or where excitement comes in.*

The nutrition of the muscles is improved by exercise. The blood which they contain is increased, and in consequence of this increased afflux of blood and the more rapid disintegration going on in the muscles, they become harder and larger, and better able to bear fatigue.

171. Massage is an excellent way of taking exercise when it can be self-used, not only in the case of flabby fat people, who cannot take sufficient walking or riding exercise, but in every case where exercise is beneficial, and where is it not? Massage assists in oxidizing waste, and gives tone to the nervous and muscular tissues, and is a valuable adjunct in the treatment of obesity under this system of scientific dieting.

172. Though exercise, unless it is taken to the extent of extreme fatigue, does not reduce weight, it improves condition and assists in oxidizing waste. The present passion

* How often one hears of middle-aged people dying suddenly from heart failure in this way! A wealthy person lives for nine months of the year on the fat of the land, gets very stout, and then, when the shooting season comes on, begins work early and ends late. He does day after day more walking than during other parts of the year he has done in a month, and the weak, tremulous heart, overloaded with fat, goes labouring on until, on jumping a fence or some extra exertion, he suddenly falls. The overworked and overburdened heart makes a few efforts to recover itself, fails, and all is over. When will such people learn that before this season they should *diet* and take gentle exercise, gradually increasing it daily until proper reduction in weight and sound condition is obtained?

for bicycling has undoubtedly been the means of improving the health of hundreds of thousands of people. It calls into play most of the muscles of the body. It is exhilarating, and by the rapidity of movement through the air causes a larger amount of oxygen to be inhaled. The circulation being quickened, waste is burnt off and health in every respect is improved. Bicycling is a most healthy exercise at any age if a proper saddle is used. Much harm, as the medical papers constantly show, is done by the use of an improper saddle, but fortunately there is one now that is perfectly safe. It is a bifurcated saddle, and the pressure of the body is carried on the ischial bones as it should be. It is called the 'Pattison Hygienic' saddle. No other should be used. It is both safe and comfortable, and of course can be procured anywhere. The *Lancet* speaks very highly of it.

173. One of the commonest ailments of stout people is rheumatism; indeed, it is a rare thing to find a person who carries more than the normal amount of fat who is not rheumatic, and this is a matter easy of explanation. As a rule, it depends upon an exceedingly acid state of the blood that obtains in such people, and from the fact that the ordinary diet is not adapted to their requirements, the waste that remains in the system being apt to be converted into uric acid or fat, owing to their inability to keep the skin acting and the blood circulating freely by proper exercise. A reduction of weight is invariably beneficial in such cases, but it may be very advantageously combined with dry rubbing, massage, and exercise. Massage, by rapidly circulating the blood and bringing it to the surface, where it is exposed to the oxygen of the air, is undoubtedly very beneficial.

174. I have long seen the want of some simple means of obtaining the benefits of massage, and for substituting the necessity of daily walking, bicycling or riding exercise in those who are precluded from taking these most necessary

adjuncts to robust health, either through want of time or the exigencies of our uncertain climate ; but this difficulty is solved.*

175. There is now a very good substitute in the 'massage rubber,' 'Crutchloe's Patent,' a novel and unique appliance, which consists of a series of india-rubber serrated teeth arranged in a succession of waves and attached to a steel plate which is fixed in a small polished ebony frame, the whole thing being portable, convenient, and very handy to use.

The action of this what may be termed 'serrated brush' or 'massage rubber,' when used (and it can be used either personally or by an attendant), is to raise and depress the tissues as it passes over them in such a manner as to stimulate the circulation of the blood, and thereby increase its power of oxidizing fat.

For this reason the dry rubber will be an adjunct in reducing obesity. It should be used regularly *before* the bath for a quarter of an hour or longer on getting up in the morning, and before retiring at night, and its invigorating effect, and the exercise its use provides, will undoubtedly conduce to robust health and improved condition. It can be procured from Blatchleys, 167, Oxford Street, London, W.

176. Though exercise is so important an adjunct in reducing excess of fat, the following extract from a letter of a patient who is deformed—the result of spinal disease—will show that loss of fat may take place under this system without it: 'From the 14th to yesterday, the 21st, I lost in weight a trifle over 2 lb., making in all a total in six weeks of 19½ lb., seeing that through my affliction I am not able to take as much exercise as an ordinary man. I never felt better in health in all my life. I append my six weeks' loss in weight.

* Grooming is simply massage applied to the horse, and we all know how a well-groomed horse looks, with his sleek, polished skin and high condition of health.

					lb.
1st week's loss in weight	5
2nd	''	''	4
3rd	''	''	3
4th	''	''	3
5th	''	''	2½
6th	''	''	2
					<hr/>
					19½

177. In dieting, either by personal visit or correspondence it is essential that large variety in the way of soup, fish, meat, vegetables, fruit, and other things, should be allowed. These should be apportioned in quantity one with the other, according to the age, height, weight, and physical idiosyncrasies of the individual. It is desirable in all cases that, for the first month to two months, or even longer, according to the degree of obesity, the rules should be rigid, so that the loss of fat may be rapid and considerable; then a second similar period in which a greater variety of food is allowed, and in which the loss should be two-thirds what it was in the first period, and so on.

The following quotation from a letter illustrates an enormous loss in abdominal girth. In no other way could such a result be obtained: 'When I commenced, my abdominal measure was 50 inches, and now it is 33 inches. I was 16 st. 7 lb. when I came under your care. I am now 12 st. 1 lb.'

178. It is a curious fact that when anyone is dieting to lose weight, officious and ignorant people warn them to be careful, etc., as if surplus fat was a desirable thing. One often wonders why such people do not say to everyone who is not fat, 'Why don't you get fat? It is dangerous not to be fat,' etc. Alas! it is quixotic to attempt to cope with ignorance and prejudice.

179. When any living part is called into frequent and regular exercise, it is observed to become gradually more

and more susceptible of action—to increase in size within certain limits, determined by the constitution, and thereby to gain strength, as indicated by an increased power of enduring fatigue and a greater capacity of withstanding the influences of the common causes of disease, to which previously it would have almost immediately succumbed.

The explanation of this, as proved by experiment, is that exercise causes an increased action in the nerves and blood-vessels of the part, by which its vitality is augmented and a greater supply of blood and nervous stimulus is sent to it to sustain and repair the greater waste that is taking place, and also to supply additional substance to fit it for the unusual demands made on it. The results of this process are visibly exemplified in men whose habits or profession lead them to constant muscular exertion—in sportsmen, in blacksmiths, dancers, porters, etc., for instance; and if it is less manifest in *other parts* of the body *beyond where the muscles are in view*, it is only from other tissues admitting of less expansion and showing their increased power in a different way.

180. Unless exercise in its ordinary sense be taken, neither respiration nor circulation can fully accomplish the purposes they are intended to serve. Life subsists through a series of motions, and all these should be maintained by regular and adequate exercise; by so doing the food necessary to sustain the system is taken up, and all that is not required is excreted by the different organs that act independently of the will, so that the balance is evenly kept, and none is unnecessarily stored as fat. One of the greatest evils of obesity is that it prevents people taking proper exercise, and therefore prevents the enjoyment of robust health.

When normal weight is attained, naturally both the desire and the ability to take exercise are increased. It may be asked what are the best forms of exercise? To those who are able to indulge in the luxury, horse-riding is the best of exercises, as it brings into play a very large number

of the muscles of the body, and stimulates the liver and other organs; but there are many persons to whom horse exercise is debarred for obvious reasons. Brisk walking is also a very good form of exercise, and the same applies to bicycling. I frequently advise people to take to bicycle-riding because the peculiarly fascinating and exhilarating effect of it often induces them to take exercise where they would otherwise neglect it.

181. I have seen most highly beneficial results from the system of physical culture as taught by Mr. Sandow. By his system *every muscle* of the body is exercised in a proportionate manner, as it should be, and this of course is not done in rowing, cycling, nor even in horse exercise. Under this system the whole of the muscular system is developed, the muscles becoming firm throughout. Sandow's school of physical culture is in St. James's Street, but the ability to exercise under the supervision of Mr. Sandow is more or less confined to those who reside in London, whereas exercise of some sort is a thing that must be followed everywhere. Even in the very fat exercise can be taken after a little while with enjoyment if the diet is first regulated. The following quotations from the letters of a lady will, perhaps, serve to more plainly emphasize this fact. She writes:

'I am able to walk better, and am feeling very well indeed, and have not had a single headache this last fortnight, though I have done a lot of railway travelling and hard work; it is wonderful that mere diet will do so much! Mere diet indeed? *Mere diet* kills a good many. A Japanese proverb says, 'All diseases enter by the mouth.'

PART V.

THE DIETETICS OF OBESITY AND GOUT.

182. AILMENTS due to errors in diet, and under this head may be more particularly placed obesity and gout, are only curable by modifications in the dietary suitable to each particular state. If an obese person is to go on taking foods that tend to increase fatty tissue, it is certain that, as age creeps on, the tendency to this abnormal condition will increase. The same applies to gout with even greater force, for if foods and liquids that create in the system uric acid are continued, the system after a time becomes so impregnated with the poison as to seriously influence health, and a type of gout ensues that develops as persistent gouty dyspepsia, gouty pharyngitis, gouty bronchial catarrh, gouty eczema, and other ailments due to excess of uric acid in the blood. These eventually lead to serious changes in the different tissues, more particularly in the tissue of the kidneys, with the result that life is not only a period of suffering, but is considerably shortened. These considerations far outweigh what pleasure there may be in constant indulgence at the table. Indeed, I have found in an experience extending over thirty years among the luxurious classes, and over thousands of cases, that in most of these the victims suffer more from ignorance than from the desire to indulge in sybaritic tastes. Naturally, such cases as these are very easy to manage, and as soon as such individuals are put in the right way, their troubles vanish. There are,

however, a number who possess the characteristics of the glutton, and to these the indulgences of the table offer a greater inducement, and compensate for a large amount of suffering. In either case the great secret is to break the old habit of taking unsuitable food, and this can be usually done—in the one case, when the system has been reduced to normal dimensions, and in the other, when the formation of uric acid (gout poison) in excess has ceased. When this happy consummation is arrived at, with the exception of a few specific modifications, giving no trouble, old habits of living may be resumed.

183. Perhaps a few articles of diet may have to be slightly curtailed, but nothing more. Many seem to think they must diet all their lives, but this is not so. Where drugs or quack medicines are used for this purpose it is different, as in this case, if the health is not destroyed by the process, the weight is quickly put on again, or gouty poison is soon reaccumulated. So sooner or later in this latter case the health is effectually ruined by, in the one case, the unwieldy proportions the individual attains, or in the other by the chronic state of gout that results.

Scientific dieting is absolutely safe at any age. I have known a person of sixty years of age lose 7 st. in weight with benefit in every way. Indeed, I have known the same benefit to obtain in people over seventy, but in no case should there be any starving. The amount of food taken at the different meals must be sufficient to satisfy the dictates of hunger, but no more.

184. Anyone unfortunate enough to require to live by rule, or whose corpulency or gout is a bar to enjoyment and robust health, had better place his requirements before some physician who is used to the treatment of this condition, and who treats it on scientific principles; but few medical men make dietetics their study, and find it more satisfactory in cases of obesity to appeal to those who do.

As a matter of course, correspondence reaches me on dietetic matters from all parts of the world, and I have

found it necessary before advising a system of diet by correspondence to send the patient a form embodying, among others, the following questions: Age, height, weight, girth round the chest, neck and abdomen. Whether subject to constipation, indigestion, palpitation of the heart, giddiness, gout or rheumatism, colds, bronchitis, gravel or rheumatic fever. Whether able to take exercise. Present diet—breakfast, dinner, tea, supper; amount of stimulants taken, state of tongue, hours of rising and retiring, amount of exercise taken daily, and fondness for sweets and pastry, and sleeping during day. Family history as to obesity or gout. Occupation in life. These are the more important facts to be considered in relation to the treatment of each individual case. This makes it easy to advise at any distance; and as medicine does not enter into the matter at all, there is no difficulty in formulating a dietary suitable to the individual case.

185. In dieting for obesity it is most important that the loss of fat the first two months should be continuous and rapid, and that the amount of food should be regulated to be exactly sufficient for the wants of the system, and *no more*. To show how much more we eat from habit than from necessity, I find people who consult me or write to me often say that at first they feel hungry after the amount of food I allow them; but in a few days this feeling passes off, and the amount quite satisfies. This is but a proof of the truth of the aphorism that, 'Man lives by what he digests, not by what he eats.' As the increase of strength is so perceptible almost from the first day of dieting, no further proof is requisite to show that there is no starving in this system of reducing corpulency, unless a person unwisely attempts to diet him or her self, and then naturally does not properly apportion or choose the correct food. Further than this, there is the possibility of a person, unknown to himself, being the victim of such a disease as 'Bright's,' in which case *self-dieting* would be absolutely fatal. It is an easy matter to reduce a fat person to

reasonable and comfortable dimensions in from two to three months, or longer if the obesity is excessive, without hardship, and with the most absolute safety and success; indeed, my experience has been that, from the first day the sufferer from surplus weight begins treatment, the feeling of elasticity and robust health is so perceptible that nothing would induce him or her to refrain from perseverance in carrying it out in its entirety. Indeed, many people tell me they would not object to go all their lives on the dietary I formulated for them; but this is absolutely unnecessary, as a very luxurious choice is open to them on a dietary that *does not fatten* when normal weight is attained.

186. It may interest many readers to see how rapid the loss of weight may be when the diet is properly adjusted, if I quote from a patient's letter written a year or more after treatment. He writes: 'You may remember that I consulted you as to what I should do to overcome the excessive stoutness which I was rapidly developing, having myself tried in so many ways to bring about the desired result, but always unsuccessfully. I am really now not only stronger, but more active, and better able to endure fatigue. My first visit to you was on March 15, and my weight was 16 st. 12 lb.; chest measurement, 42½ inches; abdominal, 44½ inches. The following are the dates of my further visits to you, with my weights and measurements :

Date.	Weight.		Chest. inches.	Abdomen. inches.
	st.	lb.		
March 29	16 4	42 43
April 5	15 11	42¼ 42
„ 12	15 10	41¼ 41½
„ 19	15 5½	41 40
„ 26	15 2½	41 39½
May 3	14 12½	40 39
„ 11	14 8	— —
„ 18	14 4½	38¾ 38
„ 27	14 1¾	— —
June 3	13 12	39 38
„ 17	13 9	38½ 37
„ 30	13 6	38½ 37

'Now I am satisfied that any time, if I fancy my weight is increasing, I have it in my power, without annoyance and inconvenience, to maintain an average weight or reduce it as I please.'

187. The following is the case of an American gentleman, residing at New York, whom I treated entirely by correspondence, and who sent me this table that he had drawn out, thinking that it might be of interest to others:

Date. 1896.		Weight. lb.	Neck. inches.	Chest. inches.	Abdomen. inches.
June	6	215	16	45½	48
"	13	208½	16	45½	48
"	20	204	16	43	46
"	27	202	16	43	46
July	4	198½	15½	40	43
"	11	195	15½	40	43
"	18	192½	15½	40	43
"	25	190	15	39	43
Aug.	1	188	15	39	43
"	8	185	15	39	43
"	15	182	15	38½	42
"	22	180	15	38½	42
"	29	176	15	38½	42
Sept.	5	174	15	38½	42
"	12	172	15	38½	42
"	19	169½	15	38	42
"	26	167	15	38	42
"	30	165	15	38	42
Total loss ...		50	1	7½	6

With regard to treating gout by diet or by correspondence, it has naturally been my lot to advise a great number of gouty patients, and in this case the result is always satisfactory where rules are carried out.

188. In the case of the dietitian, personal consultations are not always possible, so that one is called upon frequently to advise in conjunction with a medical attendant, by personal consultation, or by letter, and the result of this I have

always found exceedingly satisfactory. It goes without saying that it is only in diet that one can advise patients without seeing them, and the profession of the dietitian is entirely a distinct one from that of the ordinary medical attendant. It will be a very fortunate thing for the public when this matter is admitted by the ruling powers in the medical world; but the fact remains that the most important factor in the treatment of disease is almost, if not entirely, ignored, and this has to be faced.

189. In concluding this section, it is now plain to any one that, as an improper diet is the cause of corpulency or gout, and for the matter of that many other ailments—such as indigestion, excessive leanness, biliousness, anæmia, and other ailments of malnutrition—so a proper diet is its cure.

ARTICLES OF DIET SUITABLE FOR THE FAT AND THE GOUTY.

190. In the dietetic treatment of obesity or gout, or other diseases of malnutrition, as already explained, certain articles of diet must be cut out of the daily food where they are unsuitable, as in the case of those suffering from either the one or the other condition specified; but when all this is done, there is still sufficient choice left to satisfy the gourmand and the epicure. Indeed, the articles of diet debarred need not interfere with what may be called the refinements of the cuisine at all, and to emphasize and prove this fact the following lists of meats, fish, vegetables, fruits, etc., are quite sufficient. As will be observed, each month is taken in rotation.

191. Of course, as previously pointed out, when the system is overcharged with gout poison, or when the weight is excessive, a totally different kind of dietary must be carried

out for a time; and when normal weight is attained in the one case, or the system has ceased to form uric acid, and the general health and condition become perfected, in the other—after this, in either case, any of the foods given in the following lists will be perfectly suitable.

JANUARY.

192. MEAT.—The lean of beef, mutton, doe-venison.

GAME AND POULTRY.—Hares, rabbits, pheasants, partridges, woodcocks, snipes, fowls, chickens, capons, pullets, grouse, wild fowls, turkeys, tame pigeons.

FISH.—Turbot, soles, flounders, plaice, skate, whittings, cod, haddocks, herrings, oysters, lobsters, crabs, prawns, tench, perch, mussels.

VEGETABLES.—Cabbages, broccoli, savoys, endive, sprouts, Scotch kale, sea-kale, spinach, lettuces, celery, cardoons, salsify, turnips, Jerusalem artichokes, garlic, shallots, mustard and cress, cucumbers, mushrooms.

FRUITS.—Apples, medlars, currants, grapes, walnuts, nuts, filberts, oranges, lemons.

ESPECIALLY IN SEASON IN JANUARY.—Haddocks, whittings, tench, skate, hares, rabbits.

FEBRUARY.

193. MEAT.—Beef, mutton, venison.

GAME AND POULTRY.—Hares, rabbits, pheasants, partridges, woodcocks, snipes, pigeons, turkeys, fowls, pullets, capons, chickens, turkey-poults.

FISH.—Flounders, brill, plaice, skate, soles, turbot, cod-fish, whittings, sturgeon, haddocks, oysters, mussels, cockles, crabs, crayfish, prawns, shrimps, barbels, perch, pike, tench.

VEGETABLES.—Broccoli, cabbages, Brussels sprouts, savoys, celery, cardoons, lettuces, endive, spinach, sorrel, forced French beans, turnips, and all small salads; tarragon, scorzonera, cucumbers, mushrooms.

FRUITS.—Apples, grapes, oranges, pomeloes, shaddocks, almonds, nuts, chestnuts, walnuts, figs, currants, filberts.

ESPECIALLY IN SEASON IN FEBRUARY.—Skate, dace, turkey-poults.

MARCH.

194. MEAT.—Beef, mutton, doe-venison.

GAME AND POULTRY.—Fowls, chickens, turkeys, pigeons, rabbits, guinea-fowls, woodcocks, snipe.

FISH.—Turbot, whittings, soles, plaice, flounders, skate, oysters, lobsters, crabs, prawns, cod, crayfish, mackerel, mussels, trout.

VEGETABLES.—Savoys, cabbages, sprouts, spinach, lettuces, turnips, radishes, Jerusalem artichokes, parsley and other garden herbs, Scotch kale, broccoli, scorzonera, salsify, sea-kale, chives, celery, cress, mustard, sorrel, horse-radish, rhubarb, shallots, cucumbers.

FRUITS.—Apples, oranges, forced strawberries.

ESPECIALLY IN SEASON IN MARCH.—Mackerel, mullet, skate, whittings, prawns.

APRIL.

195. MEAT.—Beef, mutton, grass-lamb.

GAME AND POULTRY.—Pullets, chickens, leverets, fowls, pigeons, wood-pigeons, rabbits, turkey-poults.

FISH.—Brill, cockles, cod, crabs, dory, flounders, halibut, ling, lobsters, mullet, mackerel, mussels, perch, oysters, pike, plaice, prawns, shrimps, skate, sturgeon, soles, whittings, turbot, trout.

VEGETABLES.—Asparagus, beans, fennel, endive, broccoli, cucumbers, chervil, lettuces, parsley, rhubarb, turnips, sorrel, sea-kale, radishes, spinach, turnip-tops, small salad, parsnips.

FRUITS.—Apples, oranges, early strawberries, walnuts.

ESPECIALLY IN SEASON IN APRIL.—Prawns, crabs, lobsters, grass-lamb, asparagus, cucumbers.

MAY.

196. MEAT.—Beef, mutton, grass-lamb, calf's liver.

GAME AND POULTRY.—Fowls, pigeons, pullets, chickens, wood-pigeons, leverets, rabbits.

FISH.—Cod, crabs, brill, flounders, lobsters, mackerel, perch, prawns, plaice, pike, shrimps, whittings, crayfish, gurnet, dory, haddocks, soles, halibut, turbot, trout.

VEGETABLES.—Cabbage, asparagus, kidney-beans, chervil, turnips, spinach, sorrel, sea-kale, lettuces, rhubarb, corn salad, cucumbers, cauliflowers, radishes, artichokes, salads generally.

FRUITS.—Apples, cherries, currants, strawberries, gooseberries.

ESPECIALLY IN SEASON IN MAY.—Prawns, crabs, lobsters.

JUNE.

197. MEAT.—Beef, mutton, grass-lamb, buck-venison, calf's liver.

GAME AND POULTRY.—Fowls, chickens, pullets, turkey-poults, pigeons, leverets, plovers, rabbits.

FISH.—Turbot, soles, mackerel, carp, pike, crabs, tench, prawns, lobsters, shrimps, mullet, haddocks, trout.

VEGETABLES.—Cauliflowers, spinach, beans, asparagus, artichokes, turnips, lettuces, cucumbers, radishes, cresses, all kinds of salad, sorrel, horse-radish, rhubarb, vegetable-marrows.

FRUITS.—Gooseberries, currants, cherries, strawberries, apricots, peaches, apples, nectarines, grapes, pine-apples.

ESPECIALLY IN SEASON IN JUNE.—Skate, prawns, lobsters, crabs, grass-lamb, vegetable-marrows.

JULY.

198. MEAT.—Beef, mutton, grass-lamb, buck-venison, veal.

GAME AND POULTRY.—Fowls, chickens, pullets, turkey-poults, tame rabbits, wild rabbits, leverets, plovers, wheat-ears, wild chickens, pigeons, wood-pigeons.

FISH.—Dace, dory, cod, carp, brill, barbel, crabs, crayfish, flounders, haddocks, ling, mackerel, lobsters, mullet, thornback, plaice, pike, soles, tench, gurnet, perch, dabs, prawns, whittings, trout.

VEGETABLES.—Kidney, Windsor, and scarlet runners, asparagus, artichokes, celery, endive, chervil, lettuces, mushrooms, salsify, spinach, sorrel, radishes, turnips, salad, peas.

FRUITS.—Apples, oranges, pine-apples, currants, cherries, damsons, gooseberries, strawberries, raspberries, plums, peaches, nectarines.

AUGUST.

199. MEAT.—Beef, mutton, grass-lamb, venison, veal.

GAME AND POULTRY.—Grouse, pullets, fowls, pigeons, turkey-poults, moor-game, chickens, plovers, turkeys, wild pigeons, rabbits, wheatears, leverets.

FISH.—Turbot, whittings, dace, dabs, tench, thornback, flounders, perch, haddocks, herrings, lobsters, crabs, pike, plaice, barbel, oysters, prawns, gurnet, brill, cod, crayfish, mullet, mackerel, soles, trout.

VEGETABLES.—French, kidney, Windsor, and scarlet beans, artichokes, lettuces, cauliflowers, cucumbers, salsify, radishes, salad, mushrooms, shallots, turnips, spinach, leeks, endive, peas.

FRUITS.—Apples, plums, peaches, greengages, damsons, cherries, currants, raspberries, gooseberries, nectarines, filberts.

ESPECIALLY IN SEASON IN AUGUST.—Turbot, mackerel, pike, perch, prawns, dace, crabs, herrings, lobsters, grouse, greengages, filberts, figs.

SEPTEMBER.

200. MEAT.—Beef, veal, mutton, lamb, venison.

GAME AND POULTRY.—Fowls, pullets, chickens, wild duck, partridges, hares, pigeons, rabbits, turkey-poults.

FISH.—Cod, haddocks, flounders, plaice, soles, mullets, lobsters, oysters, prawns, carp, pike, perch, tench, herrings, brill, turbot, crabs, dace, trout.

VEGETABLES. — Cauliflowers, cabbages, turnips, peas, beans, artichokes, mushrooms, lettuces.

FRUITS.—Apples, plums, cherries, peaches, grapes, strawberries, pines, walnuts, filberts, hazel-nuts, quinces, medlars, currants, damsons.

ESPECIALLY IN SEASON IN SEPTEMBER. — Pike, perch, lobsters, dace, crabs, mussels, hares, moor-game, partridges, grouse.

OCTOBER.

201. MEAT.—Beef, veal, mutton, lamb, venison.

GAME AND POULTRY.—Turkeys, pullets, fowls, chickens, widgeons, larks, woodcocks, grouse, pheasants, pigeons, partridges, snipes, hares, rabbits.

FISH.—Oysters, lobsters, crabs, brill, gurnet, dory, smelts, halibut, gudgeon, barbel, perch, carp, tench, herrings, hake, pike, dace, trout.

VEGETABLES.—Turnips, cauliflowers, cabbages, beans, leeks, spinach, endive, celery, scorzonera, cardoon, parsley, salads, garlic, shallots.

FRUITS. — Plums, apples, peaches, medlars, walnuts, filberts, nuts, quinces, damsons, pine-apples.

ESPECIALLY IN SEASON IN OCTOBER.—Dace, pike, hake, dory, pheasants, partridges, widgeons, broccoli, truffles, grapes, medlars, tomatoes, hazel-nuts.

NOVEMBER.

202. MEAT.—Beef, mutton, venison.

GAME AND POULTRY. — Hares, rabbits, pheasants, partridges, fowls, pullets, turkeys, widgeons, snipe, woodcocks, larks, pigeons, grouse.

FISH.—Oysters, crabs, lobsters, dory, soles, smelt, gurnet, brill, carp, barbel, halibut, pike, tench, cockles, mussels, turbot, herrings, haddocks, skate, whittings, cod, dace.

VEGETABLES.—Turnips, leeks, shallots, Jerusalem artichokes, cabbages, broccoli, savoys, spinach, beet, cardoons, chervil, endive, lettuces, salsify, scorzonera, Scotch kale, celery, mushrooms, tarragon, parsley, salads.

FRUITS.—Apples, quinces, walnuts, filberts, nuts.

ESPECIALLY IN SEASON IN NOVEMBER.—Pike, tench, plaice, dory, grouse, hares, snipes, woodcocks, chestnuts.

DECEMBER.

203. MEAT.—Beef,* veal, mutton, doe-venison.

POULTRY AND GAME.—Hares, rabbits, pheasants, grouse, partridges, woodcocks, snipes, fowls, pullets, chickens, turkeys, widgeons, pea-fowls, larks, capons.

FISH.—Sturgeons, turbot, soles, skate, codfish, haddocks, smelts, dory, gurnet, herrings, sprats, oysters, mussels, cockles, lobsters, shell-fish, perch, carp, ling, dace.

VEGETABLES.—Cabbages, broccoli, savoys, Brussels sprouts, Scotch kale, sea-kale, spinach, endive, cardoons, lettuces, skirret, salsify, scorzonera, sorrel, turnips, Jerusalem artichokes, celery, shallots, mushrooms, parsley, horse-radish.

FRUITS.—Apples, medlars, figs, filberts, nuts, walnuts, currants.

ESPECIALLY IN SEASON IN DECEMBER.—Haddocks, dace, tench, cod, dory, ling, skate, turbot, capon, pea-fowl.

* Beef and heavy meats, such as duck, goose, and pork, are not suitable for fat or gouty people.

MENUS.

204. The menus of foods and dishes following comprise principally examples of those articles suitable in obesity and gout, but, as previously explained, are meant for those who find that they have a tendency to put on weight, or who have been brought to normal condition by a course of dieting under the expert, rather than for those suffering in a pronounced manner from the ailments under consideration. A *loss* of fat would not be attained on such a diet. To give a fully detailed list would be impossible in a book of this kind, and as so much depends upon the circumstances of the individual case, a specific list could only be given in relation to the particular idiosyncrasies and gravity of the case, whether it be gout or obesity, or any other condition due to malnutrition. Experience in treating so many thousands of cases by diet has taught me that diet can remedy this, and in a much shorter time than it takes to drift into these evils. Medicine, as I have repeatedly pointed out, cannot help, and it is not only useless, but, where purgatives or the more injurious remedies sold by quacks are resorted to, is absolutely disastrous.

Hundreds of cases have come under my observation where the health and digestive organs have been for ever ruined by taking a largely advertised quack medicine for reducing fat. A few obscure country papers are bribed to make mendacious statements on the authority of the quack. I am constantly asked by victims how these quacks are not prosecuted. I

can only reply that no law can protect the fool and the credulous.

Experience has taught me that foods that cannot be digested or assimilated when the system is below par, and the health indifferent, will be readily digested when the constitution has been braced up by food that nourishes it. It must always be remembered that it is not the amount of food eaten upon which robust health depends, but the amount assimilated and used by the system.

Cases often come under my observation of people who eat large quantities of starchy food which is not taken up by the system at all, and, as they take little of other food, they are really slowly starved in the midst of plenty. For instance, some time ago a lady who had previously been a great sufferer from ill-health for years wrote me a letter, a part of which I may perhaps with advantage give here. She says: 'I had been suffering for years from indigestion, and was able to eat nothing. Now I am glad to say that the regime you put me on has quite cured me. I am able to eat well of nourishing food, and my health and strength are better than they have been for eighteen years, and I am able to enjoy both work and exercise.' She also goes on to make some much stronger remarks on the subject, which I need not quote here, but they all go to prove the great influence that diet has in relation to health and condition. No one sees this more than I do.

SOUPS.

205. Numerous kinds of preserved soups are now made, and some of these are excellent, but they should be in bottles, not tins. Those made for my purposes by the celebrated firm of Maconochie Brothers are made by subjecting the sinews, tendons, bone, and muscle to great heat under pressure, and are unique in their strengthening qualities. They may be procured retail from Blatchley.

JULIENNE SOUP.

206. Take three carrots, three turnips, the white part of a heart of celery, three onions, and three leeks. Wash and dry the vegetables, and cut them into thin shreds, which should not be more than one inch in length. Place the shreds in a stewpan with two ounces of butter, and stir them over a slow fire until slightly browned. Pour over them three quarts of clear stock, and simmer gently for an hour, or until the vegetables are tender. Carefully remove the scum and grease, and half an hour before the soup is done enough, add two pinches of salt and two pinches of pepper. Julienne is seasonable for nine months of the year.

GAME SOUP.

207. Take any game too old for roasting—a couple of partridges or three moor-fowl; stew them well and slowly in about three parts of stock. When tender, take them out, cut off some of the best pieces, return the rest to the soup; add pepper, salt, and a little ketchup. Let this simmer gently while you prepare the pieces you have cut off. Take these pieces, trim them neatly, season well, shake a little flour over, and fry a nice brown, but don't let them be greasy. Strain the soup through a sieve, rubbing as much of the meat from the game through as you can; return the soup to the pan, put in the fried pieces of game; make it very hot, and serve.

RABBIT SOUP.

208. Skin and empty a fine rabbit, and lay the liver aside. Cut it into joints, and fry them lightly; put them in the stewpan with the liver and three pints of good stock made from bones; let them simmer as gently as possible for an hour, or until the rabbit is done enough, carefully removing the scum as it rises. Take out the rabbit, cut off the best of the meat, lay it in a covered dish, and put it in a cool place. Bruise the bones and put them back into the stock,

and with them two onions, a shallot, a carrot, a small bunch of parsley, a pinch of thyme, three or four sticks of celery, and a little salt and cayenne. Simmer the broth two hours longer. Take out the liver, rub it till smooth with the back of a wooden spoon, moisten with a little of the liquor, and return it to the soup. Just before sending to table, add half a glassful of claret and a teaspoonful of mushroom ketchup. Cut the pieces of meat into dice, let them get quite hot without boiling, and serve immediately. Time, three hours.

FISH.

MULLET, GRAY, BROILED.

209. Scale, clean, and take out the gills and inside. A fish of about two pounds would be best for this mode of cooking. Score the mullet on both sides, lay it on a dish, sprinkle with salt, and pour three tablespoonfuls of oil over it. Turn on the dish, drain, and when to be broiled fold in oiled paper; the fire should be moderate and even. The scores should not be more than a quarter of an inch deep.

OYSTERS, COLD.

210. Oysters are never so excellent as when they are eaten uncooked if only they are quite fresh and newly opened. Thin brown bread and butter is usually served with them, and either lemon-juice or vinegar and pepper; but the true lover of oysters prefers them with nothing but their own gravy.

LOBSTER, COLD.

211. Take off the large claws, and crack the shell lightly, without disfiguring the fish; split open the tail with a sharp knife, and dish the fish on a folded napkin, with the head in an upright position in the centre, and the tail and claws

arranged neatly round it; garnish with parsley, salt, cayenne, mustard. A little salad-oil and vinegar should be eaten with it.

LOBSTER SALAD.

212. In making lobster salad be careful that the lobster is sweet and fresh, and that the lettuces are crisp and dry. Unless the latter are perfectly free from moisture, the sauce, instead of blending properly, will be liable to float in oily particles on the top. Take the meat of one or two large lobsters, divide it into neat pieces, and season each piece slightly with pepper, salt, vinegar; place a bed of shred lettuce-hearts at the bottom of the dish, put a layer of lobster on top of it, mixed, if liked, with a few slices of cucumber, cover again with lettuce, and repeat until the materials are exhausted. Decorate the borders with any garnish that may suit the taste.

GRILLED TURBOT.

213. Get a turbot cutlet about an inch and a half thick; clean and wipe it thoroughly in a dry cloth, brush it lightly over with oil, and grill for ten minutes, turning it both sides. Serve nice and hot with a little pepper, salt and lemon-juice squeezed over it.

BOILED WHITING.

214. Whiting should be large for boiling, and with the skin taken off it is more delicate. Put it into boiling water, and simmer from twelve to eighteen minutes, according to the size; skim well. Drain, and serve on a neatly-folded napkin.

BOILED PLAICE.

215. Large plaice is best for boiling. Put it into plenty of hot water, with a tablespoonful of salt and a wineglassful of vinegar; boil up quickly, skim, and then simmer gently for twenty or twenty-five minutes.

SOLE AU VIN BLANC.

216. Put the sole, after it has been trimmed, into a fish-pan, and with it some slices of onion, a fagot of sweet herbs, a couple of cloves, some peppercorns and salt. Spread a little butter over the sole, and pour in enough French white wine to cover it. Let it boil for ten to twenty minutes, according to size of fish. Keep it covered while it is boiling. When it is done, remove the fish; keep it hot while making the sauce. Strain the liquor, return it to the pan, and add the yolks of one or two eggs, according to the quantity of liquor; only do not put too much egg; just enough to thicken the sauce is required. Put in a little chopped parsley, pour the sauce over the fish when thoroughly hot, and serve at once.*

GRILLED SOLE.

217. Take a sole after it is skinned, thoroughly dry it in a nice clean cloth. Brush it lightly over with oil. Have a gridiron hot, place it over a clear fire for ten minutes, turning it both sides.

GRILLED MACKEREL.

218. Get some nice *fresh* mackerel, clean and wipe them in a dry cloth. Cut them open down the back, sprinkle them with pepper and salt, and let them remain for two hours. Brush them lightly over with oil and place them on a hot gridiron, and grill them over a clear fire for ten minutes.

* Dr. Davy says: 'If we give our attention to classed people—classed as to the kind of food they principally subsist on—we shall find that the fish-eating class are especially strong, healthy, and prolific. In no other class than in that of fishers do we see larger families, handsomer women, or more robust and active men. As an article of nourishment, fish does not possess the satisfaction and stimulating properties that belong to the flesh of animals and birds. On account of its being less satisfying than meat, the appetite returns at shorter intervals, and a larger quantity is required to be consumed.'

GRILLED HALIBUT.

219. Have some nice halibut cutlets about an inch in thickness, clean and wipe them dry, sprinkle with salt, and let them remain three or four hours. Brush them lightly over with oil and place them on a hot gridiron, and grill for ten minutes or rather more. Serve nice and hot with lemon-juice squeezed over them.

COD CUTLETS, GRILLED.

220. Get some nice fresh cod cutlets about an inch and a quarter in thickness. Clean and wipe them perfectly dry, brush them lightly over with oil, place them on a hot gridiron, and grill for rather more than ten minutes, turning them on both sides. Sprinkle them with pepper and salt and squeeze a little lemon-juice over them before sending them to table.

MEATS.

GRAVY.

221. When meat is roasted, it exudes a thick brown essence known as osmazone; this in most houses is allowed to remain in the vessel or tin dish in which the meat or game has been cooked, and is then thrown away as of no use. The proper way to make gravy is to skim off the fat the meat has been basted with, and then pour either stock or boiling water on the osmazone, adding a little salt and stirring until it is all dissolved off the vessel or basting dish; by this means a strong meat-flavoured gravy is obtained that has the characteristics of the meat cooked. Those who prefer a flavoured gravy can add Worcester sauce. All fat should be carefully skimmed off before it is sent *in a tureen* to table. Where this process is not carried out, a little Bovril dissolved in boiling water is a substitute.

MUTTON CHOPS, GRILLED.

222. Take a few nice mutton chops, cut from the loin, trim them, and sprinkle them with pepper and salt. Have ready a hot gridiron, put the chops on it, and grill them over a clear fire or in a gas-stove for ten minutes.

CHICKEN, GRILLED.

223. The best parts of chicken for this purpose are the legs and wings, but any part will do. Score the flesh in several places, and rub in a mixture made of salt, cayenne pepper, mustard, and a very small quantity of butter. Grill over a clear fire or gas-stove for five or ten minutes and serve on a hot dish. Pheasant is also very good done this way.

GRILLED TURKEY.

224. The legs of a turkey are the best part for this purpose, but slices of the breast and other parts are also very good. Score the parts deeply with a sharp knife, and rub in a mixture of salt, cayenne pepper, a little lemon-juice, and a small quantity of butter. Grill over a clear fire for ten minutes. Serve very hot.

CALF'S SWEETBREADS, STEWED.

225. Put two sweetbreads into a stewpan with some nicely-flavoured stock, and let them simmer gently for three-quarters of an hour or more. Take them out, and place them on a hot dish. Draw the gravy from the fire for a minute or two, and add to it very gradually the yolk of an egg. Put this over a gentle fire until the sauce thickens, but do not allow it to boil. Pour over the sweetbreads. Just before serving, squeeze into it the juice of a lemon.

PERDRIX AU VIN.

226. Roast two partridges; put into a stewpan three tablespoonfuls of rich gravy, a glass of claret, salt, pepper,

the juice of a lemon, and a little cayenne. Cut up the birds, keeping them very hot. Make the sauce very hot over the fire, and pour over the partridges.

PHEASANT, BOILED.

227. Pick, draw, and singe the pheasant, and truss it firmly, as if for roasting; cover with buttered paper, wrap it in a floured cloth, plunge it into boiling water, and after it has once boiled up draw it to the side, and let it simmer as gently as possible until it is done enough. The more gently it is simmered the better it will look, and the tenderer it will be. Put it on a hot dish, pour a small quantity of sauce over it, and send the rest to table in a tureen. Time to boil: half an hour from the time of boiling for a small young bird; three-quarters of an hour for a larger one; one hour or more for an old one.

CHICKEN À LA MARENGO.

228. Cut a fine chicken into neat joints, season it with salt and cayenne, and fry it till done in about half a tumblerful of oil or clarified butter. When half cooked, add a clove of garlic, two shallots, and a fagot of sweet herbs. Drain the meat from the fat, and mix with the latter a teaspoonful of flour, and, very gradually, sufficient good stock to make the sauce of the consistence of thick cream. Stir it till it is thick and smooth. Put the chicken on a hot dish, strain the sauce over it, and serve. If liked, mushrooms or fried eggs may be taken to garnish the dish. Time, about twenty-five minutes to fry the chicken.

VEGETABLES.

229. In the cuisine of the overfat and the gouty, vegetables should form a very important item. Green vegetables are the best, and these should be fresh, and should be plainly cooked, or cooked in good stock, which very much improves

their flavour. All green vegetables are admissible, and, as a change occasionally, such vegetables as carrots, celery, artichokes, turnips, leeks, vegetable-marrow, tomatoes, mushrooms, artichokes, onions, sea-kale, green peas, etc. All vegetables should be thoroughly well cooked before being sent to table, and they should be well washed in strong salt and water before cooking to remove any animal impurities, and care should be taken that pure water is used for the purpose.

SACCHARIN AND SAXIN.

230. The discovery of the above substitutes for sugar is a great boon to those who suffer from corpulency and gout, and from the endless ailments that follow in the train of these two diseased conditions of the system, because the use of sugar in such cases is absolutely injurious. We are indebted to Dr. Fahlberg for this product, which is a perfect substitute for sugar. Saxin is a similar product of more recent date, and is, perhaps, even superior to saccharin. Tests and experiments of an exhaustive nature prove them to be perfectly harmless, and Dr. Pavy and others give the following as the result of their investigation :

(1) That saccharin is quite innocuous when taken in ordinary dietary.

(2) Saccharin does not interfere with or impede the digestive processes when taken in any ordinary quantity. The *Lancet* says its continued use is quite harmless.

This being so, sugar—one of the great dietetic articles so constantly used in food, and the greatest of all fattening substances—may be completely cast aside, as saccharin is a perfect substitute, and quite as convenient to use. It is sold in a soluble powder, in the form of a tabloid, containing half a grain, this being equal to about half an ounce of sugar, and as a liquid.

For stewed fruits, jellies, and all culinary purposes it will

be found that two tabloids are equal to quite one ounce of sugar. They are soluble in hot or cold water. One tabloid, or half a grain of the powder, is sufficient for a large cup of tea or coffee. The best-known makers are Messrs. Richardson, manufacturing chemists, Leicester, and Burroughs, Wellcome and Co., Snow Hill Buildings, London. Mr. Blatchley, of 167, Oxford Street, London, supplies liquid saccharin.

231. The recipes for jellies, beverages, etc., given in this book have been tried by the author, and he can speak of them as in every way equal to those containing sugar. If it is desirable to make a *firm* jelly, a little more isinglass or gelatine should be used than is given in the recipe. Sugar, as is well known, is the most fattening article in the daily dietary, and with some people the most bilious, so that it is equally a boon to those who are troubled with an inactive liver. Saxin has a great future before it, and should entirely take the place of sugar in the dietary of those disposed to corpulency. By its aid stewed fruits, tea, coffee, and other daily requisites, are made palatable.

FRUITS, JELLIES, AND CREAMS, SWEETENED WITH SACCHARIN.

LEMON CREAM.

232. Pare into a pint of water the peel of three large lemons; let it stand four or five hours; then take them out, and put to the water the juice of four lemons and two grains of saccharin, or four tabloids dissolved in a little boiling water. Beat the whites of six eggs, and mix it all together; strain it through a lawn sieve, set it over a slow fire, stir it one way until as thick as good cream, then take it off the fire, and stir until cold, and put it into a glass dish. Orange cream may be made in the same way, adding the yolks of three eggs.

LEMON CREAM WITHOUT CREAM.

233. Put a quart of new milk into a stewpan with the peel of three small lemons cut thin, four grains of saccharin or eight tabloids, three-quarters of an ounce of bitter almonds, blanched and pounded to a paste, and about two ounces of gelatine or isinglass. Boil the whole over a moderate fire for eight or nine minutes, until the gelatine or isinglass is thoroughly dissolved; then strain it through a fine sieve into a jug with a lip to it, stir in the yolks of seven well-beaten eggs, and pour the mixture from one jug to another until barely cold; then add the strained juice of three small lemons, stir it quickly together, and pour it into an oiled mould.

RASPBERRY CREAM WITHOUT CREAM.

234. Mix with a quarter of a pound of raspberries one grain of saccharin or two tabloids, and the whites of four eggs. All to be beaten together for one hour, and then put in lumps in a glass dish.

CALF'S-FOOT JELLY.

235. Cut two calf's feet in small pieces after they have been well cleaned and the hair taken off. Stew them very gently in two quarts of water till it is reduced to one quart. When cold, take off the fat and remove the jelly from the sediment. Put it into a saucepan with two grains of saccharin or four tabloids, a pint of white wine, a wineglass of brandy in it, the peel of four lemons finely chopped, the whites of four eggs well beaten, and their shells broken. Put the saucepan on the fire, but do not stir the jelly after it begins to warm. Let it boil a quarter of an hour after it rises to a head; then cover it close, and let it stand about half an hour; after which pour it through a jelly-bag, first dipping the bag in hot water to prevent waste, and squeezing it quite dry. Pour the jelly through and through until clear, then put it into a mould.

LEMON JELLY.

236. Soak one and a half ounces of gelatine in half a pint of water for half an hour. Put into a saucepan one pint and a half of water with the peel of one lemon and also the juice. Let it boil for a few minutes and then pour it on the gelatine; sweeten with three grains of saccharin, return it all to the saucepan, and stir quickly into it the white and shell of one egg well beaten. Let it gradually come to the boil, and boil for a minute; then stand it away from the fire for two minutes, skim well and strain through a jelly-bag until clear, and then add one wineglass of brandy. When nearly cold, pour into a jelly-mould to set.

CLARET JELLY.

237. Take one bottle of claret, the juice and rind of a lemon, one small pot of red-currant jelly, four tabloids of saccharin, one and a half ounces of isinglass, and one wine-glass of brandy. Boil all together for five minutes; strain into a mould and let it get cold; serve with cream sauce—recipe for which is as follows: Half a pint of cream, sweetened, and flavoured with vanilla and slightly whisked, should be poured round the jelly.

SAUCES.

TOMATO SAUCE.

238. Melt in a stewpan a dozen or two ripe tomatoes (which, before putting into the stewpan, cut in two, and squeeze the juice and the seeds out). Then put two shallots, one onion, a clove, a little thyme, a bay-leaf, a few leaves of mace, and when melted rub them through a tammy. Mix a few spoonfuls of good espagnole and a little salt and pepper with the purée. Boil it for twenty minutes, and serve.*

* From *Hearth and Home*, a most useful and entertaining weekly journal.

MINT SAUCE.

239. Wash and free from grit three tablespoonfuls of young green mint, chop exceedingly fine and put it into a sauce-tureen with a teacupful of vinegar, and sweeten according to taste with saccharin, which should be dissolved in a *little* hot water before being added to the vinegar. Mint sauce should be allowed to stand an hour or two before being used.

ITALIAN SAUCE.

240. Put the following ingredients into a stewpan: Two spoonfuls of chopped mushrooms, one of parsley, half a shallot, the same of bay-leaf; add pepper and salt to taste. Stew them gently with just enough espagnole sauce to moisten them, and thin to a proper consistency with good strong broth.

SPINACH SAUCE FOR BOILED FOWLS, ETC.

241. Wash the spinach in two or three waters, pick the leaves from the stalks, drain it, and stew it with as much water only as will keep it from burning. Squeeze the moisture from it, and beat it with a wooden spoon till smooth. Dissolve a slice of fresh butter in a saucepan, put in the spinach, and stir it till it is quite hot and dry. Add pepper and salt, and as much boiling milk as will make the same of the consistency of thick cream.

MUSHROOM SAUCE.

242. Button or flap mushrooms may be used for this sauce. They should be rinsed in cold water, drained, and dried in a soft cloth, and if flap ones cut into pieces. Simmer the mushrooms, without stalks, in half a pint of beef gravy; add a little mushroom ketchup and an ounce of butter. If liked, flavour with lemon-peel, and squeeze in some of the juice before serving.

APPLE SAUCE.

243. Pare, core, and slice four or five apples; place them in a saucepan with only just enough water to keep them

from burning. Let them simmer gently, stirring frequently, over a slow fire, until they are reduced to a pulp; turn them into a bowl and beat them well; sweeten with saccharin according to taste, and add the squeeze of a lemon and a small piece of butter.

GOOSEBERRY SAUCE.

244. Cut the tops and stalks from half a pint of green gooseberries; boil them until tender, press them through a sieve, and mix them with a little butter. Various seasonings may be used for this sauce, such as grated ginger or grated lemon-rind, grated nutmeg, a little saccharin, or cayenne pepper; a wineglassful of sorrel or spinach juice is a decided improvement.

SAUCE FOR MUTTON CHOPS.

245. Take three tablespoonfuls of gravy, two of Worcester sauce or ketchup, salt, pepper, and a teaspoonful of shallot vinegar; stir till hot; pour over the chops.

BEVERAGES.

246. As saccharin as a substitute for sugar will now be given in all beverages, the reader will please remember that as tastes differ so much in regard to sweetness, it is best not to overdo this process. It is an easy matter to add a little, but too much cannot be withdrawn. Generally speaking, one saccharin tabloid—this is about the size of a split-pea of the shops—is sufficient to sweeten a large cup of tea or coffee, or a tumbler of lemon-water: if this is remembered, there will be no difficulty in regulating the amount necessary in any given cup. Each of Burroughs, Wellcome, and Co.'s tabloids contains half a grain of pure saccharin, and one of these has the sweetening properties of half an ounce of sugar. They should in all cases be dissolved in boiling water, and this then put aside to cool before use. A more wholesome and pleasant drinking beverage for tennis than the following one cannot be made. There are no fattening or bile-making properties in it.

MOSELLE CUP.

247. Take four saccharin tabloids, and dissolve them in about a wineglassful of boiling water. Let these become cold. Then mix in a punch-bowl one bottle of Hintergarten and one bottle of soda-water. Slice in the whole of a lemon, a grating of nutmeg, and a sprig of borage. When the saccharin water has become sufficiently cool add it, and throw in half a pound of ice broken into small pieces.

When a large quantity is required, increase these ingredients in the same proportion.

BURENBURG CUP.

248. A more sparkling 'cup' may be made in this way, and though, of course, it is not entirely free from sugar, it is as harmless as it is possible to have any 'cup' that contains a sparkling wine.

Dissolve eight or ten saccharin tabloids in a wineglassful of boiling water. Take a bottle of sparkling burgundy, a bottle of Burenburg, a slice of cucumber, two bottles of soda-water, and mix. When cold, add the dissolved saccharin, and break in two or three pounds of lake-ice.

Refrigerators are now to be found in most well-appointed houses, but where they are not, one should be procured, and I can safely say that the small expense incurred would be amply repaid by the luxury in the hot weather of being able to have nice and cool beverages. There are so many in the market that it is hardly possible to recommend any particular kind, but most respectable ironmongers would know how to get one suitable for keeping cool claret and other 'cups.' In these days, too, ice can be procured almost anywhere, and if wrapped up in flannel can be kept for many hours, or even days.

Perhaps it would be in place to mention here that the proper way to break ice into lumps is to take a sharp instrument—say a darning-needle—and a small mallet. By using the needle as a chisel the ice can be broken into suitable pieces with perfect ease.

To keep a liquid cold, the vessel it is in should be wrapped round with a wet cloth. The evaporation of this brings the contents of the vessel almost to freezing-point. The cloth should be kept wet by adding water to it as it dries.

WINES FOR THE GOUTY.

249. While on the subject of the hygiene of certain wines, it is a curious fact, but one of undoubted interest to the gouty, that Rhine wines, as a result of their freedom from sugar, do not tend to induce the disease. It requires a combination of sugar and spirit, apparently, to produce gouty poison, for those who take large quantities of sugar and abstain from alcoholic beverages enjoy a great immunity from gout (though not from biliousness), whilst those who drink spirits that are free from sugar likewise rarely suffer from this malady. On the contrary, however, others who take liquors that contain the two properties combined, such as port and other sweet wines, are notably subject to gout. Sir Robert Christison, during thirty years' experience in the Royal Infirmary at Edinburgh, only met with two cases of gout, and both of these were in fat and over-fed English butlers. Russians, Poles, and Danes, though they drink large quantities of spirits, enjoy almost complete immunity from gout.

SPARKLING HOCK CUP.

250. A very nice 'cup' suitable for tennis-parties may be made in the following manner :

Take two bottles of Mosselkern, one bottle of dry sparkling moselle, two lemons cut into slices, four bottles of soda-water, and two pounds of ice. Sweeten with ten or twelve saccharin tabloids, previously dissolved in a little boiling water, and allowed to get cold.

It should be remembered that these beverages are quite as pleasant to the taste as those brewed where large quantities of sugar are used, and far more healthy to those fat

people who prefer drinks containing wine. In fact, made with *saccharin* instead of sugar, even ordinary people would find them less bilious and equally palatable. There are very few people indeed who in the summer do not take more sugar in some form or other than is good for them, and congested liver, gout, headache, indigestion, and furred tongue are the penalties they pay for it.

If anyone doubts this, let him drink a bottle of bad champagne, or sweet sherry, and await results. Cheap wines are poison!

HOCK CUP.

251. The wines of the Moselle have the peculiar flavour of the Muscat grape, and even sparkling hock may be procured of a very dry character. This is a *sine quâ non* where the wine is to be drunk by those who require a wine as free from sugar as it is possible to have a sparkling wine, for it must be remembered that a supplementary quantity of liqueur is added to sparkling wines to prevent their turning sour. This varies from one to three per cent.

To make a beverage flavoured with sparkling moselle, take two bottles of Zeltinger, one bottle of dry sparkling moselle, two bottles of iced soda-water, and the juice of one lemon. Having previously dissolved four saccharin tabloids in a wineglassful of boiling water, and allowed it to get cold, mix together in a bowl, and serve as cold as possible.

MOSSELKERN CUP.

252. A pleasant fruit-flavoured beverage may be made as follows:

Macerate half a pound of fresh greengages, peaches, or apricots, in a pint of gin; strain by pressing through muslin. To this add two bottles of Mosselkern and two bottles of soda-water, six saccharin tabloids, previously dissolved in a gill of boiling water, and four pounds of ice. This will make a pleasant beverage, and should be sufficient for eight or ten persons.

Another pleasant drink is a bottle of Liebfraumilch or Marcobrunner, a bottle of soda-water, and a slice of cucumber. Having previously dissolved two saccharin tabloids in boiling water, mix this with the above. Ice up and serve cooled, as previously instructed.

SCHAZBERG CUP.

253. The best way to utilize a bottle of Schazberg is the following :

Dissolve in some boiling water four saccharin tabloids, and slice into it a lemon. When sufficiently cool, add the wine and a bottle of soda-water. Shave in half a pound of ice and serve.*

TEA, LEMONADE, ETC.

254. It may seem a far cry from luscious beverages, manipulated with choice Rhine wines, to cold tea, lemonade, iced soda-water, and other more simple drinks affected by those who look upon alcohol in any form as a subtle poison. But as there are a large number of persons who are determined enough in the interest of health to eschew intoxicants of all kinds, it is only fair that their idiosyncrasies should be considered, and a few beverages constructed on these lines offered for their acceptance.

The ordinary teetotal beverages are all sweetened with sugar, and are therefore unsuitable for fat people. What I ask these descendants of Sir John Falstaff to understand is that in these days they need not be debarred from sweet beverages, though they are from sugar.

To begin with, there is not a more refreshing drink than tea, but the fat man should sweeten his tea on all occasions with a tabloid of saccharin instead of sugar, if he does not want to increase the burden that he has to carry about with him.

With regard to coffee, the same rules must be observed

* All these wines may be procured extra dry for the use of corpulent and gouty people from the Dry Wine Company, 56, Pall Mall, London.

by stout people, that is, that it should be sweetened with saccharin and flavoured with *cream*—not milk.

Some people find cold tea flavoured with lemon-juice a most refreshing beverage, and this may be sweetened with saccharin and iced in the same way as an ordinary 'claret cup.' Indeed, in Russia tea is usually drunk prepared in this way.

LEMONADE.

255. Every house should possess a gazogene apparatus, as with one of these machines an unlimited supply of aerated waters may always be kept ready for use, and the soda-water made by their aid is inexpensive, and as good, or nearly as good, as that bought in the shops at six times the price.

For using with soda-water, a cooling and pleasant-flavoured portable sweetening may be made in this way: Take twenty saccharin tabloids and dissolve them in a pint of boiling water, add to this one ounce of citric acid and two drachms of tincture of lemon-peel. When cool, bottle, and it is fit for use. One or two tablespoonfuls added to a tumbler of soda-water will pleasantly flavour it. This 'syrup' will keep a week or more.

Everything has been done to make this book as complete as possible as a guide to those troubled with the ailments that form its subject, and to teach them the necessity of being properly guided until they have come down to normal dimensions, and have received instructions in dietetics—as, of course, the science of dieting, like everything else, must be taught and learnt.

THE END.

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