

**On corpulence / by Watson Bradshaw.**

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ON  
CORPULENCE.

BY  
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*Author of the "Anatomy of Dyspepsia."*

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1864.



# Moore's Dietary system in Obesity

Breakfast early.

1 abernethy or Captain Biscuit. = 2 oz

1 egg. = 2 oz

2 cups of tea or coffee = 10 fl. oz

Dinner - 5 pm.

$\frac{1}{2}$  a biscuit.

2 oz: vegetables as Crucifer, or Asparagus, or  
Leguminosae the latter seldom -

7 oz meat

9 fl. oz of liquid - as Aerated waters -

Tea - 8 pm.

PRINTED BY GEO. CHALFONT,

8 oz Tea

99, GREAT TITCHFIELD STREET, OXFORD STREET, W.

$\frac{1}{2}$  oz Biscuit

Supper - 1 hour before bedtime

8 oz Gruel.

The total will = 16 oz solids & 33 fl. oz liq.

B. Cheese & butter very sparingly -  
comments

Exercise as an adjunct to the system

Sleep is immaterial -

avoid Bread & Malt liquor - only 2 potatoes

Alcoholic liq: injest system, Paralyzing absorb



so long as the individual bearing it, could move about and perform the part of a living animal ; but the great danger to be apprehended is, lest fat should show itself in internal organs or external parts, and materially interfere with nature's duties. It is true enough, that a man may increase with comparative impunity in that respect, from without, but if this condition of matters go on within, it assumes a different aspect—the system becomes so encumbered with fat, that the diaphragm cannot act with natural ease—and the heart may lose its power—then it resolves itself into a most momentous state of matters. No wonder that fat persons should lose their breath when they run or walk fast—no wonder that fat persons should so often, when their friends have considered them in perfect health, fall down dead suddenly, or be found corpses in their beds—yet this is a correct illustration of what really is the case.

Excess of fat is sometimes an hereditary peculiarity, like gout or consumption, and must be counteracted if possible—probably we may not be able to effect this object very easily—for I have observed that many fat persons are small consumers of food, and it is by reducing the quantity of the aliments, and varying the quality, that



we generally succeed in checking this disposition of the body—the truth is, that the evil lies with the digestive apparatus and other parts of the œconomy ; the elements of fat being extracted out of every article of diet and drink which such persons take. There is generally with very fat persons a lack of vital power, and the same remark applies to excessive accumulations of the fatty tissues, as to the increase of the muscular fibres through training ; if we could, *pari passu*, add a proportionate amount of the *vis vitæ* to every pound of fat and every ounce of fibre, it would be quite a different thing—we cannot do this. It is the vital power which we find so essential in enabling nature to resist diseased action—it is a large amount of this agency which is the secret of longævity. Life is a vital principle, carried out by certain means ; if the means subject to such influences cease to operate, the functions are arrested, and the animal dies.

The vital principle is best preserved by attending to all those rules, which tend to maintain the digestive apparatus in the best and most adequate working condition—reserving nervous energy, for all contingencies—the advent of those impressions which perturb the mind, and the arrival of those diseases which disturb the body.



Can we infer aught else, when the digestive organs have been tried to their utmost, when functional derangement even, has not prevented plethorically disposed persons from pursuing their habits of excess, but that enormous accumulations of fat should impede the active movements of the body? for we must accept it almost as an axiom, that when that amount of bodily activity, peculiar to certain decades of life, is wanting, some radical cause is in existence, and when that cause is the useless encumbrance of the osseous fabric with superfluous tissues, no doubt it is symptomatic of derangement, and this derangement lies with the organs of assimilation.

As digestive ailments of the worst kinds are continually brought under my notice, I am enabled to speak with a certain amount of emphasis on this point. The great object, I find, is, when the tissues are to be reduced, not to lower the vital power, and any measures which a fat person may take, ought to be well advised, before he rashly plans out his programme; or in nine cases out of ten he may rue his precipitancy—so much must depend upon the previous habits of the individual, as well as his temperament, vocation, and a host of circumstances besides.

No one could imagine, for example, that a man standing



six feet and weighing eighteen stone, who had led an intemperate life, perhaps having been a heavy beer drinker, and an inhabitant of a crowded city, would bear the same kind of summary reduction, <sup>as</sup> ~~which~~ another of the same height and weight, who had passed a life of temperance as regards drink, and had been all his life an inhabitant of the country.

X Animal food, no doubt, should be the prevailing feature  
 X as regards diet, when other conditions of system, indeed, do not contra-indicate it, but I am of opinion that more is to be done by diminishing the quantity of food than by any other method: this observation, I must remark, applies to cases of corpulence generally.

If persons would only follow this rule, they might soon reduce themselves to very respectable dimensions, and not only escape the obvious dangers of ultra measures, but at the same time bring themselves up to a good standard of health.

Carbon is necessary for the purposes of respiration, and with man, as an omnivorous biped, that element is not sufficiently supplied in animal food, and it would be unsafe to leave nature to supply it from the fatty tissues of the body exclusively.



I would offer these queries to all fat persons :—

Are you well ?

Do you sleep well ?

Do you feel drowsy after dinner ?

Can you walk fast, with comfort ?

Does your heart beat rapidly and forcibly when you ascend stairs ?

Does a little exertion tire you ?

Do you snore at nights ?

Can you stoop comfortably to put on your boots ?

Can you walk at the rate of four miles an hour for twenty minutes, with comfort ?

Can you perform all that is desirable for persons of your years ?

If corpulent or fat persons can answer these queries in the affirmative, then I say, observe no extraordinary self-denial, follow no fixed routine ; but moderate your appetite to the exigencies of your system, and do not tamper with that most precious of God's gifts—good health.

If you answer my queries, or some of them, in the negative, rest assured there is some grievance, which well-timed measures and restrictive dietetic policy will obviate.



I shall finish these observations, by a few allusions as to the ordinary and only safe means, which, I consider, ought to be left at the disposal of any patient, unassisted by a competent medical adviser—but at the same time, I am bound to observe, it is always best to consult a good authority, before any plan of self-treatment is decided upon. Domestic medicine is fraught with innumerable evils—it is false economy to practise physic upon yourselves, when a little judicious guidance would obviate all difficulties.



*General Instructions for persons of Fat Tendencies otherwise in good health, in other words having no complaint of mind or body.*

Alcoholic beverages should, as a rule, be avoided by all corpulent persons—if allowed at all, should be taken most sparingly. ?

The dangerous practice of taking alkalies and vinegar, for the purpose of reducing obesity, is to be strongly reprobated. Many a case of obstinate dyspepsia has been proximately engendered in this pernicious manner. of fear

Partake moderately of food.

Never load the stomach unduly with fluids.

Wear warm clothing and promote the free transpiration from the cutaneous surface.

Take as much bodily exercise, as is compatible with the non-exhaustion of nervous energy.

Diminish the amount of sleep. ————— ?

Never doze after meals.

Eschew malt liquors.

Avoid sugar and all saccharine compounds.

Keep the stomach empty as long as convenient.



If digestive irregularities overtly present themselves, have them rectified, by seeking the best advice.

We can sum up the foregoing observations by laying down these propositions :—

Is the fat or obese tendency the result of morbid action, or the offspring of over-feeding and excessive indulgence? Give me a retrospect of your past mode of life, how you have treated your stomach, and let me know how far you have violated nature, as regards the gratification of your appetite? I then will tell you, there are few cases of obesity or excessive corpulence, but may be reduced by slow, safe, and certain measures—the result may almost be regarded as a statistical certainty.

With a certain amount of self-denial, without any other aid, by following the hints contained in this short pamphlet, I entertain not the smallest doubt, that a large proportion of the corpulent fraternity will profit by my advice, and add a great many happy years to their valuable lives.

WATSON BRADSHAW.

43, WELBECK STREET,

CAVENDISH SQUARE, W.



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*By the same Author,*

PRICE 5s., ELEGANTLY BOUND IN CLOTH,

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## THE ANATOMY OF DYSPEPSIA.

A practical inquiry into the derangements of Stomach and Liver ; showing their connexion with Chronic Skin Diseases, Renal Disorders, and Nervous Affections, with Hints to Tropical Invalids, embracing Remarks on Exercise, Clothing, Ventilation, Chemistry of Food, &c., &c., &c.

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D. S. Smith Practical Dietery. P. 177 R-2-3  
In obesity.

1. Limit milk to 2 oz per day. enough to color the tea.
2. " liquids to 3 pints.
3. avoid Fat, Butter, Lard dripping & such in Pantries  
oil in salads, fat floating on soup - no Cream
4. " sugar almost entirely -
5. of vegetables take a little green, cabbage, turnips,  
onions. (the water to be well squeezed out of them) -  
sometimes one potato instead of a portion of them
6. Limit Bread to say <sup>9 to</sup> 11 oz: & 177 Gluten B. being hard to get
7. Puddings little or none - The most convenient  
pear dumplings, & treacle, or hardy pudd. - rolled pudd.  
& boiled rice.
8. Limit Meat (fresh & lean) to 4 - 8 oz -
9. Eggs: 2 or 3

Summary (for obese person)

No suppers - only 3 meals per day -

Breakfast 8-9 am. & Tea 7-8 pm.

Tea  $\frac{3}{4}$  pint, & milk 10 oz & sugar  $\frac{1}{3}$  oz. 4 to

Bread 2 oz & Gluten Bread 2-4 oz (total 6 oz)

Butter  $\frac{1}{3}$  oz

Eggs 1 or 2 - or else 2 oz of lean meat

Dinner at 1-2 pm.

Soup 6 oz

Bread 1 oz

Meat 4 oz

vegetables 6 oz. or potatoes 4 oz.



Breakfast as before

Luncheon at 1-2 pm.

meat 2 oz. - or cheese 1 oz. -

Bread 2 oz. -

Cock Beer 1 glass -

Dinner as before. 5 - 7

Tea  $\frac{3}{4}$  pint = 15 oz

ordinary Diet of Middle life.

Breakfast

Tea or Coffee 1 pint including 15 oz of milk, &  $\frac{3}{4}$  oz

Bread 4-6 oz & Butter  $\frac{3}{4}$  oz

Bacon 3 oz, or 2 eggs, or meat 3 oz -

Luncheon

meat 3 oz & Bread <sup>3 oz</sup> & perhaps a potato

Wine 1 glass, or say Beer 1 glass -

Dinner at say 6 pm.

Cooked Meat 4-6 oz

potatoes 8 oz

Bread 3-4 oz

Pudding 8 oz

Cheese  $\frac{1}{2}$  oz or butter  $\frac{1}{2}$  oz

Soup 6 oz

Beer or water  $\frac{1}{2}$  pint

Tea

Tea 15 oz & milk or cream 2 oz & sugar  $\frac{3}{4}$  oz



