CONTENTS.

PART I.

Introduction ................................................. 1
Anatomical View of the Digestive Organs ................. 10
Sect. I. The Alimentary Canal ............................. 12
   II. The various Glands which are subservient to the
       Secretion of the different Fluids intended to act
       on the Alimentary Matter ....................... 21
   III. Vessels for carrying the Nutritive Product to the
       Circulation ...................................... 42
IV. The Lungs .............................................. 44
V. The Kidneys ............................................ 44
VI. The Skin .............................................. 46
Physiological History of Digestion ........................ 48
Relations of the Digestive Functions with our Sensations... 77
   Hunger .............................................. 77
   Thirst .............................................. 81
   Instinctive desire for Exercise ...................... 83

PART II.

The Materia Alimentaria .................................... 89
Introductory Observations .................................. 90
Effects of Animal and Vegetable Food compared ........ 93
The Classification of Aliments ............................. 100
   Cookery .......................................... 106
   Of Condiments .................................... 190
   Of Drinks ........................................ 115
   Water ............................................. 119
   Barley Water, Gruel, &c. .......................... 128
   Tea, Coffee, Chocolate, &c. ...................... 129
   Fermented Liquors ................................. 133
   Wines, &c. ....................................... 135
CONTENTS.

An Estimate of the Nutritive and Digestible Qualities of several species of Aliment, as derived from the application of the Physiological and Chemical Principles established in the preceding pages ................................................. 151
Milk ........................................ 151
Fish ........................................ 157
Birds ........................................ 165
Farinaceous Aliments .......................... 166
Different Varieties of Bread .................... 167
Pulses ........................................ 176
Nuts ........................................ 177
Esculent Roots ................................. 178
Esculent Herbs ............................... 180
Fruits ........................................ 182
On the Intermixture of Aliments ................... 189
On the Periods best adapted for Meals, and on the Intervals which should elapse between each ......................................................... 188
Breakfast .................................... 191
Dinner ....................................... 193
Tea ........................................ 195
Supper ...................................... 195
On the Quantity of Food that ought to be taken at different Meals ......................................................... 196
Conduct to be pursued previous and subsequent to Meals ......................................................... 201
On the Influence of different Aliments in modifying the appearances of the Alvine Discharges ................. 207

PART III.

Of INDIGESTION ................................................. 213
Imperfect Chymification .......................... 216
Imperfect Digestion in the Duodenum ............... 224
Of Headaches which arise from Indigestion ...................... 227
Indigestion from Biliary Derangement .................... 231
A Tabular Scheme for investigating the Causes, Nature, and Seat of Indigestion ....................... 244
A Commentary upon the Preceding Table ................... 245
Of the Cure of Indigestion ........................... 259
CONTENTS.

PAGE

Practical Rules for the Guidance of Dyspeptic Patients... 262
Acidity of Stomach, Flatulence, &c. 264
Recapitulation 284
On the Diet best adapted for Persons labouring under Tabes Mesenterica, &c. 288
Conclusion 291
Illustrative Cases 293