

Cambridge University Press

978-1-108-06989-2 - A Treatise on Diet: With a View to Establish, on Practical Grounds, a System of Rules, for the Prevention and Cure of the Diseases Incident to a Disordered State of the Digestive Functions

John Ayrton Paris

Frontmatter

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It is sobering to realise that as recently as the year in which *On the Origin of Species* was published, learned opinion was that diseases such as typhus and cholera were spread by a 'miasma', and suggestions that doctors should wash their hands before examining patients were greeted with mockery by the profession. The Cambridge Library Collection reissues milestone publications in the history of Western medicine as well as studies of other medical traditions. Its coverage ranges from Galen on anatomical procedures to Florence Nightingale's common-sense advice to nurses, and includes early research into genetics and mental health, colonial reports on tropical diseases, documents on public health and military medicine, and publications on spa culture and medicinal plants.

A Treatise on Diet

The physician and author John Ayrton Paris (1785–1856), several of whose other medical and popular works have been reissued in the Cambridge Library Collection, published this book on the significance of diet to health in 1826. In the first part, Paris discusses the physiology of the digestive system, and the way that sensations of hunger, thirst and fullness are conveyed. In the second part, he considers types of food and drink, and methods of cookery. Paris suggests the times of day at which different meals should be taken, and the types and amounts of food and drink to be consumed. Part 3 deals with the problems of indigestion. A table of matters for investigation is given which covers the patient's lifestyle and habits as well as their immediate physical symptoms, and Paris firmly makes the point that changes of lifestyle are at least as important as medicine in effecting a cure.

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BY
J. A. PARIS, M.D. F.R.S.
FELLOW OF THE ROYAL COLLEGE OF PHYSICIANS,
ETC. ETC.

“ Some Physiologists will have it that the Stomach is a Mill ; — others, that it is a fermenting Vat ; — others, again, that it is a Stew-pan ; — but in my view of the matter, it is neither a Mill, a fermenting Vat, nor a Stew-pan — but a STOMACH, Gentlemen, a STOMACH.” — *Manuscript Note from Hunter's Lectures.*

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