Practical Problems of Diet and Nutrition

Einhorn Max
PRACTICAL PROBLEMS

OF

DIET AND NUTRITION

BY

MAX EINHORN, M.D.

Professor of Medicine at the New York Postgraduate Medical School
and Hospital and Visiting Physician to the German
Hospital, New York.

NEW YORK
WILLIAM WOOD AND COMPANY
MDCCCCV
COPYRIGHT, 1905,
BY WILLIAM WOOD AND COMPANY.
PREFACE.

The knowledge of nutrition and diet should be the A B C of the physiologist and physician. Without it no rational treatment of any disease is possible. With a full understanding of it many states of invalidism can be greatly ameliorated or completely cured.

On several occasions I have written papers dealing with important questions relating to diet. In these, some general known principles in connection with experience of my own of practical value have been discussed in detail. In all of them special stress was laid upon the great importance of sufficient nutrition.

Feeling convinced that these papers on diet will be of material aid to the practitioner in the treatment of disease—and appreciating also that such articles, even if once read in the medical journals, are quickly forgotten—I have decided to collect them in the form of a monograph. It is my sincere hope that this booklet will prove of some service to the medical profession in promulgating the paramount importance of a sufficient nutrition.

NEW YORK, March, 1905.

MAX EINHORN.
CONTENTS.

I. The Art of Eating Properly (Euphagia) and the Harm of Eating too Rapidly and too Slowly (Tachyphagia and Bradyphagia), 1
   Euphagia, 2
   Tachyphagia, 3
   Bradyphagia, 4
   Treatment of Faulty Eating, 6

II. Dietetics in Diseases of the Stomach and Intestines, 8
    General Rules, 8
    Diet in Health, 11
    Composition of Food Substances, 12
    Diet Scales, 15
    Dietetics in Acute Diseases of the Stomach, 18
    Ulcer of Stomach, 18
    Dietetics in Chronic Affections of the Stomach, 19
    Diet in Organic Lesions, 20
    Diet in Functional Disturbances, 21
    Diet in Suhacidity, 24
    Diet in Superacidity, 25
    Diet in Achyilia Gastrica, 25
    Diet in Diseases of the Intestines, 26

III. Diet of Dyspeptics, 28
    Sifophobia, 28
    Illustrative Cases, 31
    Treatment of Inanition, 33
<table>
<thead>
<tr>
<th>IV. Sitophobia of Enteric Origin,</th>
<th>PAGE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Illustrative Cases,</td>
<td>36</td>
</tr>
<tr>
<td>Remarks,</td>
<td>37</td>
</tr>
<tr>
<td>Treatment,</td>
<td>40</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>V. Sitophobia and Inanition, and Their Treatment,</th>
<th>PAGE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Definition of Sitophobia,</td>
<td>43</td>
</tr>
<tr>
<td>Definition of Inanition,</td>
<td>44</td>
</tr>
<tr>
<td>Illustrative Cases,</td>
<td>45</td>
</tr>
<tr>
<td>Treatment,</td>
<td>48</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>VI. The Art of Increasing and Diminishing the Bodily Weight at Will,</th>
<th>PAGE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Revenues and Expenditures of the Body,</td>
<td>54</td>
</tr>
<tr>
<td>Body Equilibrium,</td>
<td>55</td>
</tr>
<tr>
<td>Work and Rest,</td>
<td>55</td>
</tr>
<tr>
<td>Leanness,</td>
<td>56</td>
</tr>
<tr>
<td>Increasing Bodily Weight,</td>
<td>58</td>
</tr>
<tr>
<td>Reducing Bodily Weight,</td>
<td>59</td>
</tr>
</tbody>
</table>
PRACTICAL PROBLEMS
OF
DIET AND NUTRITION.

I.
THE ART OF EATING PROPERLY (EUPHAGIA) AND THE HARM OF EATING TOO RAPIDLY AND TOO SLOWLY (TACHYPHAGIA AND BRADYPHAGIA).\(^1\)

Eating or partaking of food is our principal means of sustaining life. Without this the organism cannot thrive, cannot gain in weight (grow), and can exist only a short while. During the time of total abstinence the body lives on its own substance, steadily losing in weight, and soon dies. It will therefore not be out of place to devote our attention to this subject.

In the animal kingdom, as well as also among uncivilized peoples, the obtaining and taking of food forms the principal occupation during life. The necessity of obtaining food has remained the same with civilized man, but the manner of partaking of it has been changed partially to his disadvantage. New interests have arisen, and the act of eating has been partially relegated to the background. Many busy persons scarcely take time to eat; they swallow hastily any kind of food without spe-

\(^1\) M. Einhorn: Medical Record, January 7th, 1905.
cial selection, at times poorly prepared. The natural consequence of this is that under these conditions diseases of the digestive system develop quite frequently.

I may be permitted to describe first in a few words the art of eating properly (euphagia), and then discuss two improper modes of eating (tachyphagia and bradyphagia).

**Euphagia.**—Like all natural processes, the partaking of food, if done in a correct manner, affords the body pleasure and satisfaction. For this purpose, however, the organism must be prepared by previous work and subsequent rest. Already in the Bible the following statement is found: “In the sweat of thy brow shalt thou eat bread.” This shows the importance of work on eating. A similar proverb exists in the German language, “Arbeit macht das Leben süß” (Work sweetens life), which sentence naturally refers not only to eating, but to all functions of life. Granted, however, that work is necessary, yet it must not be in excess or lead to exhaustion, as in this condition the appetite usually disappears and digestion becomes sluggish.

Meals are best taken during those periods when the body is at rest. The time for taking food must not be too short. During the meal it is better not to think of business, or serious or perhaps even sad things. Our whole and undivided attention should be given to our meals. Pleasant company, light conversation, jokes, and stories add to the enjoyment of food.

It is generally known what a powerful influence the brain exerts over our digestive faculties. Great grief robs us of our appetite and may cause real disturbances of digestion. Pavlov has lately established the physiological importance of the mental state on digestion, hav-