Thesis on Diet
Including the Diet of the Insane
Vogue and Derniere

Arthur Strange M.R.C.S.L.

Bad Grammar. Spelling p.5, 16, 10
format "head? what p.5
Vague recommendations at last p. 10
An illness vaguely announced. Distances should have been examined p. 2, 5
Disease "an offensive article to deal with" p. 12
The subject has occupied the attention of Physiologists, and Animal Chemists of late years, with so much interest as that of Diet, and its importance to the Medical Practitioner is scarcely, if at all, inferior to any other of the numerous matters that occupy his attention.

The subject of diet as regards the sick has, until a recent period, occupied a very precarious position. Whilst we have many excellent works on digestion, and on diet as it relates to health, the modifications required to be made in it at the bedside are still undetermined, and the worth of specific ideas prevail in the minds of individual practitioners, respecting this important topic.

Many most disastrous diseases have been caused by an ignorance of a proper regulation, as to the quantity and quality of food which should be given to large bodies of men.
located together, either in active service, train public institutions, as workhouses, prisons, etc. A superabundance of one kind of food, and a corresponding diminution of the other, is almost sure to cause disease if pursued for any length of time.

The subject of diet, in older times, and indeed until recently, was thought of very little importance, by medical men, combined with a knowledge of materia medica, from the tendency of medicine, to give the first place to diet, and to place materia medica second in the treatment of any disease, for there are many diseases which formerly were to much dreaded, and are still to be feared which are found to give way to simple dietetic treatment; taking one instance alone of this, on looking over a table of the treatment of pneumonia, by different physicians in different places, I found that three of those who have treated this disease by dietetic means, have made the best success, and in most instances the ratio of recoveries was so much in proportion as the treatment approached nearer to the regulation of the diet, that it seemed to be considered,
most formidable disease can be cured in
early cases by dietetic treatment, Medicine
being only of secondary consideration
in its treatment. Many other diseases
although they may not be treated solely
on dietetic principles are yet modified
in a great degree by attention to the
quantity and quality of food; among these
may be mentioned Pneumonia at one time
the most dreaded of all diseases that
attack the chest. This disease is known to
be caused in many, in fact in most cases
by too much drink, and in those cases where there
is said to be an hereditary predisposition
the exciting cause is often, especially among
the lower orders of society, found to be
starvation. The know that Pneumonia when
not advanced too far can often be stopped
by a proper regulation of the quantity
and quality of food; and among foods milk
and fish oil which ought to be regarded
as an article of diet, just as much as any
other dangerous principle, although it
may, and very likely does contain some
therapeutic action.
It is stated by many an that in an
advanced stage of Phthisis, the lung is deprived of the air, instead of being absorbed into the system, and that on opening the bodies of those who die from Phthisis, the lung is found in a state of fatty degeneration, but this is not the fact. This is only a reason for the distance of cold water, as it necessarily follows that when the lungs are too far diseased as to be unable to consume the carbon and by oxygen it must necessarily be deposited in the other organs of the body. In many advanced cases of Tuberculosis, the patient is often unable to take nourishing, but if they are able to do so, I think we should be divided from the use of it.

Particular articles of diet will often cause disease even when not taken in excess. Scrofula often arises from errors at table. Syphilis is also a disease most frequently due to the same cause.

The diseases caused by intemperance are almost too numerous to mention. This is the well known cause of many of the most fatal organic diseases. I shall notice these more fully in a subsequent...
Part of this thesis, whilst entering very briefly upon the important subject of the diet of the human.

Food derived from both the animal and vegetable kingdom, is generally divided into two great classes, the herbivorous, commonly called flesh forming, and the carnivorous, or heat producing. But it must not be supposed that the herbivorous portion is incapable of forming heat, as it is thought that it has this power, though in a very much less degree than the carnivorous; the necessity of both kinds to keep the animal frame in proper order is very generally understood.

The food of man must necessarily differ under different circumstances; thus it is evident, that those living in the cold climate of the Poles, will require much more of the heat producing element, than those who are the inhabitants of warmer climates.

The season of the year also produces a difference in the quantity and quality of food required by man, for the same reason. That climate exercise an influence over it, in winter we require much more
Carbohydrates form the bulk of our food in summer, as a much greater amount of heat has to be produced, on the other hand, during hot summer weather we not only require very little fats, oils, or other heat producers, but we even require less of the flesh forming elements. There is another condition which causes a difference in the quantity and quality of food taken by individuals. This is occupation: a hard working labourer will require much more of both elements of food, than the idle loiterer in the streets, whose only occupation seems to be in his own imagination. Women who work indoors do not require the same amount of food as men who are out of doors in all kinds of weather, a lack of which will also have on a diet which would be a slow starvation to a receiver.

In making choice of carbohydrate food, and considering it as a heat producer, some consideration should be paid to the relative quantity of different substances required to produce an equal amount of heat. Meadfair shows that 40 lbs of fat produce the same amount of heat as 100 lbs of sugar.
This knowledge is very valuable, as from it, we see how much more advantage can it is to take for those injured, for as we put on our food, that substance is to be which contains the most nutrient in the smallest bulk (provided it be of easy digestibility), so also, I think, that among carbochinous foods those substances are to be preferred which produce the most heat from the least bulk. With these facts, which are generally known, which it would be proper that the diet of our institution, such as an asylum, hospital, should vary according to the time of the year, that the diet should be regulated according to the state of the thermometer, or in other words, that in summer there should be a different diet to the winter one, carbochinous food and a little more sanguineous being given in summer, while in winter the amount of carbochinous food should be increased. In private families I think it will be allowed that in summer much less carbochinous food is taken than in winter, and the same plan might with advantage
be adopted without any extra cost.

One of the greatest considerations for a medical man to remember, in forming a diet table, is to take care to select those substances which possess the most nutriment and at the same time are of easy digesting. The importance of this cannot be overestimated. One can imagine the consequence of giving a patient lodging under sympathy such a thing as pork, or beef, which are of the hardest digesting, though they both possess a great quantity of nutritious matter. Roast, a dish of horse beans would be very nutritious, but very indigestible, and productive of a great deal of flatulence.

On the other hand, rice, soy, and some other standing matter are very digestible, but very deficient in nourishment.

A diet table for the sick, or even for persons in the possession of good health cannot be formed without a proper knowledge of the digestibility as well as of the nutritive value of different articles, and in forming such a diet table it is always of advantage to select those substances, which combine the greatest amount of nutriment with the least amount of food. Periodical meals are
be done with a due regard to the relative digestibility of different articles.

Most young people in good health have a much better digestion than old people,
and are able to take with impunity what would cause great discomfort to older people.

Numerous tables have been published of the composition and nutrition of the different
articles of food, that of Prof. Platt being the most recent. In this table a very
complete analysis is given of various articles of food, and valuable deductions drawn
from it.

It is not always possible to prepare a check table on the principle enunciated
above, viz. combining the greatest nutrition with the least bulk, as it is by no means
the cheapest mode of dieting; the frugal
b?ntresses have to take nearly 200 oz. of food
daily to obtain from it 43 oz. of solids, of which
only 5.7 oz. are nitrogenous, while the
 unrestricted weavers take only 92 oz. daily
from which they obtain 9.31 oz. of nitrogenous
and 20.4 g. of available food (cf. experimental
tables). To think the fr?ntress could have
to take four times the quantity to obtain
The same amount of heterogeneous food as the reaper. The diet of the Irish labourer is no doubt much the cheaper of the two, and milk which forms the greater part of their food, is very nutritious. It is the food of infants, and forms an great part of that of invalids.

A diet chiefly composed of animal food, in small quantities, given frequently is the best to place a syphilitic patient upon as it contains a great amount of nourishment in a small bulk, - care being taken to always select those substances that are of the easiest digestion, for when the stomach is disordered either from overfeeding or from any other cause, of which there are many, - the easiest means of cure is to give as much rest as possible to its disordered functions.

A vegetable diet is not nearly so good as an animal one, it does not give so much strength, also much more food is required to be taken, to obtain a proper quantity of nourishment from it. Although there are many vegetarians who are in perfect health, there are very few people
in companions who would thrive on such a diet.

In dieting the sick attention should also be paid to what they have been accustomed to before illness, and their diet should sometimes be made to approximate to that, as nearly as is compatible with proper rules. Dr. Christian, in his lectures, observes that the inmates of prisons should have a good diet, for this reason, that they have generally been accustomed to it before confinement, and he also remarks that their diet should be regulated according to the length of their imprisonment, as a diet which would be sufficient for a prisoner under a short sentence would not be nearly enough for one under a long sentence, as although the health might not suffer on a low diet for a short space of time, it could not be true to do so if pursued in for a longer period; and he then states that the Scotch local prison diet, which only contains 15.14 oz. of solid food, of which only 4.05 oz. are nutritious, would be sufficient for a short imprisonment, but not nearly enough for that confinement. The Ruth general prison diet, which was 8.5 oz.
of which by some valuations was found not to be sufficient for those committed to hard labour. These persons have generally been accustomed to a liberal diet, and it is ridiculous to suppose that they will sustain the vital functions in proper order for any length of time, or a frozen one than they have been accustomed to before incarceration; such a diet generally defeats its own object, and in the end costs more than a more liberal one, as it frequently causes disease, which everyone knows is an expensive article to deal in. Scarcity is caused by a bad or faulty diet and has often taken course in our prisons from this cause, it has been caused by an excess of food, but this is very rarely the case. It would be a very good plan if there were a regular scale of diet in prisons according to the length of imprisonment, as often would be saving of great expense.

A thesis on diet, especially when a general one, would be very incomplete without some short notice of drinks, these form a very important part of diet, not so much from
The statements to this effect have been contracted. They are never standard.
Their nutritive properties as from their
functions as stimulants, drinks are divided into
curative classes. For Christison divides them
into four: Phlegmatic, Medicinal, Nutrient,
and Stimulant.

Water is the only true diluent. Drink all
other diluents derive their property from
it. As regards nutritious drinks, their
value must depend on the quantity of
food material they contain. For coffee
and tea, in this way, by that they delay
the course of the digestion, they are more suitable
to the benefit received from a cup of tea or coffee
when the nervous system is excited. The
effects of these valuable drinks, it often are
very much lessened by the general habit of
taking them too early after a meal, when
they are very apt to cause indigestion or at
least to retard its onward course; not only do we
harm ourselves, but also detract from the
benefit derived from other food.

The necessity for stimulating drinks is denied
by some people at the present time, and
I think it may with safety be said that
the total abstaining from red herring
estimne; many of those people are ex-
A dedicated defense of Helvetica.
doubt in the enjoyment of very good health
and never acquire stimulant drinks but.

On the other hand, it is equally true that

there are many persons who could not

do without a certain amount of stimulants,

whether from ill health or from constant

habits. In the treatment of the sick, there

is nothing of so much service in many diseases

as stimulants, and it may with truth be

said that many a life has been prolonged

and many a life saved by their timely use.

Alcoholic drinks in a moderate quantity

cannot be detrimental to health, on the

contrary, they are often of great service to

some. We know that many laborious individuals

could do their work as well if they were

denied their glasses of whiskey or beer.

These substances are known to prevent the

wear and tear of the tissues and on this

principle alone, stimulant drinks must

be useful to those who have much mental

or corporeal labor to go through in.

An ease, in the case of Alcoholic stimulants,

is known to produce the most decided

disease, a shortened constitution, ruin to

families, and in many cases complete
and premature death. The liability of different alcoholic drinks to cause disease is too well known to need any comment. Porter, Port wine, and in these cases in the clinical wards last section, the cause was just in drinking. Fatty or symptomatic symptoms lesions, is very frequently caused by excess of drink, and many other diseases might be mentioned. The general cause of which is an excess of alcohol.

There are various substances in many diet tables, and generally used in private families, which although they do not contribute to nutrition do to digestion. Such substances are known as condiments, many of which are most valuable adjuncts to digestion. Common salt is the most general and also the most necessary condiment for it is absolutely necessary that a certain quantity of this substance should be taken with the food. This is the condiment that is used by all classes, frequently it is the only one used by the tenant. Other condiments taken to promote digestion as mustard sauce, are often of the greatest
value, not only aiding digestion, but often promoting an appetite. In dyspepsias they are often of great benefit.

The treatment of constipation by a system called Bowelcy has been very much despised of late and many men of great eminence have given it their disapprobation and stated that it is not a safe treatment for constipation, but it cannot be denied that many people much given to constipation have derived great benefit from this system of diet; but of course those people take a good deal of nutritious food, for if such were not the case, there is the strongest physiological evidence, that life could not be sustained, as the molecules which are the beginning and end of all life could not be formed without a further combination of the albuminous and fatty principles of food. It is evident that a diet in which there is not a sufficient quantity of fatty principles must in the end be detrimental to sound health. Dr. Macadam in his address at the Royal College of Surgeons in Nov. 64 stated that the true cure for constipation arises in the reduction
in the absolute quantity of food more than
in the relative proportion of its constituents."
This presumption might seem commonsense, but
few would be willing to even capable of adopting
it, and that is as much, as to say, that all
 corpulent persons, eat so great a deal too much,
wheresoever I believe, that as a rule, stout persons
eat less than their lean, a this treatment would
often be a sort of false observation. If a less amount
of fatty principles be taken into the body, it must
necessarily be followed, by a less amount of
fat being deposited in the body; as long
as this is not carried to an extreme, it cannot
be detrimental to health, and I cannot see how
there can be any objection to it.
It is a well known fact that a large amount
of carboniferous food does time to produce fat
in many persons, and it is only reasonable
to suppose that some part of each quantity
can be left off without injury to the health, the only
consequence being a smaller deposition of fat
in the tissues of the body.
Looking at the human frame as a furnace
to which it has often been likened, it is evident
that a certain amount of fuel is necessary
to keep the fire burning; and that part of the
food which mainly supplies the fuel is the carboniferous, but in persons who are corpulent, there is a great deal of this fuel already in the body, so this gradually supplies the human furnace. It is stated by some that although carboniferous food alone is no better than carbon in the human frame, the body can be supported by heterogenous food, which then takes the place of the carboniferous.

Those who use this system, their dissatisfaction admit that it has been of great service to many people, the carbon ferous by many economists mean, it should not be undertaken without medical advice, as there are persons with whom a too sudden change of diet would not agree. In concluding, this subject from both to every above point of view, that where there is too great a disposition of fat in the human frame, it is reasonable to suppose that diminishing the fat forming principles, would not only not be attended with any bad results, but seem to be the most likely means of cure.

The diet of fowls, and of horses in training for racing etc. is something similar to the diet in the hunting system, and it cannot be said that these fowls suffer in
health or strength, on the contrary they are in good health, say it to attain to a strength far above the average of the human race, some of this is no doubt due to the exercise they take, which very much increases their muscular tone. It may be said that many of these people die young, or do not attain any great age, but this concern is generally due to the immense exercises they make at times, and also to the mode of life many of them pursue when not in training. Andreas also relates some wonderful instances of walking, performed by persons when in training, which it is very improbable could be done by an ordinary body, living on an ordinary diet. Andreas also states that English jockeys, when in training take no vegetables, but much beer, no potatoes or wine, but rye beer, a mustard, and that the state of the system which this diet produces is maintained for a long time. I can see no reason to suppose that the system suffers by it, if not carried to a great extreme.
The mode of dealing with insane chronic cases is in great part of the attention of those medical men who are in any way connected with the treatment of lunacy, and moreover it is a subject with which all medical men should be acquainted.

The insane require a good and liberal, but at the same time a simple diet. In this respect a great change has taken place of late years; formerly it was considered that a strict diet, strict discipline, and confinement were the proper treatment for an insane person; and I believe that this is even now to some degree the treatment pursued in some foreign asylums. Here in our asylums a good diet is provided, and every care is taken to produce the recovery which is principally among pauper patients which are due solely to an alteration in their mode of living.

In Lunheim in a work published some years ago on the Statistics of Insanity stated that as a rule the diet for an insane pauper should be more liberal than that which he
has been accented to such that on the other hand the diet of a higher class individual should be somewhat lower; he also states that as a general rule, the diet of all classes of the insane should be approximated to that of the respectable middling classes, and I find on consulting numerous diet tables of some of our best asylums, that this is now generally the case, and in them the diet is very poor through often necessity, but quite as to the average both in the quantity of glutenous and of carboniferous food. Whilst particularly on the different articles of diet for the insane Dr. W. states that country boys are not adapted to their wants, and in most of our asylums good tramps are provided instead of a cook. Selection of times which generally prevail the affectionation of tatte.

In the work above alluded to there is a very valuable table shewing the results obtained in three different asylums: Nottingham, Haford, Gloucester, Lancaster, York (West Riding) staff, & Middlesex. In the three first mentioned, the diet was as it or above the average, and in the four last it was as much below as the results in three asylums were as follows.
The three Asylums in which the diet was good, the recoveries per cent. on admissions were 43.7, and the mean mortality per cent. on these resident, 9.35. In the four Asylums in which the diet was below the average, the recoveries per cent. on the admissions were 36.75, and the death mean mortality per cent. on those 14.54. It must, however, be stated that the average of recoveries in these four Asylums is a slightly lowered by that of Biddulph, in which, however, the recoveries were only 82.12 per cent., but.

If we should omit to state that the patients in the Hanwell Asylum (Biddulph) are those who are not cured within one year at Bethlem, and the Hanwell Hospital, who are then sent to Hanwell, so that it is evident that the chief of cases, which are sent to this Asylum, are bad ones, and for this reason the number of recoveries is small. However this table is an excellent example of the immense advantage of a good diet over a bad one, in the treatment of the insane; to create such a comparison as to diet tables now would I think be impossible, as the diet tables in most of our Asylums are quite off to the
worse, but I think it is certain that in
these Asylums where the diet has been improved
the proportion of recoveries has been increased
and the deaths decreased; this I believe has
been the case in the Royal Asylum St. Pancras,
but the new diet table has not been long
enough in use for any statistics to be formed
with any degree of accuracy, as in to short a
space of time as it has been in use, it is
impossible to say how much may be due
to an alteration in the diet; and how much
to contingent events of other kinds.
The diet of the insane should be varied, their
meals regular, of course, those who are
working requiring more food than those who
do nothing, and to provide for this there is
generally in good Asylums an extra diet
for sick patients. But the Borth Asylum
Report for 1832-3 there is an excellent article
on diet of Asylums by T. Lander in which
in which he gives a table founded on some
of the best analysts of the day of the nutritive
value of the principal articles of subsisting
diet and upon which the diet tables
of most Asylums are depended. I apprehend
these tables as in their deductions are refined.
of the quantity of carboniferous heterogeneous elements.

Abstract of first tables, North Asylum:

<table>
<thead>
<tr>
<th>Patients</th>
<th>Per Centage with Intestinal</th>
<th>Int.</th>
<th>Carb.</th>
<th>Total with</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Working Male Adults</td>
<td>5.17</td>
<td>8.85</td>
<td>14.02</td>
<td></td>
</tr>
<tr>
<td>... general average male</td>
<td>5.25</td>
<td>17.</td>
<td>22.25</td>
<td></td>
</tr>
<tr>
<td>... ... female</td>
<td>4</td>
<td>13.75</td>
<td>17.75</td>
<td></td>
</tr>
<tr>
<td>2. Highest cases</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>... general average</td>
<td>4.57</td>
<td>23.27</td>
<td>27.84</td>
<td></td>
</tr>
</tbody>
</table>

Average of white inmates: 4.90 | 20.82 | 25.72 |

Staff of Institution:

1. Attendants & accountants | 5.22 | 21.42 | 26.64 |
2. Officers | 3.34 | 15.38 | 18.72 |
3. Physician | 3.28 | 14.69 | 17.97 |

Insert of foregoing: | 4.05 | 18.50 | 22.55 |
It will be seen that in this asylum there are three different classes. A Pumper one, a female, an intermediate, and a Higher class patients, each of these having subdivisions. This Pump class, or what is said to be, is far above the physiological requirements of the healthy adult, and above the duties of general hospitals and public institutions. I can speak from experience, and I cannot think that these are the cases, it certainly is not to build up the British body, and I cannot think that it can be above the requirements of healthy working adults, as from moral, physical, and labourious it can be nearer, and the Dutch, after reaching much higher than 80, and also that the heterogeneous element and their food is increased in proportion, and it would be making a great assertion to say that these people eat a great deal too much. The food pumped from the Dutch class serves very small in quantity, especially for those who are engaged in such dusty, as in laundries, keeping etc., which is quite as hard for them, as out door labour is for the male Pumpers, and nearly as healthy an employment.
The diet of the officers is not nearly so good as that of a good hospital, and seems to be very scarce for medical men in active discharge of duties, in which the mind as well as the body requires nourishment and I think it would be a kind of slow starvation to most medical men. The small eating parson's diet in this Asylum is a very poor one, its variety in its character, and this table, in its quantity and quality very closely approximate to the diet of tables of all well regulated parson Asylums.

In a letter on this whilst touching on that subject as relating to the treatment of the insane, it may not be out of place to make a few remarks on this diet as a cause of insanity.

Drinks form an important part of the diet of men. More or less adapted to digestion and assimilation that these on account of their own injurious nature, once it is only too well known that an excess in Alcoholic drinks is the prevailing cause of many diseases, and also of many of the most obstructions diseases, for when an
fuction is disordered by habitual intemperance. It is very rare to hear of
the complete recovery of such a case, especially
if it be one of long standing.

Intemperance is more frequently caused by
intemperance than by any other disease;
for intemperance is a disease when carried
and therefore is not easily cured.
Intemperance seldom goes alone. In
generally, it has its companion vices, and it
is possible that the inordinate use of
alcoholic stimulants, is only partly the
exciting cause in many of these cases, but it
certainly does the greatest harm there.

To illustrate this fact, I will take a few
examples, from some of our best asylums, and
also from one of our Continental ones.

In the Western Pennsylvania Hospital,
in the year 1861, the admissions from all causes
were males 978, females 808. Total 1,786. of this
number, the admissions from intemperance
alone were 60, of whom 46 were males and
14 females.

In the American State Lunatic Asylum,
out of 875 admissions from all causes, 16 were
from intemperance.

In the Stafford Literary Asylum, in 1860
The total admissions from all causes, were 250. Of these there were admitted from intemperance 55.

In the Hampstead Asylum in 1860, total admissions were 530. 83 of these were admitted from intemperance. This number is smaller than many others but as shown before said, it is only those cases which are not cured within one year at Bethlehem that usually are sent to Hampstead, this at once accounts for the smaller number of admissions from intemperance, as many of these classes of insane persons are cured within a year.

Of 870 admissions into the Lea Mount Asylum by were from intemperance.

The admissions from this cause into the Royal Asylum, Edinburgh, have diminished very much of late years and there is now not more than half the number there formerly was. This may be due to the fact that intemperance is not nearly so common as it was used to be. I subjoin a table compiled from the returns received of this Asylum for the last 9 years, showing how the admissions from all causes, those from intemperance in each year.
Royal Oldham Asylum.

<table>
<thead>
<tr>
<th>Year</th>
<th>Total Admissions</th>
<th>From Intemperance</th>
</tr>
</thead>
<tbody>
<tr>
<td>1858</td>
<td>246</td>
<td>46</td>
</tr>
<tr>
<td>1859</td>
<td>265</td>
<td>49</td>
</tr>
<tr>
<td>1860</td>
<td>253</td>
<td>48</td>
</tr>
<tr>
<td>1861</td>
<td>848</td>
<td>41</td>
</tr>
<tr>
<td>1862</td>
<td>240</td>
<td>50</td>
</tr>
<tr>
<td>1863</td>
<td>836</td>
<td>25</td>
</tr>
<tr>
<td>1864</td>
<td>812</td>
<td>33</td>
</tr>
<tr>
<td>1865</td>
<td>823</td>
<td>32</td>
</tr>
<tr>
<td>1866</td>
<td></td>
<td>28</td>
</tr>
</tbody>
</table>

From the year 1855 to 1868, there was a steady decrease in the number of those admitted from intemperance.

These few statistics I think sufficiently prove that intemperance is a great excitant cause of insanity, and that if compared with other causes of this disease it will be found that of those admitted into various asylums, there are more admissions from intemperance than from any other cause, except it be from what is set down as hereditary tendency, and in these cases there are generally exciting causes, of which intemperance may be one.
This does not prove that malnutrition is a cause of the mental disturbance.
A family that may also cause insanity
in other ways besides by excess of alcoholic
substances, Nl"tistics prove that insanity
is sometimes caused by privation of food,
many examples of this are cited by physicians.
I shall confine myself to one or two.
In the year 1860, there were 250 admissions
into the Stafford County Asylum, of whose
number 220 less than 20, of whom 2
were males and 12 females were returned
as insane caused by "Poverty & Privation of
food."

Of 311 admissions into the Chelms County
Asylum in one year. 5 were admitted
from this cause.

Many instances are recorded in Asylums
Depots of persons who have given evidence
from the mere absence of proper nutrition.
I am inclined to think that there
persons cannot have been of a very weak
or unbalanced mind. (Reinforced education.

But whilst insanity is one of the
most frequent diseases produced
by interference; privation of food is
more likely to cause other diseases
from insanity. (A common cause)
These few instances sufficiently shew how a faulty diet may and does cause insanity, and likewise shew how great or necessary there is that the diet of the insane should be well regulated.

A sound food diet in an Asylum or any other public institution is generally in the end much cheaper than a bad one, for in a bad diet there are generally obliged to be a large amount of extras which make the cost of such a diet much more than that of a good one. There are many instances I could adduce in support of their being the case in Asylums and other institutions.

Arthur Strange
1864