

NUTRITION AND DIET THERAPY

by the same author

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THE STORY OF THE GROWTH OF NURSING
HYGIENE FOR NURSING STUDENTS
CLINICAL PROCEDURES AND THEIR BACKGROUND

The Author

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Formerly Examiner to the General Nursing Council for England and Wales; Sister Tutor, Middlesex County Hospitals, London; Lecturer pre-nursing course, Kilburn Polytechnic, London; Tutor at the East Suffolk Hospital, Ipswich; Queen Mary's Hospital for the East End; and Government Hospital, Southern Rhodesia

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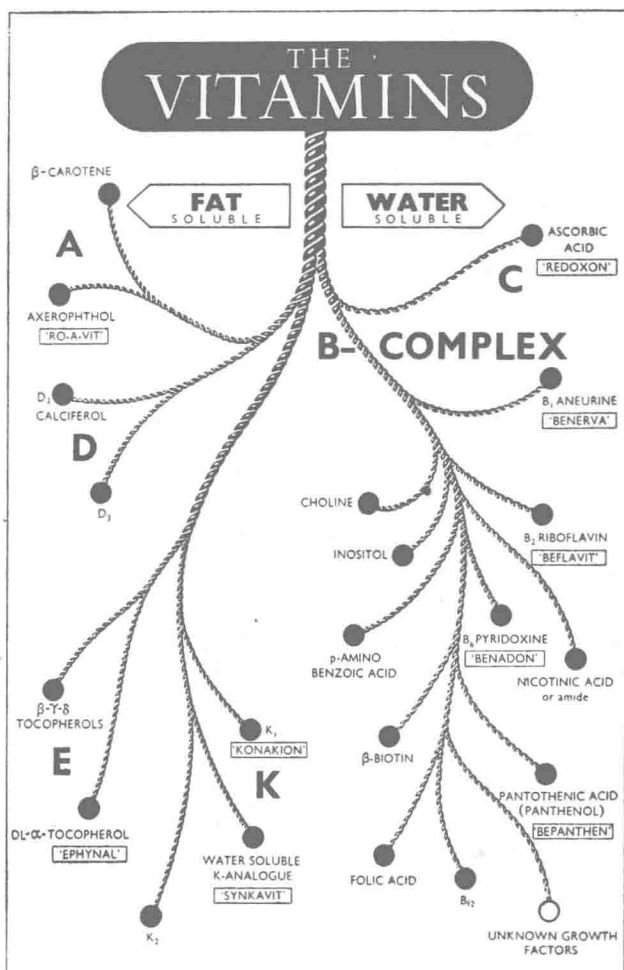
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UNRAVELLING THE VITAMINS

A diagrammatic representation of the progress made in the isolation and identification of the vitamins

NUTRITION AND DIET THERAPY

by

AGNES E. PAVEY

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PREFACE TO THE SECOND EDITION

The revision required for this second edition has not been extensive although the termination of food rationing has necessitated minor alterations throughout the book. In the introductory chapter the survey of the national outlook on nutrition has been brought up-to-date, especially with regard to the work of King Edward's Hospital Fund for London. Research in connection with vitamin B₁₂, the extension of knowledge regarding the ætiology of cœliac disease and sprue, and the introduction of newer forms of insulin constitute the main reasons for additions and alterations to the text.

AGNES E. PAVEY

1956

PREFACE

The science of nutrition has made such rapid strides during the past decade or two that I felt there was a need for an up-to-date textbook for nurses that would deal not only with normal diet but would attempt to correlate nutritional science with normal physiology and with pathological changes in structure and function; and would show what part a carefully selected diet might play in restoring normality in each of the groups of conditions or diseases that appear to be influenced by the food intake. That has been my aim in writing this book.

I am aware of the fact that, at the moment, national food shortages and restrictions hamper the dietitian in the choice and preparation of all special diets; but the impediments will surely become less in the comparatively near future. Even at the present time, so many 'priorities' are recognized and conceded that it seems unwise to be unduly influenced by difficulties in obtaining supplies when writing a book on nutrition, for the principles of nutritional science remain the same whatever the obstacles that exist with regard to their practice.

I regret that, in order to conform to the authorized economy standards regarding paper and printing, it is not possible to set out menus in a spacious and attractive manner; but that is a disadvantage that is shared by all writers at the present time.

AGNES E. PAVEY

1948