

**THE NEW HYDROPATHIC  
COOK-BOOK; WITH  
RECIPES FOR COOKING  
ON HYGIENIC PRINCIPLES**

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649656899

The New Hydropathic Cook-Book; With Recipes for Cooking on Hygienic Principles by R. T. Trall

Except for use in any review, the reproduction or utilisation of this work in whole or in part in any form by any electronic, mechanical or other means, now known or hereafter invented, including xerography, photocopying and recording, or in any information storage or retrieval system, is forbidden without the permission of the publisher, Trieste Publishing Pty Ltd, PO Box 1576 Collingwood, Victoria 3066 Australia.

All rights reserved.

Edited by Trieste Publishing Pty Ltd.  
Cover @ 2017

This book is sold subject to the condition that it shall not, by way of trade or otherwise, be lent, re-sold, hired out, or otherwise circulated without the publisher's prior consent in any form or binding or cover other than that in which it is published and without a similar condition including this condition being imposed on the subsequent purchaser.

[www.triestepublishing.com](http://www.triestepublishing.com)

**R. T. TRALL**

**THE NEW HYDROPATHIC  
COOK-BOOK; WITH  
RECIPES FOR COOKING  
ON HYGIENIC PRINCIPLES**



THE NEW

# Hydropathic Cook-Book;

WITH

RECIPES FOR COOKING ON HYGIENIC PRINCIPLES:

CONTAINING ALSO A

PHILOSOPHICAL EXPOSITION OF THE RELATIONS OF FOOD TO HEALTH; THE CHEMICAL ELEMENTS AND PROXIMATE CONSTITUTION OF ALIMENTARY PRINCIPLES; THE NUTRITIVE PROPERTIES OF ALL KINDS OF ALIMENTS; THE RELATIVE VALUE OF VEGETABLE AND ANIMAL SUBSTANCES; THE SELECTION AND PRESERVATION OF DIETETIC MATERIALS, &c., &c.

By R. T. TRALL, M.D.

With Numerous Illustrative Engravings.

NEW YORK:  
FOWLERS AND WELLS, PUBLISHERS,  
No. 131 NASSAU STREET, CLINTON HALL.

LONDON: 142 Strand.

BOSTON:  
No. 142 Washington St. }

1854.

PHILADELPHIA:  
No. 281 Arch Street.

✓ ~~Tec 7488 542~~

HARVARD COLLEGE LIBRARY  
REQUEST OF  
MRS. CHESTER K. GREENOUGH  
SEPTEMBER 20, 1926

ENTERED, ACCORDING TO ACT OF CONGRESS, IN THE YEAR 1856, BY  
FOWLERS AND WELLS,  
IN THE CLERK'S OFFICE OF THE DISTRICT COURT OF THE UNITED STATES  
FOR THE SOUTHERN DISTRICT OF NEW YORK.

641.56  
T76

NEW YORK SYNECOTHEM ASSOCIATION,  
201 William Street.

H

## Preface.

---

THE leading objects of this work are, to present, in the smallest possible compass, a summary of the principles and facts, in chemistry and physiology, which apply to the philosophy of diet; and to furnish such as are not familiar with the details of cooking on hygienic principles, plain formulas for preparing an ample variety of dishes, with due regard to the laws of life and health.

Food is one of the elements of the *materia medica* in our hydropathic system, and in importance is second to no other—not even water. A vast number of chronic diseases are wholly incurable, however judiciously all the other appliances of Water-Cure are managed, without proper

attention to the dietetic part of the general remedial plan. And herein Water-Cure establishments and hydropathic physicians are more at fault than in any other respect.

I trust the time is not far distant, when not only hydropathic practitioners, but the people generally, will make the subject of diet one of their principal studies. It ought to be taught in all our seminaries of learning, for there is more of health and happiness, or of disease and misery, connected with our methods of cooking and eating, than is dreamed of in the philosophy of most persons.

Whether humanity must become good in order to be happy, or must first become happy in order to be good, is a very pretty metaphysical problem for discussion; but, pending its solution, I will undertake to say, that human beings will never be, in an exalted sense, either good or happy, until they shall have obtained that harmonious and healthful play of all the bodily and mental functions which constitute "peace within;" and that such a consummation can never be realized until a thorough and radical reform is



effected in the eating habits of the civilized world.

In the arrangement of the work, I have aimed to make it, as far as practicable, also a health-reform educational book. It seems to me there is something peculiarly humanizing, elevating, and refining in the contemplation of fruits and flowers, and the cultivation of grains and roots, for the purposes of a pure and healthful sustenance, drawn directly from the bosom of mother earth. It appears to me, too, that the pictures of animals displayed in the common cook-books, covered over with lines and figures denoting the different parts of the carcass from which to choose the more or less precious morsels, have a brutalizing, sensualizing, and degrading effect on the human being, especially on the impressible mind of childhood.

To counteract, therefore, to some extent, the demoralizing tendency of ordinary cook-book literature, and to aid in a better development of the youthful mind, I have endeavored to render this work attractive as well as instructive to young persons, by embellishing it with engrav-

ings which lead the mind away from scenes or thoughts of blood and slaughter, to subjects of botany, natural history, agriculture, horticulture, etc. I trust the time is not far distant when the foundation for a better development of the human race will be established, in "teaching the young idea how to eat," so as to secure uniform health, and realize the first and essential condition of universal happiness—"sound minds in healthy bodies."

R. T. T.

HYDROPATHIC AND HYGIENIC INSTITUTE, }  
15 LAIGHT STREET, NEW YORK. }

## Introduction.

---

COOKERY books are plenty enough in our markets; and although their literary excellences may be unquestionable, I can not regard most of them as any thing better than promiscuous medleys of dietetic abominations.

In a majority of the works extant on the subject of preparing food for the table, the strong point of authorship seems to have been, to mix and mingle the greatest possible amount of seasonings, saltings, spicings, and greasings into a single dish; and jumble the greatest possible variety of heterogeneous substances into the stomach at a single meal. No wonder the patrons and admirers of such cook-books are full of dyspepsia, and constipation, and hemorrhoids, and biliousness of every degree, and nervousness of every kind!

"Cookery is an art," says Mrs. Sarah Josepha Hale (*New Book of Cookery, etc.*), "belonging to woman's department of knowledge; its importance can hardly be over-estimated, because it acts directly on human health, comfort, and improvement."

It is precisely *because* the art of cookery is so intimately connected with the whole development and im-