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**Rozważania nad pożywnością pokarmów w polskich publikacjach
naukowych od 1800 r. do odkryć Justusa von Liebiga**

**Reflections on the nutritional value of foods in Polish scientific publications,
from 1800 until the discoveries by Justus von Liebig**

SUMMARY

Discoveries in the field of animal or physiological chemistry made at the end of the 18th century set a new direction for research on the functioning of living organisms and the processes of nutrition. The observations by Antoine Laurent Lavoisier, who proved that the process of respiration was similar that of carbon combustion, and that digestion must be proportional to respiration, gave rise to describing life processes by means of chemical reactions. Research on the chemical composition of foods enabled scientists to learn their nutritional value.

From the beginning of the 19th century publications appeared in Polish scientific journals whose authors combined practical recommendations on nutrition with attempts to present new theories on the impact of nutrients on the functioning of the human body. Such issues were discussed in, among other places, a cycle of articles by an unknown author entitled “O pokarmach chemicznie rozebranych, jako wpływających na utrzymanie życia i zdrowia” [On foods chemically analysed as influencing the sustenance of life and health] (*Nowy Pamiętnik Warszawski*, 1803-1806) and the study by Jędrzej Sniadecki entitled “O pokarmach, napojach i sposobie życia w ogólności we względzie lekarskim” [On foods, drinks and lifestyles in general from a medical perspective], which took account of his theories of organic beings (*Dziennik Wileński* 1815).

Since the 1840s an ever growing influence on principles of nutrition was exerted by the animal chemistry of Justus von Liebig, who introduced a new division of nutritional substances that took into consideration their role in the organism. Polish scientists showed a keen interest in the research by Liebig, which resulted in his works quickly gaining widespread acceptance, with many of them being translated into Polish.

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