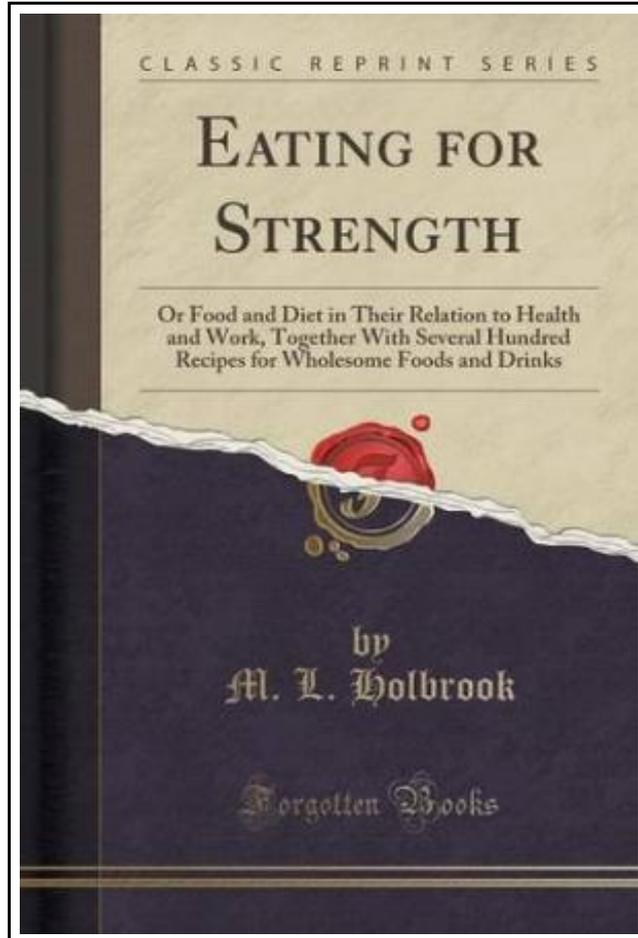


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Forgotten Books, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Excerpt from **Eating for Strength: Or Food and Diet in Their Relation to Health and Work, Together With Several Hundred Recipes for Wholesome Foods and Drinks** In no period of the world s history has there ever been so deep an interest in the subject of foods as at the present. At no time since Adam and Eve left the Garden of Eden has agriculture and horticulture been so perfect, and the human race supplied with so many choice and nourishing articles of diet. And, also, at no time have so many been engaged in laborious researches on the nature of that which we eat and its relations to health and work. It would almost seem as if the time had nearly arrived when mankind would eat to live, would feed themselves so as to nourish their bodies most perfectly and render themselves capable of the most labor, and least liable to disease. The object of this volume is to present the most recent facts of science in a way to make them valuable for actual use in daily life. There is no doubt but man may double his capacity for work and for enjoyment by improving his dietetic habits. Many have already done this, and multitudes more are only waiting for the knowledge which will help them to do it. A thorough understanding of the different divisions of food and their right relation to the needs of the body is necessary, and this has been fully stated. Several new features have been introduced. To meet the requirements of that constantly increasing class who have more and more desire so far as is possible to draw their...



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